

## Michael Sheen at Volunteer Celebration

After months of planning, VAMT's Celebrating Volunteering event took place at the Red House/Old Town Hall on 12 September, with special guest, actor, activist and Wales Council for Voluntary Action's President, Michael Sheen in attendance. This was Michael's first official engagement as WCVA's President, and during his visit he met with young people from the Borough Wide Youth Forum, together with Youth Mayor Lauren Davies, and discussed their work particularly around mental health.

He then presented certificates to 120 representatives of 22 local voluntary organisations and spoke of his commitment to local community action and volunteering.

Michael chatted with volunteers, had many, many photographs taken and signed autographs before leaving.

Roy Noble was an extremely witty and able compere for the event. VAMT would like to thank them both for what was, according to one attendee, "the most amazing afternoon ever!"



Cancer Aid



Merthyr Tydfil Leisure Trust



Aber Arts



VAMT



Stephens and George Charitable Trust



Tenovus Cancer Care



Alzheimers Society



Valleys Steps

**Welcome** to the September edition of Inform in 2017. Our aim is to provide our members with up to date news and information and we welcome contributions and feedback from all readers of this newsletter.



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## VAMT's Board

|                 |                   |
|-----------------|-------------------|
| Brian Lewis     | <i>Chair</i>      |
| Helen Thomas    | <i>Vice-Chair</i> |
| Paul Gray       | <i>Treasurer</i>  |
| Ruth Hopkins    |                   |
| Nicola Mahoney  |                   |
| Ann Roberts     |                   |
| Ceinwen Statter |                   |
| Maria Thomas    |                   |
| Huw Williams    |                   |

## YOU CAN BE PART OF THIS MAGAZINE TOO!

If you could like to include an article, news item or Focus on your group in the next edition, contact VAMT enquiries for more information:  
***enquiries@vamt.net.***

## Merthyr Tydfil Voluntary Action Centre

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Tel: 01685 353900 • Fax: 01685 353909  
email: [enquiries@vamt.net](mailto:enquiries@vamt.net)

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**Hilary Edwards** Deputy Chief Officer

**Carol Hindley** Admin & Finance Manager

**Laura Johnson** Admin & Finance Officer

**Sharon Richards** Health & Social Care Facilitator/ICF Project Manager

**Alison Harris** Third Sector Officer

**Elaine James** Community Co-ordinator Merthyr Tydfil

**Deanne Rebane** Community Co-ordinator Cwm Taf Primary Care

**Rhonda Braithwaite** One Voice Project Officer

**Karen Foley** Volunteering Officer

**Frances Barry** Youth Volunteering Advisor / Volunteering Officer

**Vacancy** Clerical Assistant

## Communities First South Cluster

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Rear of Wesley Place, Merthyr Vale,  
Merthyr Tydfil CF48 4RS  
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**Ken Long** South Cluster Manager

**Claire Williams** Learning Communities Lead Officer

**Rachel Thomas** Healthier Communities Lead Officer

**Kendra Tarplee** Primary Family Support Officer

**Bethan Evans** Family Liaison Key Worker

**Maria Roberts** Administrative Officer

## Adverts/Inserts policy

In each Inform we are able to insert adverts and up to 5 different leaflets from member or other organisations. We have a rate card for private agencies who wish to advertise or place inserts and prices start for £25. There is also a rate card for voluntary organisations for charges covering pre-printed inserts and inserts that need to be copied. Contact VAMT [enquiries@vamt.net](mailto:enquiries@vamt.net)



@VAMTtweets  
@VAMTvolunteer  
@merthrycarers  
@merthyrMAGNET  
@onevoicemt  
@c1stsouth



# Focus on Merthyr Tydfil Indoor Bowls Club

**INFORM**

The Merthyr Tydfil Indoor Bowls Club was established in 1975 and currently has close to 300 members. The club is affiliated to the Welsh Indoors Bowls Association and the Welsh Ladies Indoor Bowls Association. The club has won the Welsh National Club Championship several times in recent years.

Merthyr Tydfil Indoor Bowls Club is situated within the Rhydycar Leisure complex, with ample parking outside. We provide a community service for men, women and youngsters with ages ranging from 9 to 90. We have a fabulous 6 rink indoor bowls green (carpet) which has a perfect playing surface. There is ample seating adjacent to the green for both spectators and playing members with large glass windows separating the green from the social areas which enable clear views of the bowling whilst enjoying a drink from our bar.

Facilities are in place for disabled bowlers with a ramp entry onto the green. Changing rooms are conveniently placed and contain individual bowls lockers which may be rented annually for a small fee. We play internal leagues on most days of the week, along with knockout and inter-club competitions.

On Wednesdays we also host the local Alzheimers society group for a social game of bowls / coffee morning.

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Do you fancy a go at bowls?

