

INFORM



Voluntary Action Merthyr Tydfil • *Gweithredu Gwirfoddol Merthyr Tudful*

Developments at Calon Las Community Hub

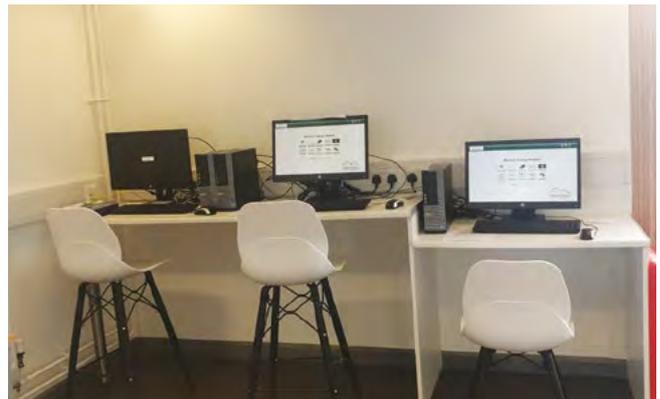
VAMT is pleased to confirm that Susan Jones has been appointed as Community Zone Development Officer for the Gurnos area and will be based at Calon Las Community Hub. The Community Hub will enable Community members to access information, advice and assistance to services in their area along with providing meeting spaces for existing community groups and space for new ones to be developed.



Susan has a strong background in community development and support and her role is to:

- Promote the Community Hub to the community and encourage participation in the services/activities provided by the Hub
- Provide support and assistance to local community groups to access funding sources
- Provide educational and training opportunities.

Susan will be developing a Neighbourhood Network for the Gurnos area as well as supporting existing groups and helping develop new opportunities too. If you are interested in joining the Neighbourhood Network or are a local group who would benefit from additional support, then contact susan.jones@vamt.net or ring **01685 358491**.



VOLUNTARY ACTION
MERTHYR TYDFIL
GWEITHREDU GWIRFOI
MERTHYR TUDFUL

MerthyrValleys
HOMES



Annual General Meeting 2019

VAMT's **Annual General Meeting** will take place on **Wednesday 20 November** at the **Bessemer Hotel, Dowlais, Merthyr Tydfil**.

The Guest Speaker will be Helena Herklots CBE,
Older People's Commissioner for Wales.

Members will receive invitations shortly.

Welcome to the September edition of Inform in 2019. 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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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.

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Susan Jones

Community Zone Development Officer

VAMT's Board

Anne Roberts Chair

Helen Thomas Vice Chair

Paul Gray Treasurer

Kayleigh Nor-val

Amber Lewis

Michelle Jones

Nicola Mahoney

Mark Ward

Brian Lewis (co-opted)

Suzanne Davies (co-opted)

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



@VAMTtweets

@VAMTvolunteer



In July 2016 the Royal Crescent Allotments Society celebrated 100 years since the establishment of the allotments on a site in the heart of Penydarren. Whilst the 100 years had no doubt seen momentous changes, it could be argued that the last 5 years have probably seen the most significant.

For many of those 100 years the allotments had been a “closed” society run for the members by the members. However in recent years there has been a willingness to be more open to the public. In 2015 the ploholders developed the Woodland Walk, pond and picnic area in an unused part of the site to attract the public and wildlife on to the site. The walk itself has been awarded Green Flag status by Keep Wales Tidy in consecutive years since 2016.

However it has not stopped there. Other features and facilities have been added in the ensuing years in an effort to attract more people to the site to enjoy the unique atmosphere in what is a built up area.

A special relationship has been developed with Greenfields Special Needs School who have their own garden and greenhouse which they visit every week and sow, grow and eat a variety of fruit and vegetables. In 2018 a large 6m x 2m polytunnel was erected and equipped for use by local school children. During 2018 there were over 700 visits by local schoolchildren to the site where as well as undertaking sowing seeds and planting, they enjoyed demonstrations on bee-keeping and visiting the ploholders who rear chickens - always a favourite.

Most recently we received an award in late 2018 that allowed us to create a sensory garden that we hope will attract various charities to visit us and enjoy the plants and other features that helps stimulate all the senses.

In addition to these features other facilities have been added including a fully eco-friendly, disabled access toilet and a range of disability ramps and trackways that will assist in accessibility. A fully equipped workshop has also been erected that enables us to work with volunteer groups including the Mormon Church, 2nd Cub Scouts Merthyr Tydfil and service users of BAROD.