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We hope the answer is yes, and if so, please read on. Bowls is a game which is enjoyed by people of all ages, despite any preconceived image you may have. Also, having no previous knowledge or participation in bowls (or any other sport) is not a barrier to your participation. For many bowlers this is their first attempt at sport. The only physical contact involved is a handshake with the opposition

at the beginning and end of the match! Here at Rhydycar we are actively on the lookout for new bowlers of any age, and we will provide FREE tuition, loan shoes and bowls, so why not come and have a go.

Within our complex we can provide facilities for seminars, meetings, societies and social occasions, including weddings, birthdays and wakes. Room hire is available at reasonable rates. The lounge area caters for 80 people, whilst our events area can hold 130 people and both rooms are fitted with a small dance floor. There is also a smaller conference room that caters for 20 people. We have a bar area within the events room and we can offer a catering service for anyone wishing to organise a buffet for special occasions. Our current hourly rate for room hire is set at £14.00.

Our winter opening hours from September to April are 09:30 a.m. - 11:30 p.m. Summer months are flexible regarding booking requirements.

**For further information please contact one of our duty officers on**

**T: 01685 383451**

**E: davidbartlett56@me.com**

**W: [www.merthyrtydfilindoorbowlsclub.co.uk](http://www.merthyrtydfilindoorbowlsclub.co.uk)**

**A: Merthyr Tydfil Indoor Bowls Club,  
Rhydycar Leisure Complex,  
Merthyr Tydfil. CF48 1UT**



### Homestart

Homestart are looking for volunteers who can help give children the best possible start in life. Homestart supports parents as they grow in confidence, strengthen their relationships with their children and widen their links with the local community.

Volunteers offer emotional support to families in their own homes including

- Listening to the family
- Accompanying them on health appointments
- Child related activities
- Empowering parents
- Supporting at Family Support Groups

Volunteers are asked to commit for a minimum of one year. At least two personal references will be required. Volunteers will also need to undertake a DBS check and any further checks required.

### Victim Support

#### Service Delivery Volunteer

Many people face the effects of crime alone and confused. Your support will help individuals and their families to feel stronger, understand and able to move forward with their lives.

Volunteers will contact people who have been victims of crime, empowering them to overcome the emotional, psychological and practical effects of crime. They will help people explore how the experience of crime has affected their lives and identify ways to help them recover from the experience.

Volunteers should be available for at least 2 hours a week, ideally for a minimum of one year. Times are flexible. Volunteers will take part in relevant core modules of Victim Support which is mandatory. Volunteers need to be 18+ and will need to undertake a DBS check.

### Tenovus Cancer Care – Go Pink!

#### BCAM Volunteer

Go Pink is happening in October. Anyone can take part by giving an hour at a bucket collection to encourage people in your community to spare some change.

Tenovus can buddy you up with your nearest collection or you can organise your own.

You can also organise other pink-themed events such as a “wear pink” day, or a pink bake off.

Volunteers need to be aged 16+, and will need to provide references. The skill requirements are: “to turn up with a smile and some enthusiasm!”

### Merthyr Tydfil Mendicants

Merthyr Tydfil Mendicants are a local charity which works hard to raise funds for local causes. Their busiest fundraising period is in December when Santa and his Sleigh visit Tesco, St Tydfil’s Shopping Centre and Cyfarthfa Retail Park.

They also raise funds through holding a range of social events throughout the year and are always seeking new volunteers as the Charity is totally reliant on both the generosity of the public and their members who give freely of their space time, talents and skills.



### Cwm Taf Youth Offending Service

... are looking for volunteers to act as community panel members.

A young person is referred to a panel by the courts through a sentence called a Referral Order. These orders vary in length from 3 to 12 months, depending on the seriousness of the crime. They allow young people to speak for themselves, and to take responsibility for their actions.

They give the community a chance to have a say in the way young people repair the harm they have caused and to give them positive support to prevent further offending.

Volunteers need to be 18+ and live or work in Merthyr or RCT. No special qualifications are required, just the ability to communicate with young people. An enhanced DBS check will be required. Full training will be provided.

Training and Information day will be held during October.

**For information on these and many other vacancies call:**

**Karen Foley on 01685 353913**

**karen.foley@vamt.net**

**or Frances Barry on 01685 353901**

**frances.barry@vamt.net**

**or visit [www.volunteering-wales.org.uk](http://www.volunteering-wales.org.uk)**



**Maria Thomas is a lay member of Cwm Taf UHB and contributes an update to each edition of Inform.**

## **New chairman appointed to Cwm Taf University Health Board**

Professor Marcus Longley has been appointed Chair of Cwm Taf University Health Board and will commence his four year term of office in October 2017. Professor Longley will replace Dr Chris Jones, who has served the maximum term as chairman of the Board, which ends this autumn after eight years. Currently Vice Chair of the Cardiff and Vale University Health Board, Professor Longley has been a Special Advisor for Health to the Welsh Affairs Committee in the House of Commons, and is currently an Expert Advisor to the Bevan Commission, having previously been a Member. He is also Professor of Applied Health Policy at the University of South Wales, where he is Director of the Welsh Institute for Health and Social Care. Earlier this year he was appointed the Board Member for Wales on the UK Professional Standards Authority for Health and Social Care and was elected a Fellow of the Faculty of Public Health of the Royal Colleges of Physicians in 2008.

The Cabinet Secretary for Health, Wellbeing and Sport has confirmed the appointment of the following Independent Members for Cwm Taf University Health Board:

- Keiron Montague, Independent Member (Community)
- Paul Griffiths, Independent Member (Finance)
- James Hehir, Independent Member (Legal) and
- Robert Smith, Independent Member (Local Authority)

## **Stay Well @ Home Service helps more patients return home**

The Stay Well @ Home (SW@H) service fully established at the Royal Glamorgan Hospital recently is proving successful, with a similar model also being implemented fully at Prince Charles Hospital.

The service comprises a team from a variety of agencies and professionals including social services, medicines management and occupational therapy to enable patients to be discharged from hospital as soon as possible with the right support.

## **Merthyr Valleys Homes RISE Project**

**Merthyr Valleys Homes staff have been working in partnership with Elaine James, Community Coordinator, to provide support to individual tenants living in their sheltered schemes as part of the RISE Project.**

RISE provides Resources Information Support and Engagement to tenants to develop a personal support plan, agreed with the tenant, and signposting to external partner agencies. The aim is for the tenant to achieve increased awareness of services and support and to improve their health, finances and community involvement.

To date, 30 tenants have been visited in 5 sheltered schemes and this has led to 21 referrals to third sector organisations for issues such as befriending, benefits checks, energy checks, lifeline equipment, shopping services and counselling.

All tenants that were visited have been provided with contact details for the Community Coordinator should future issues arise.

**For further information on RISE contact the Regeneration Team at Merthyr Valleys Homes on 01685 727816 or Elaine James Community Coordinator on 075 808 66547.**



## Lair of the Fox: Nant Llwynog

**Making open spaces more accessible to people is a valuable aim. Increasing their interest is also essential. This is the task recently taken on for the Nant Llwynog Valley by a local Friends group. It aims to restore and improve a green valley much used by local people.**

'Llwynog' is Welsh for Fox and the village mascot. The Nant descends to the Taf Bargoed River in Bedlinog. Coal was king here, as in all Welsh Valleys. The colliery began output in 1876, but closed after fifty years. A horizontal drift mine then kept coal going until 1954. During the 1970s, old slag heaps were smoothed over and the stream channelled. Over the next ten years, playing fields were put in, and play kit installed.

The site now badly needs restoration and improvement. This is because the main pathway has been eroded by the stream, and many of the planted spinneys need thinning out and opening up to allow in more light. More than that, we want to draw the community into thinking about the site and working on it as volunteers.

So far, we have started raising grant funds and consulting people. We had a stand at a recent Bedlinog charity rugby match, and distributed questionnaires to ask people their views.

Some of the ideas include a bike track, planting an apple orchard and even an arboretum. We are also acquiring some educational equipment, such as nets for insect sweeping and pond-dipping. We want to teach skills such as woodland management and hedge-laying. Health and fresh air is vital for people and we are also looking at installing art sculptures. Recording species is also important, and we have joined the Merthyr Tydfil Biodiversity Partnership.

We are also working with Keep Wales Tidy to clear rubbish and with Merthyr Tydfil County Borough Council, who own the site, to develop a full-scale Management Plan.

For further information on the Friends of Nant Llwynog contact: Edward Dawson Chairman, Friends of Nant Llwynog Park, [edawson1215@gmail.com](mailto:edawson1215@gmail.com)  
[nantllwynog.wordpress.com](http://nantllwynog.wordpress.com)  
[www.facebook.com/groups/NantLlwynogParkFriends](https://www.facebook.com/groups/NantLlwynogParkFriends)



## Volunteering Key to Green Flag Status at Cyfarthfa Park

Covering 65 hectares and occupying a prominent position overlooking the town, Cyfarthfa Park, Merthyr Tydfil's most popular tourist attraction, has successfully retained the prestigious Green Flag Award.

The Grade II\* registered park has benefitted from a major four-year redevelopment made possible by £3.1 million investment from the Heritage Lottery Fund (HLF), Welsh Government, CADW and County Borough Council. Achieving and retaining Green Flag status was one of the long-term aims of the redevelopment project.