Future developments include a Bee Observation Station, improvement to car and bus parking and an extension to the sensory garden to include a peace and reflection area.

All the work, up until just recently was undertaken by volunteers from allotment holders, though this has been added to recently by the above mentioned volunteer groups and it is certainly our intention to include more volunteer groups to assist in work on future developments and maintenance.

All the work has been as a result of aggressive chasing of grants and help and we would not have been able to do what we have done without the help of the following:-

- National Lottery Community Fund
- Merthyr Valleys Homes
- The Peoples Postcode Lottery
- Ffos y Fran Community Benefit Fund
- Tesco/Groundwork Wales
- Hansen Penderyn
- One Stop Shop

Should any groups wish to arrange visits or volunteer to help then please feel free to contact Robert Hamilton on **robert.hamilton111@btinternet.com** or visit the website at **<https://sites.google.com/a/goodevans.org/royal-crescent-allotment-society---woodland-walk/home>**

The allotment gates are open to the public every day from between 9.00 am and 3.00 pm between April and October.



2 Wish Upon a Star

2 Wish Upon A Star provides immediate and ongoing bereavement support throughout Wales for families and individuals affected by the sudden and traumatic loss of a child or young adult aged 25 or under.

We aim to:

- Ensure every Emergency Department in Wales has a suitable bereavement suite for bereaved families.
- Ensure that memory boxes are available for families at each of these hospitals.
- Ensure that immediate bereavement support is available for suddenly bereaved families.
- Provide a professional counselling service for suddenly bereaved families.
- Provide support to individuals who witness the sudden and traumatic death of a child or young adult.
- Provide staff support and training.

We are looking for amazing individuals who are interested in donating their time to a good cause!

Through volunteering, you could help by:

- Supporting our bereaved families by attending home visits with our Immediate Support Coordinator.
- Visiting our office and making memory boxes, support packs and helping with any other administration tasks.
- Come along to our events and volunteering at stalls, bucket collecting, selling raffle tickets and much more.
- Raising vital awareness in your area by placing leaflets in local shops, businesses, GP surgeries, libraries, and any other locations.
- Donating your time at our various community stalls, bucket collections and bag packing events.

Your skills are valued! If your personal skills could benefit our charity and you'd like to get involved, please get in touch. Your help could make a real difference and help us ensure those facing the unimaginable receive the support they deserve – thank you!



Samaritans

are looking to recruit local volunteers in a variety of roles. All volunteers are asked to complete an application form and attend a selection event. All volunteers attend induction training and listening volunteers complete full Samaritans training. This takes place over several months.

Roles range from Administration, finance and fundraising, IT and web support, publicity and listening.

Stephens and George Charitable Trust

are seeking volunteers at Dowlais Community Centre. Many roles are available including Baby Bookworm, after school clubs, holiday discovery clubs, café workers, reception, administration, newsletter admin, cleaning and gardening.



Greyhound Rescue

Wales are seeking volunteers for their High Street Charity Shop. If you can spare a couple of hours a week, no experience is needed just bags of enthusiasm and a desire to help.



For further information on these and many other volunteering opportunities contact **Frances Barry** on **01685 353901** or **frances.barry@vamt.net**

New Volunteering Wales Platform

Third Sector Support Wales partners WCVA and the CVCs across Wales, including VAMT, have launched a new Volunteering Wales platform to assist organisations in recruiting volunteers.

The new platform is free for volunteers and for organisations looking to recruit. As before you can find opportunities by searching for keywords or according to distance from your location. However, volunteers can now also log the hours and skills they gain through volunteering and will receive digital badges for volunteering 50, 100, 200, 500, and 1,000 hours. Registration is straightforward, and the website will remind volunteers of forthcoming commitments as well as being a record of what they have achieved, particularly useful for updating the CV!

For organisations working with volunteers the new system will help you to recruit and manage volunteers, log volunteer hours, plan rotas and events, record training and experience and produce reports.

Third Sector Support Wales are encouraging organisations to register for the new platform now by visiting the website

<https://merthyrtydfil.volunteering-wales.net/>

Help to get started

Frances Barry is available to help groups who wish to get started on the website. She can come out and visit you, or you can call in to the Voluntary Action Centre. Frances is available Monday-Thursday.