The Green Flag Award® scheme is the benchmark national accreditation standard for parks and green spaces in the UK. Launched in 1996, it sets out a number of key criteria that applicants have to meet, including:

- being welcoming, with good and safe access and clear signage
- being healthy, safe and secure – in terms of equipment and facilities being safe to use, dog fouling being adequately addressed and the availability of toilets, drinking water, first aid, public telephones and emergency equipment
- having sustainable maintenance methods

and environmentally sound facilities, with an environmental policy or charter

- paying particular attention to the conservation and appropriate management of natural features, wildlife and fauna, buildings and structural features
- pursuing the involvement of local people, with appropriate levels of provision of recreational facilities for all sectors of the community.

The Heritage Lottery Fund's Parks for People initiative actively encourages public participation in the management and running of public parks. In Cyfarthfa Park this role is undertaken by the Friends of Cyfarthfa and the Cyfarthfa Park Volunteers.

Chair of Merthyr Tydfil Leisure Trust Janet Morgan said "a key element in retaining the Green Flag award was the hard work and commitment demonstrated by the Cyfarthfa Park Volunteers and the Friends of Cyfarthfa Park, without their contribution we definitely would not have retained the standard".

## Enterprising Solutions

The Development Trusts Association Wales has a new programme of peer support, mentoring and events available to help community enterprises across all parts of Wales, called Enterprising Solutions.

No matter what sector, community organisations exploring, or setting up new community enterprise activity or in the early trading stages could access support. 15 locally based Co-ordinators, working on behalf of DTA Wales and hosted in existing third sector organisations, will initially meet groups and explain more about what Enterprising Solutions is all about. After developing an action plan, they will be matched to a peer mentor to help them in their own community enterprise journey. Over 40 peer mentors are currently waiting in the wings to provide support. We already have 16 projects signed up and over 50 enquiries from the length



enterprisingsolutions  
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and breadth of Wales which range from bakeries to shops, dance groups to theatre and woodlands to salad growers.

Other support includes learning masterclasses on a range of community enterprise related topics, and best practice exchange visits to see community enterprises in action. The first events will be in Pontypridd on 14th September, with visits to XCel Bowl in Carmarthen and Galeri in Caernarfon on 4th and 26th October respectively. The whole programme is funded by the Big Lottery and will run until December 2019.

To get added to the mailing list for further information or to make an enquiry contact **02920 190260**, tweet us at **@EntSolWales** or e-mail: **enterprisingsolutions@dtawales.org.uk**

## What's the Merthyr Tydfil Borough Credit Union up to?

At the Credit Union we're continuing to give people in our local community the option to save and borrow responsibly. 'A safer way to save and a cheaper way to borrow'.

We're currently in the middle of a marketing push to reach more people in the local Borough; we currently have over 5,500 members of the Credit Union, but we hope this number will significantly grow over the coming months. We now offer a free payroll deduction scheme to employers for their employees, to enable the employees to save through their pay for whatever cause or occasion. This scheme is becoming more popular throughout the Borough, with large-scale employers such as NHS, MTCBC, Welsh Government and various others taking part in the scheme. It offers employees many additional benefits as well as the ability to save via their pay, free of charge to the employer.

We currently have over 40 volunteers throughout the Borough, volunteering their time to help others. All our volunteers do fantastic work; we are really proud and thankful to them all for the work they do!

Still, not enough people in the local community know about the Credit Union and what we do. It's time for that to change!

So what actually is a Credit Union? How do you join your local credit union? Why should you join your credit union? Let us explain!

### So, what actually is a Credit Union?

Credit Unions are financial co-operatives that are community-focused and controlled by their members, offering savings and loans. Here at the Merthyr Tydfil Borough Credit Union we are a non-profit organisation.



Credit Unions are owned by our members, run for our members and offer a safer way to save and a cheaper way to borrow.

### How to join?

It could not be simpler to join MTBCU. You can either,

- Pop into branch in Merthyr Tydfil Town Centre.
- Join online at [www.mtbcu.org.uk](http://www.mtbcu.org.uk) and start benefitting from the Credit Union's services.
- If you're an employer and wish to join the free employee scheme, please call 01685 377888 for additional information.

### Why join MTBCU?

- Wide range of easy & flexible saving accounts for all ages.
- Access to highly competitive, low-cost, affordable loans.
- Free life savings & loan protection insurance for all senior members (T&C's apply)
- FSCS Protection – Guaranteed money protection up to £85,000
- Online account access / Local branch/ Local service points throughout Merthyr Tydfil weekly/ Telephone service
- Payroll deduction schemes for employers & employees.