For further information contact
Frances Barry frances.barry@vamt.net
01685 353901.

Introducing Comic Relief Community Fund in Wales – An easy-to-access pilot grant scheme for community groups in Wales

Grants come in two levels:

Small Grants - £1,000 - £10,000

Organisational Growth Grants - £30,000 - £60,000

Comic Relief wants to ensure that its funding reaches the heart of Wales' communities, by supporting community led action tailored to the varied communities across Wales. Third Sector Support Wales (TSSW) has been selected to administer grants on behalf of Comic Relief in Wales, ensuring a reach to grassroots organisations.

During this Comic Relief pilot scheme there will be one grant application window for organisations with an annual income of less than £250,000 per year.

The closing date is 31 October 2019. The earliest projects can begin is the 1 January 2020.

Projects should be completed by 31 March 2021.

There are two funding streams:

Organisational Growth Grants:

- £30,000 – £60,000
- For organisations to carry out activity to make a strategic impact and increase their resilience
- Fitting in under one of Comic Relief's four strategic themes:
 - ◆ Children Survive and Thrive
 - ◆ Mental Health
 - ◆ Gender Equality
 - ◆ A Safe Place to Be

Small Grants:

- £1,000 - £10,000
- Projects carrying out community led working to tackle a specific need or issue within their locality
- Fitting in under one of Comic Relief's four strategic themes:
 - ◆ Children Survive and Thrive
 - ◆ Mental Health
 - ◆ Gender Equality
 - ◆ A Safe Place to Be

Visit the VAMT website for further details or contact
Hilary.edwards@vamt.net

Networks and Forums

Health & Wellbeing Forum

The Forum continues to meet bi-monthly and is a combination of VAMT's previous two key networks: Health & Social Care and Children & Young People.

This Forum intends to keep you up to date with Strategic Partnership Developments and opportunities, as well as provide a platform for showcasing the excellent third sector services operating within the local area.

If you are an organisation/community group that would like to connect with the Forum or share information on the work of your organisation/group then please contact Sharon.richards@vamt.net

Future meeting dates are:

Wednesday 9th October 2019	10 am to 12 Noon	VAMT Offices
Wednesday 4th December 2019	10 am to 12 Noon	VAMT Offices
Wednesday 5th February 2020	10 am to 12 Noon	VAMT Offices

Carers Provider

This Forum developed at the request of statutory partners within the Cwm Taf region, and is open to any third sector organisation/community group providing services or support for Carers within the Cwm Taf region (Merthyr Tydfil and Rhondda Cynon Taff).

The Forum is currently developing its governance and reporting arrangements and has the following meetings planned:

Date	Time	Venue
Tuesday 10th December 2019	10 am to 12 Noon	to be confirmed
Tuesday 10th March 2020	10 am to 12 Noon	to be confirmed

Given the change to the University Health Board boundary, there is potential for the Forum to incorporate Bridgend region as part of its development.

If you are interested in joining the Forum then contact Sharon.richards@vamt.net or amorris@interlinkrct.org.uk

Third Sector Dementia Forum

This Cwm Taf Forum developed at the request of third sector organisations who received grant funding via the Welsh Government Integrated Care Fund (ICF) for Dementia in 2019.

Since its first meeting in the Spring, the Forum has been open to any third sector organisations/community groups providing services or support for those living with dementia. The Forum is currently developing its governance and reporting arrangements, and as part of a collaborative work programme, is planning a third sector dementia conference for Spring 2020.

If you are a third sector organisation, or community group, supporting individuals living with dementia and would like to join the Forum, then please contact Sharon.richards@vamt.net or Amorris@interlinkrct.org.uk

Future meeting dates are:

Date	Time	Venue
Thursday 5th December 2019	10 am to 12 Noon	Gellideg Wellbeing Centre
Wednesday 11th March 2020	10 am to 12 Noon	to be confirmed

Dance at Dowlais Community Centre

Whether your preferred move is the running man or the moonwalk, Dowlais Community Centre has it all.



Sharon Carthew a former student of The London School of Contemporary Dance has returned to Wales to ignite the valleys with a passion for all things artistic.

After many years abroad choreographing for television and theatre Sharon has recently taken up a position at the Dowlais Community Centre in conjunction with the Stephens and George Charitable Trust and has started a wide range of dance classes from ballet to Bollywood.

Sharon said: "We should never underestimate the power of creativity. Whether through dance, art, storytelling or musical expression, we can explore so much of what makes us human through the Arts."

Dowlais Community Centre is also putting together a community family Christmas show. Everybody is welcome to participate. We are looking for people of all ages who can sing, dance or act and also for volunteers to help us run backstage and front of house. Come and join us at the centre every Friday evening for rehearsals.

Bollywood dance fitness	5.30-6.30pm		Friday
Zumba dance fitness	6.30-7.30pm		Friday
Street dance	4.00-5.00pm		Thursday
Children's ballet	9.30-10.15 am	10.30-11.15am	Friday
Drama club	4.00-5.00pm		Friday

New Leg Club to open

We are pleased to announce exciting plans to deliver a weekly Leg Club at Dowlais Community Centre.

Leg Clubs provide community-based treatment, health promotion, education and ongoing care to people of all ages who are experiencing lower leg problems.

Do you have some free time on a Friday morning? Become a Leg Club Volunteer.

Anyone can volunteer to help with a Leg Club. Volunteers are the backbone of the Leg Club model. As a volunteer you will have the support of the Leg Club Foundation to help you understand what is expected of you and how the Leg Club model works.

All we need is people with enthusiasm and energy who can help create a welcoming atmosphere at their local Leg Club.

Volunteers may:

- Welcome members
- Make tea and coffee
- Complete documentation
- Support nursing staff
- Create leaflets and questionnaires
- Fundraise
- Organise activities for members

If you are able to help please contact Helen by email: helen.hughes@stephensandgeorge.co.uk

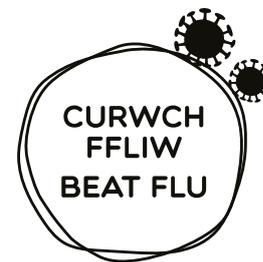
Stay well this winter - make sure you get your flu jab!

The Community Coordinators will be supporting this years' Beat the flu campaign by raising awareness of the forthcoming flu season and encouraging eligible patients to have their free seasonal flu vaccination.

In Wales, everyone aged 65 years and over is entitled to a free jab. People aged up to 64 years who have certain health conditions are also entitled, as are pregnant women and importantly, carers.

From our experience in previous years, we know that lots of people, particularly carers, are unaware that they are entitled to a free jab, and we will be working with our partners in the 3rd sector to help raise awareness with this vitally important group.

As part of this work we are very pleased to announce that we will be at the Tesco Store in Merthyr town centre on Wednesday 23rd October with Merthyr & the Valleys MIND Carers Star Project providing information to shoppers.



We are also available to deliver our flu "myth busting" talk to groups, and have already had a booking to go along to the Dowlais OAP group in early October.

For further information or to book a talk for your group, please contact **Deanne** –
Tel 01685 353954 • Mob 07580 869983
Email deanne.rebane@vamt.net

Medium Sized Revenue Grants

Deadline – 5pm Thursday 31 October 2019

Supported by the Welsh Government Integrated Care Fund

Medium Grants:

Medium sized grants of up to £50,000 are available for projects led by voluntary and community organisations based and working in Merthyr Tydfil or Rhondda Cynon Taff.

Purpose:

Projects should use a whole community coproductive approach and focus on:

- Tackling loneliness and isolation in older people or intergenerational programmes
- Addressing the emotional and mental wellbeing of children and young people

Projects will need to:

- Build the capacity of citizens and communities
- Be coproduced and collaborative across sectors, with citizens and the community at the centre
- Test new innovative approaches and delivery models
- Demonstrate how they will evaluate success and support shared learning

Who For?

ICF funded projects will need to support one or more of the following beneficiary groups:

- Carers
- Children with complex needs
- Older People
- People with learning disabilities

Application forms and guidance notes are available from www.interlinkrct.org.uk

For further information please contact **Simon James** sjames@interinkrct.org.uk 07772 464100

Small grants (up to £5,000) and Micro-grants (up to £500) are also available from the Integrated Care Fund. Further information will be available from **Sharon Richards** at Voluntary Action Merthyr Tydfil Sharon.richards@vamt.net

SAVE A LIFE THIS SEPTEMBER

Be part of something great!