Tel: 01685 377888

139 High Street, Merthyr Tydfil, CF47 8DN

Website: [www.mtbcu.org.uk](http://www.mtbcu.org.uk)

Facebook: /MTBCU Twitter: @MTBCU

## Volunteer and make a difference at the Stephens and George Charitable Trust

The Stephens & George Centenary Charitable Trust has been running since February 21st 2012 in response to the incredibly low literacy levels in the local community. The Trust's core aims are to provide future generations with the means to develop skilled, useful and fulfilling careers for themselves from within one of the UK's most disaffected areas.



At Stephens & George Centenary Charitable Trust our aim is simple: to raise literacy standards. We have a number of projects which are helping us to fulfil our aims which include our Reading Support Programme, Baby Bookworm Project and Spread the Word Arts and Literature Festival.

Volunteers are an absolutely vital part of everything that we do here at the Trust and this is just a huge thank-you to everybody who donates their time to read with young children, to log books, to staff our promotional stands, to help us in lots of little ways that we simply could not manage without.

Volunteering can help you too. Working with us can give you hands-on vocational experience and the chance to learn about a whole variety of skills as well as helping other people in your local community.

You could volunteer on our Reading Support Programme which helps to enhance children's reading ages in local primary schools. Just 1 to 2 hours per week can help a child develop their reading ability putting them in good stead for the future. You may enjoy working with younger children in which case our Baby Bookworm Project would be ideal. The project is aimed at 0 – 3

years and hosts free communication, language and literacy sessions, giving children the best start before full time education. We also have our flagship event which we host annually on World Book Day.

Helen Hughes the Charity Coordinator states "the event is part of the Stephens and George Charitable Trust's aim to empower young people through literacy. Without good reading and writing skills young people will have limited life chances. At the event, each year we bring the magical world of books alive to enthuse and educate young people".

So, if you are interested in volunteering with us, please get in touch.

Whether you have a couple of hours a month to spare or you would like to give a little more, we have the perfect role waiting for you. There are so many different ways that you can help us:

Contact the Trust's Volunteer Mentor Nerys Golding-Hann by emailing [Nerys.hann@stephensandgeorge.co.uk](mailto:Nerys.hann@stephensandgeorge.co.uk).

## VAMT AGM

The 21st Annual General Meeting of Voluntary Action Merthyr Tydfil will be held at 11am on Friday 10th November in the Bessemer Hotel, Dowlais, Merthyr Tydfil. Guest speakers at the AGM will be Cllr Kevin O'Neill, Leader, Merthyr Tydfil County Borough Council and David Davies, High Sheriff of Mid Glamorgan.

We will also be presenting the Nicola Park Award 2017 for an "Outstanding Contribution to Volunteering in Merthyr Tydfil". Nominations for this close on 13 October 2017.

A carvery lunch will be provided and formal invitations will be issued soon.

## 'Our Cwm Taf' – your new local website

Do you want to know more about and get more involved in the area that you live? Well now there is a new website which can help you do just that.



The Cwm Taf Public Services Board (PSB) has a new bilingual website 'Our Cwm Taf' which provides a single point of access to information about the areas of Merthyr Tydfil and Rhondda Cynon Taf, including finding local well-being support.

The Cwm Taf Public Services Board is a collection of public bodies working together to improve the well-being of the communities of Rhondda Cynon Taf and Merthyr Tydfil, now and in the future.

Peter Vaughan, chair of Cwm Taf Public Services Board, said: "As a Cwm Taf resident you can use this website to learn about what the Public Service Board is, which organisations are involved, what we do, and how we work."



"There is also lots of useful information including statistics on the Cwm Taf area, including employment figures, educational attainment, measures of health, Welsh language use and key economic statistics."

"The main aim of the website is to make the work we are doing more visible to you and let you know how you can become involved in it. I hope that you will all take a look and become involved in our work as we are here to improve the well-being of future generations, so we would love for you to know more about our work and give us your views on it."

The priority areas of working for the PSB are listed on the website and you can use the range of information and data on the pages to monitor PSB progress and performance, and hold the PSB to account. You also have the opportunity to give feedback on whether you think that the right areas are being made a priority, and whether the work of the PSB is making a difference.

One of the key areas of work being undertaken by the PSB is the well-being objectives. Following consultation with the public three draft objectives about how the PSB can improve the well-being of people living and working in the Cwm Taf area. The Our Cwm Taf website provides an opportunity for people to let the PSB know if we have the right objectives and if they are happy with the proposed steps we are taking to achieve them.

The new website is [www.ourcwmtaf.wales](http://www.ourcwmtaf.wales) / [www.eincwmtaf.cymru](http://www.eincwmtaf.cymru).

### Drink Wise, Age Well. What can I do if I'm worried about someone else's drinking?

Older adults with alcohol related issues are often ashamed of their drinking and may be more likely to try and hide it.

The signs can be difficult to notice, for example falls or increased confusion can be wrongly attributed to ageing than someone drinking too much. In all age groups, the majority of issues associated with alcohol remain unrecognized, but are even less likely to be detected in older adults despite them being more likely to benefit from support. Drink Wise, Age Well is here in Cwm Taf to help individuals, their families, friends and carers to recognise and respond to these issues and to provide the right information and support to make healthier choices around alcohol.

#### Is there an issue?

The UK Chief Medical Officer's guidelines for both men and women is that in order to keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week spread over three or more days. This is equivalent to approximately six small glasses of wine, or half a dozen pints of lager or beer. However, age related changes to our bodies can place us at higher risk of alcohol related harm, even when drinking within these guidelines.

**Alcohol Awareness Week (13th – 19th November 2017)** is an opportunity to start a conversation around problematic alcohol use to help break the cycle of silence and stigma that is all too often experienced by families. We are here to offer support, recognising that it can be hard for loved ones to cope with the consequences of problematic drinking. Our Family, Friends and Carers Guide – available from our website or by calling our helpline – is full of practical tips on what signs to look out for



and how to start the conversation about drinking in a sensitive way to prompt honest responses.

#### Tips for safer drinking.

Try eating before and during drinking; ensure the environment is free from trip hazards and that phones are available and charged should assistance be needed. Avoid continually topping up your glass as this makes it difficult to keep track of how much you are drinking. If drinking socially outside the home, avoid drinking in rounds; limit the amount of money you take with you and alternate alcoholic drinks with soft drinks or water. You could also try focusing on an interest or social opportunity that doesn't involve alcohol.

#### Get in touch.

For confidential advice and support around yours or another's drinking, call us on **0800 161 5780** or visit **[www.drinkwiseagewell.org.uk](http://www.drinkwiseagewell.org.uk)**

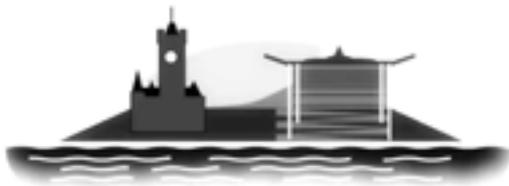
Yfed  
Doeth  
Heneiddio'n  
Dda



### Yn awyddus i wybod mwy am Nodau Llesiant Cymru? Gall taflenni ffeithiau WCVA helpu!

Gan weithio gyda mudiadau trydydd sector eraill, mae WCVA wedi cynhyrchu cyfres o daflenni ffeithiau ac animeiddiad ynglŷn â'r 7 Nod Llesiant o Ddeddf Llesiant Cenedlaethau'r (Cymru) Dyfodol. Mae'r taflenni ffeithiau a animeiddiad yn rhoi gwybodaeth ynglŷn â pham mae'r Nodau'n bwysig, sut mae'r trydydd sector yn cyfrannu a beth allwn ei wneud i sicrhau ein bod yn cyfrannu gymaint â phosib. Ceir hefyd ystadegau er gwybodaeth a dolenni at adnoddau defnyddiol a gwasanaethau cymorth.

**DEDDF LLESIANT CENEDLAETHAU'R DYFODOL**  
YN GWNEUD I GYMRU FOD Y WLAD Y CAREM IDDI FOD



- Tudalen Adnoddau  
<https://www.wcva.org.uk/wfga-resources>

- Taflenni Ffeithiau  
[https://www.wcva.org.uk/media/5636175/nodau\\_deddf\\_llesiant\\_cenedlaethau\\_r\\_cymru\\_dyfodol\\_2015.pdf](https://www.wcva.org.uk/media/5636175/nodau_deddf_llesiant_cenedlaethau_r_cymru_dyfodol_2015.pdf)

- Animeiddiad (Sut y gall y trydydd sector gyfrannu at y nodau llesiant?) <https://www.youtube.com/watch?v=hdNIKiC7BkY&t=88s>

### Curious about Wales' Well-Being Goals? WCVA's factsheets can help!

Working with other third sector organisations, WCVA has produced a suite of factsheets and an animation about the 7 Well-Being Goals of the Well-being of Future Generations (Wales) Act. The factsheets and animation give information about why the Goals are important, how the third sector contributes and what we can do to help maximise our contributions. There are also statistics for reference and links to useful resources and support services.