St John Cymru are running a campaign in September called 'Save a Life September' where we are running free 2-hour First Aid Awareness courses



Just 1 in 5 people know what to do in an emergency and over 60% of people in Wales lack the confidence to help someone experiencing a cardiac arrest. Every year thousands of people die in situations where first aid could have given them a chance to live, that's why, as Wales' leading first aid charity, we believe first aid should be available for everyone, whenever and wherever you need it.

We need your help to change this by learning first aid and becoming a potential lifesaver. That's why each September we offer local communities across Wales the opportunity to join one of our free 2-hour training sessions to learn simple techniques which could help to save someone's life.

Our First Aid Awareness sessions give people the knowledge and confidence to deal with an emergency situation. The session covers the following scenarios:

- **How to manage an incident**
- **How to perform cardiopulmonary resuscitation (CPR)**
- **Treating an unresponsive casualty**
- **What to do if someone is choking**
- **How to treat severe bleeding**

You'll also be awarded a St John Cymru certificate to acknowledge your new lifesaving skills. Empower yourself and your local community by sparing just 2 hours to learn lifesaving first aid skills this September!

To book, simply follow this link <https://training.stjohnwales.org.uk/course/CFAA>

Use the course finder on the left of your screen, enter your town or postcode to find a course near you or you can call us on **0345 678 5646**.

FareShare Cymru are in Merthyr Tydfil!



FareShare Cymru is a registered food redistribution charity based in Cardiff, operating throughout South Wales.

We work with suppliers and distributors in the food and drink industry securing good quality, surplus food, which we then redistribute to not-for-profit organisations throughout the area, providing them with a value for money option for their supply of food and drink. This may be for their kitchens, the kitchens used by residents, cooking classes, food parcels, breakfast clubs, after school clubs etc.

The food we get is a range of fresh, chilled, frozen and dry food that has become surplus for a number of reasons, including short dates, overordering or packaging errors. The belief of FareShare is that no good food should go to waste.

We have recently set up a Local Collection Point in Merthyr Tydfil. We deliver to the Merthyr Town Football Club on a Monday lunchtime and the organisations we are working with collect the food from here.

We now have space for more organisations to join!

If you are interested in receiving food from FareShare Cymru or if you would like any more information please contact Katie

katie@fareshare.cymru

02920 362111 / 07773 618175

Rotary



Rotary Club of Merthyr Tydfil
South Wales. UK RI Dist 1150

Rotary Club Working with the Private Sector

The Rotary Club of Merthyr Tydfil, who have maintained the gardens of the Macmillan Cancer Care Unit in Prince Charles Hospital for the past 6 years, had a helping hand from managers who work for Santander.



In what Santander call a Diversity Project Day, 6 of their managers arranged to assist Rotary members in painting and treating the 6 teak benches that are in the gardens.

The weather was kind and allowed the project to be completed. A donation of £250 was given by Santander for the material costs which were kindly donated by Rabart Ltd.



Measuring the Mountain – Tell us your stories

Measuring the Mountain (MtM) is a Welsh Government funded project looking at people's experiences of needing care and support or of being a carer. It's an all-Wales collaboration of the public sector, third sector and, most importantly, the people who live here. We want to know more about what it is like to be:

- A carer, looking after a loved one, family member, friend or neighbour
- Someone who needs care and support

We want to hear people's stories about their experiences from the last 12 months and their thoughts about those experiences. We are interested in all kinds of stories so that we can understand the early impact of the Social Services and Well-being (Wales) Act 2014. We recognise that being a carer, or needing care and support services can relate to many different aspects of a person's life, so people can feel free to tell us about community activities, health matters, or housing, for example.

We've put together a series of questions for people to complete that starts with them sharing a story and then, through answering the questions that follow, they provide us with further detail and context. Completing the questions takes about 10 minutes, depending on how long the story is. You can access the questions on www.mtm.wales

Stories can be just a few lines or a paragraph or two and someone can share several stories with us if they would like.

The stories don't need to be about anything particularly good or bad. There may be an experience that stands out for someone, or they might like to share something that happened recently and is fresh in their mind.



By sharing this information with us people will be helping to inform Welsh Government, social care professionals and others about what needing care and support services, or being a carer is like, as well as what works well and what could be done differently. We will share all our findings, conclusions and recommendations through reports, events and the website, as well as directly with Welsh Government.

We'd like to be able to share as many of the stories publicly as we can – when we do this we will anonymise them, removing any identifying data. To help with this, we ask that people don't provide real names or specific locations in their stories. People are free to consent to taking part but not to us sharing their story if they would prefer.