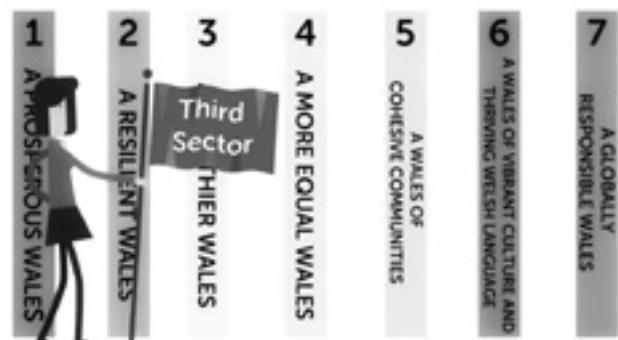
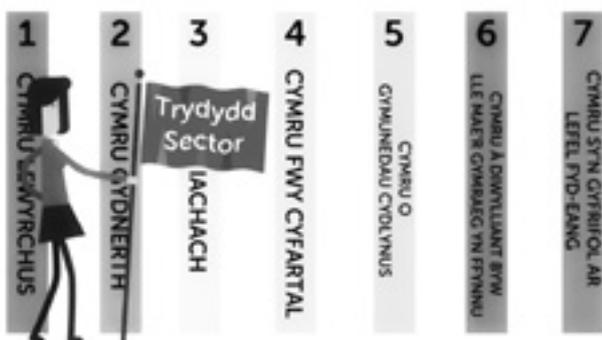
**WELL-BEING OF FUTURE GENERATIONS ACT**  
MAKE WALES THE COUNTRY WE ALL WANT IT TO BE



- Main Resources Webpage  
<https://www.wcva.org.uk/wfga-resources>

- Factsheets  
[https://www.wcva.org.uk/media/5636168/the\\_goals\\_of\\_the\\_wellbeing\\_of\\_future\\_generations\\_wales\\_act\\_2015.pdf](https://www.wcva.org.uk/media/5636168/the_goals_of_the_wellbeing_of_future_generations_wales_act_2015.pdf)

- Animation (How can the third sector contribute to the Well-being Goals?) <https://www.youtube.com/watch?v=7DT51tgXIXk>



### Dewis Cymru – Have a Choice and Take Control



Dewis Cymru is a website that aims to help people with their well-being. It's THE place to go for people who want information or advice about well-being – whether that's their own well-being or the well-being of a family member or friend.

#### Why should I add my information to Dewis Cymru?

Lots of reasons. If you've got a service that helps people with their well-being, adding your details to Dewis Cymru will make it easier for them to find you. Basically, if you help people with their well-being, Dewis Cymru wants to know about you and about what YOU do!

#### Other good reasons to use Dewis Cymru include:

- It's free
- It's easy to register and add your details
- It will remind you every six months to check your details, so you'll know they are up to date
- It provides maps and directions to help people find you
- It's already being used by many advice agencies to direct people to local services that can help them, so having your information on Dewis Cymru will mean that people can be directed to your service.

#### So, what do I do next?

To add your information, you'll need to register. Go to [www.dewis.wales](http://www.dewis.wales) and 'Sign up' to create your account. Once you've done this, 'Sign in' to the site and go to 'Manage resources' and 'Add resources' to add information about your services.

#### Can I add information about any service?

Yes. We encourage people to add information about specific services that they offer. So, if you run a community group you can add details of what it's about, where and when it meets, and how to get in touch. If you represent an organisation which provides a range of services, please add the services individually so that users of the site can find the services they're looking for.

#### How to contact us

You can contact us by: using the 'Contact us' link on the website or emailing us at [help@dewis.wales](mailto:help@dewis.wales) @DewisWales /DewisWales

## Volunteers needed

Do you have some spare time and want to do something enjoyable, rewarding and inspiring?

The Positive Steps project needs volunteers across South Wales to support older people over the age of 50 to regain and maintain their independence.

British Red Cross and Royal Voluntary Service charities are working together to enable individuals to take charge of their situation and, with support, become more independent and live more fulfilled lives.

Whatever your age, you'll find volunteering will change your life too whether you've recently retired, or you're looking to gain new skills for a new job.

For more information on volunteering with Positive Steps please get in touch:

Tel: 07436 799 608 or 029 2002 7855  
 Email: [cardiffvalehub@royalvoluntaryservice.org.uk](mailto:cardiffvalehub@royalvoluntaryservice.org.uk)  
[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

In partnership with

Royal Voluntary Service is a company limited by guarantee registered in England and Wales with company number 2028410. Registered office: Red Cross, Lambeth House, Station Road, Cardiff, CF11 6BP. Registered charity: 1015863 (England and Wales) & 10128810 (Scotland). The British Red Cross Society, incorporating Royal Voluntary Service, is a charity registered in England and Wales with charity number 2028410.

### “In The Right Place, At The Right Time”

Meet Denise, a 64 year old Florist shop owner. Denise started smoking at the age of 16, whilst living with a household of smokers. Denise decided that it was time to quit smoking and start living...