The support of organisations that work with people in Wales is vital to our work, and vital to us hearing from the diverse individuals and communities that access care and support services, and provide essential caring to their loved ones. Thank you for your help and support.

To contact Measuring the Mountain email **Katie.cooke@southwales.ac.uk**; phone her on **07964 407 739**; visit **www.mtm.wales**; or Tweet @ **mtmwales**.

Latest from the Charity Commission

New resource to facilitate whistle blowing in Charities

In a bid to transform and improve the whistleblowing and speak up culture of charities, Protect is reaching out to offer its help and expertise in a pilot it hopes will transform the sector. Protect, formally known as Public Concern at Work, are recognised as the leading experts in whistle blowing



In June, Protect partnered with the Charity Commission to launch a six-month advice line for whistle blowers working in the charity sector, and calls have risen by 16% this year. If a charity worker or volunteer has concerns over wrongdoing and wants independent advice on how to raise it effectively, they can call Protect.

What is whistleblowing?

Sometimes whistleblowing is called speaking up or raising a concern. It is all about ensuring that if someone sees something wrong in the workplace, they are able to raise this within their organisation, to a regulator, or wider. Whistleblowing ultimately protects customers, staff, beneficiaries, and the organisation itself by identifying harm before it's too late.

Protect's confidential service can be contacted on **020 3117 2520**

<https://protect-advice.org.uk>

The Charity Commission has updated its guidance on fraud and cyber crime

Fraud poses a serious risk to valuable funds and sensitive data, and can damage the good reputation of charities, affecting public trust and confidence in the sector as a whole. It's therefore essential that trustees put in place suitable counter-fraud measures.

Estimates of the scale of charity fraud in recent years have varied between nearly £150 million and almost £2 billion per year. It's clear that the loss to fraud has a significant impact on the good work that charities do.

Fraud is dishonesty, involving either:

- false representation, for example identity fraud
- failing to disclose information
- abuse of position to make a gain or cause loss to another

Top Tips for Fraud & Cybercrime Prevention

- **Make sure your charity has robust financial controls that are properly implemented and monitored**

- **Encourage a culture of questioning and make it easy for people to report any suspicious behaviour**

- **Be careful about putting too much financial responsibility in the hands of one person**

- **Make sure your data protection policies and procedures are up-to-date and implemented**

- **Do the Cyber Essentials self-assessment to help protect your charity against cyber attack**



Take the Charity Commission Survey on Safeguarding

In October 2018 we launched refreshed guidance about Safeguarding and protecting people for charities and trustees. The issue of safeguarding and protecting people has continued to dominate the headlines, with the sector producing new tools and resources to help support charities.

The guidance is intended to be a clear, concise overview of what trustees need to do, signposting to other sources of support on specific issues.

Given the diversity of the charity sector, the aim is that it is useful to all charities, regardless of size or purpose: that it is a starting point for all trustees to understand their duties which then signposts to specialist advice on specific issues.

As the awareness of this issue grows we want to understand how you use this guidance and whether you find it useful. Does it cover the matters you need to know more about? If you used the links to specialist information on other websites was there a link to the information you needed?

Complete our short survey about how you use this guidance. It will take approximately 5 to 10 minutes. Your answers will be completely anonymous and we don't collect any personal data. The survey is available at:

https://www.smartsurvey.co.uk/s/safeguarding_guidance_feedback/

We will use the results to help us determine whether we need to strengthen any parts of the guidance, and how we can promote it effectively across the sector.

The more feedback we get the more accurate the picture we can build – your help and time is very much appreciated!

Conference and Room Hire Facilities at the Voluntary Action Centre

The John Meredith Room at the Voluntary Action Centre has recently been refurbished and now includes modernised conference facilities. In addition, rooms of varying sizes available to hire which now include a breakout room option.

Prices for room hire vary.
For further information please contact
Laura Johnson on 01685 353902
laura.johnson@vamt.net
or
Carol Hindley on 01685 353908
carol.hindley@vamt.net



gŵyl werin - hydref



Hydref / October

Nos Wener / Friday Evening - 4ydd and 4th

SESIWN FAWR / BIG SESSION

GERAINT ROBERTS, SARA LLOYD A'U FFRINDIAU

croeso i bawb / all welcome

www.gwylwerin.cymru

SADWRN 5ED / SATURDAY 5TH

ARTISTIAID / ARTISTS

VRI - KIZZY CRAWFORD - DEUAI - GWILYM MORUS BAIRD - OLION BYW - Y DAPLAS

HEN GAN - AVANC - RHIAIN BEBB A HUW ROBERTS

GWEITHDAI / WORKSHOPS

CLOGSIO / CLOG DANCING - BETHAN RHIANNON

ALAWON I DDECHREUWYR / TUNES FOR BEGINNERS - GERAINT ROBERTS

ALAWON / TUNES - PATRICK RIMES, TELYN - RHIAIN BEBB

DRYMIAU / BODHRAN - GERHARD KRESS

GLWEDD CALEIDOSCOPIG O GERDDORIAETH WERIN A HWYL / A KALEIDOSCOPIC FEAST OF WELSH FOLK AND FUN

STONDINAU GWYBODAETH / INFORMATION STALLS - STONDINAU CREFFT / CRAFT STALLS

ARDAL CHWARAE I BLANT / CHILDREN'S PLAY AREA - ANRHEGION CYMRAEG / WELSH GIFTS

PAENTIO WYNEBAU / FACE PAINTING - ARDAL LEGO / LEGO AREA

BWYD A CHWRW O SAFON AR GAEL YNG NGHAFI SOAR / QUALITY FOOD AND BEER AVAILABLE AT CAFFI SOAR

Tocynnau ar gael o Theatr Soar, Tocynnau trwy'r ddydd: Oedolion £10, Plant odan 16 £3 gyda gostyngiadau, Gweithdai: £5

Tickets for sale from Theatr Soar, All day ticket: Adults £10, Children under 16 £3 with concessions, Workshops: £5



soar



Lark in the Park

Lark in The Park is a volunteer run project taking place in Treharris Park, supported by Merthyr Tydfil County Borough Council and the South East Wales Rivers Trust.



Treharris Park is a beautiful turn of the century Victorian designed park, which due to a variety of reasons has been left virtually undisturbed for many years. Treharris Park is one of our protected open spaces and for the past couple of years the Council Countryside staff, in addition to daily maintenance have cleared the ponds and watercourses, removing invasive species and replanting at the pond. There has been an on-going programme of planting wild daffodils, primroses and ferns.



and there is significant local support for this well loved gem of a park. It is a magical discovery when you first walk around the park. You will see some decayed features, we hope to re-introduce seating, and hides and restore the beautiful bandstand. The place has so much potential.

We began re-planting and tidying up the entrance to the park at the beginning of May and can see it blooming again. We have had local volunteers Jude, Kyle, Lee, Chris and other visitors helping us out, which we are very grateful for. During the Summer holidays we put on family and children nature activities at the Bandstand. These included a Teddy Bear Picnic, visits to our den, treasure and bug hunts, nature scavenger hunts, sports play, arts and crafts and the guess poo game!

continued on back page...

The council has maintained some basic care of the park and we are working in partnership to restore the park to its former glory. With resources being finite, in order to bring the park back to its former glory we are dependent on volunteers to achieve these aims.

The plants, gardening, layout and design was heavily invested in by people over the years. A previous gardener/groundsman was Burt Morgan who looked after the park after his service in the war up until his retirement in 1985. We are planning to fundraise for 'Burts' Bench' to remember him.

We have had a consultation in the Treharris library



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Lark in the Park continued ...

We enjoyed meeting old and new visitors to the park and it was especially great to meet and entertain the children of Treharris Kidzden holiday club most weeks.

We meet every Thursday rain or shine, 10am -1pm.

If you would like to participate with gardening or just enjoy a cuppa in a beautiful setting to meet new friends, please come along or e-mail me at larkintheparktreharris@gmail.com.



We are planning events and will keep you posted, currently booked in is a **Mindful Walk** with Ai-Lin from Taf Bargoed on **September 12th 11am** at the **Bandstand**. We will also do a **Childrens' Hallowe'en event** on **Thursday 31st October**. Come along and say hello and ask for **Annie**, we can show you what we are doing and you can share your ideas of how the space could be used for now and future generations.

This newsletter has been published by Voluntary Action Merthyr Tydfil, Voluntary Action Centre, 89 – 90 Pontmorlais, High Street, Merthyr Tydfil, CF47 8UH. Telephone: (01685) 353900

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The closing date for articles for the next edition (December 2019) is 25 November 2019.



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