“On average, I smoked between 20-40 cigarettes per day, I have tried to give up several times over a period of 15 years and even accessed stop smoking support 8 years ago, however I unfortunately relapsed shortly afterwards. My local pharmacist would always remind me to ‘never quit quitting’ and although I planned to retackle my smoking, I never really followed through with it. One afternoon in April 2017, two Help Me Quit staff members walked into my florist handing out posters to promote the service – it felt as though they were in the right place at the right time; this was the push I needed to try and quit smoking again. The service and support from my advisor (Sion) and the ‘Help Me Quit’ service was brilliant! As I had to shut the Florist to attend the sessions, Sion worked around me and my schedule – he even popped into the shop on several occasions as I was unable to attend the group.



Since quitting smoking, I have noticed considerable improvements in my health; I have more energy in the mornings (whereas I used to feel quite sluggish), I wake up feeling fresher rather than having a fuzzy head each day (sort of like a hangover) and I have noticed improvements in my skin which is now less dry. The greatest improvement is the amount of walking I can now manage without becoming out of breath; I have started using a fitness app to monitor



my daily steps and on average I am now walking between 10,000 – 13,000 steps per day which also keeps me motivated. Going forward to maintain my quit, I plan to stay strong and not cheat. I highly recommend the service to anybody that is smoking and looking for support to quit!”

**If you too are thinking of quitting smoking then why not access FREE support from the NHS ‘Help Me Quit’ service?**

With structured support, delivered by a trained stop smoking expert, you are **FOUR TIMES MORE LIKELY TO SUCCESSFULLY QUIT SMOKING**, than going at it alone.

Call our free phone number: **0800 085 2219** or text **‘HMQ’** to **80818** to speak to a member of the ‘Help Me Quit’ team TODAY!

### Macmillan Activity Promotion Programme (MAPP)

The Macmillan Activity Promotion Programme (MAPP) is a series of group physical activity sessions for people with cancer.

Each session consists of a Health and Wellbeing discussion on a different topic each week as well as an approximately 30 minute physical activity session. The physical activity session mainly consists of circuit based activities but will also include taster sessions of Tai Chi, walking and others. The sessions will be tailored to your individual needs and will vary on a weekly basis.

At the end of the course we hope you will feel more confident about physical activity and that you will carry on using local services or doing activities on your own. During the course we will help you to identify activities that you might like to continue after the course has ended and we will discuss the wide range of opportunities available to you. Sessions are free of charge.

#### What others have said...

Take a look at what some of our previous patients have said about the programme:

“It has been good to be with a like-minded group of people and supported by very professional staff.”

“The weekly sessions were a great encouragement and motivator. I feel more positive and energetic.”

If you would like more information or have further questions regarding the course, please contact the MAPP team on **MAPP@wales.nhs.uk** or alternatively you can telephone us on **02920 615888** (ext. 6340 – ask for physiotherapy).

**CWM TAF**  
Care & Repair | Gofal a Thirwio

**FREE**  
information  
service for  
older people

**How we can help you**

- ✔ Free home visiting service
- ✔ Free Healthy homes check to your property
- ✔ Help to reduce risk of falls
- ✔ Aids and Adaptations
- ✔ Grant / Benevolent funding assistance
- ✔ Energy Efficiency assistance
- ✔ Handyperson services
- ✔ Safety & Security assistance
- ✔ Free Fire Safety Check
- ✔ Check what benefits you are entitled to

We will help you to remain at home in greater comfort, warmth and security

We're here to help you manage better with trusted, reliable information and support.  
**Call us on 0300 111 3333**  
enquiries@cwmtafcareandrepair.org.uk

@CwmTafCardf #Cardf

**Cwm Taf Care & Repair**  
Supporting older and vulnerable people across Merthyr Tydfil & Rhondda Cynon Taf to repair, adapt and maintain their homes

**DEVELOP YOUR WORKFORCE**

**EMPLOYERS**  
Do you have vacancies and are looking

- For financial support
- For new employees
- For young individuals (16-19) who are keen to start full time work (30 hrs per week) and begin an apprenticeship with you.
- To give your business some fresh ideas and positive energy

We have access to 100's of outstanding students aged 16 - 19 years of age, looking for full time work and apprenticeships.

Contact us today for information on how you can receive financial support to grow and develop your workforce with keen young people.

**For more information contact**  
Allan Jones on 01685 726136 or Susan Type on 01685 371747

# INFORM



## Voluntary Action Merthyr Tydfil • Gweithredu Gwirfoddol Merthyr Tudful



MTIB Leap Project



Prince Charles Hospital



Actif Woods



Safer Merthyr Tydfil



Macmillan



Merthyr Tydfil Historical Society



Merthyr Tydfil Angling Association



Patient Support Group



Barnardos



Merthyr Tydfil Borough Wide Youth Forum



Pentrebach and Abercanaid Old Age



Merthyr Tydfil Borough Credit Union



Merthyr Eyelights

RVS

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 Croesawir erthyglau nail ai'n ddwyieithog neu'n uniaith Gymraeg.  
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