

December 2019 and January 2020

# COMMUNITY COORDINATOR BULLETIN

## What Matters To You?



*“How can I get out? I am lonely.”*

*“I don't know what is out there”*

*“I don't know who to ask”*

*“How do I find this information?”*

*“I feel so much better after talking to you”*

*“I didn't know there was so much out there for someone of my age”*

<b>CONTENTS</b>	
	<b>Page no</b>
Rhondda Valleys	2
Cynon Valley	4
Taff Ely	6
Merthyr Tydfil	7

## Rhondda Valleys

Contact: Lucy Foster

Tel: 07580 865938 or email: [lfoster@interlinkrct.org.uk](mailto:lfoster@interlinkrct.org.uk)



**Christmas Day Lunch** - Join in the festivities of christmas day at the Canolfan Pentre at 12pm. If you know of anyone who will be home alone this christmas and feel they would benefit from a hot meal and company, please contact Buffy the centre manager on 01443 307455.

If you know of any volunteers that would be willing to support this event please get in touch. volunteers would be welcome to simply keep others company. Those who are lonely at this time would benefit from a simple cuppa and chat. Contact the centre for more information.

---

### Arts Factory Ferndale

**Free Christmas Giveaway** - Christmas themed clothes giveaway on 6<sup>th</sup> December 10am - 12pm which includes gifts sets and Christmas decorations.

**Christmas Tea Dance** - 16<sup>th</sup> December 1pm - 3pm with £2.50 entry fee.  
For further information contact Lisa on 01443 757954.

---

**Penuel Chapel** - Duffryn street, Ferndale, CF43 4EW

**Christmas film club** - All welcome to come and watch the magical film The Polar Express on Thursday the 19<sup>th</sup> of December at 5.30pm.

**Carols by candlelight** - Sunday 22<sup>nd</sup> Dec, 6pm - 7pm.

---

**Christmas candlelight service** - Living way church, Tonypany.

Everyone is welcome to join in the candle service where there will be music and refreshments. Sunday December the 22<sup>nd</sup> at 5pm.

---

**New Year New You with Rhondda Yoga** - Suitable for all abilities. Helps strengthen core muscles and build up weak joints. Tailor made to suit you.

**Mondays** - Cwm Clydach Community centre, 7pm - 8.30pm

**Tuesdays** - Cwm Farm Shop, Treorchy, 7pm - 8.30pm

---

**Rhondda Hub for Veterans** - Are you working with a veteran in need of support? The hub is a place where veterans in need can come and find advice and resources about housing under one roof. We work very closely with specialist partners to provide courses, training and employment opportunities as well as practical support to help with transition into civilian life. There will be support and assistance to overcome trauma with access to trained specialists to assist the transition. For more information contact Rob Miles on 01443 303100.

---

**New year new hobby** - Would you like to join a choir? Would you like to be part of an interesting, adventurous and worthwhile musical experience? Do you enjoy convivial company? Then why not join the brilliant Pendyrus male voice choir.

They meet at: Rhondda Fach Sports Centre, Tylorstown, CF43 3HR.

Mondays (7.30 to 9.30pm) and Wednesdays (7.30 to 9.30pm)

If you would like further information please contact the General Secretary Graham Clarke on 07971 634795 .

---

**Craft of Hearts** - First floor, Rhondda Heritage Park, Porth.

A variety of xmas crafts, painting and papercrafts plus social gatherings are on offer throughout December and January. If anyone is feeling Lonely and Isolated and would like to join in the activities that run daily, please contact Jo Roe by email: [craftofheartsuk@gmail.com](mailto:craftofheartsuk@gmail.com).

---

## Cynon Valley

Contact: Deanne Rebane

Tel: 07580 869946 or email: [deanne.rebane@vamt.net](mailto:deanne.rebane@vamt.net)



**Events in the St Fagan's Community Hall, Windsor St. Trecynon CF44 8LL:**

**Christmas Day** free lunch, entertainment, transport, for anyone in Cynon Valley who needs company on this day. Volunteers, including drivers, are needed.

**Mothers Union** will be holding their Yuletide evening of refreshment and entertainment, Tuesday Dec 3rd at 7.15pm. All welcome £3 entry, children free.

**Lunch Club** for seniors and others. Every Thursday just £4 for lunch, company and activities. Lunch bookings must be made by a Tuesday please tel 01685 872828.

**Llwydcoed Silver Band Carol** Concert in Church, 7.30pm December 22nd.

For details on all the above, contact the hall office Tel 01685 877900.

All details of events plus news of weekly classes and clubs, available on parish website [www.stfagansaberdare.co.uk](http://www.stfagansaberdare.co.uk)

---

**Valley Versus Arthritis - a NEW arthritis support group** for the Cynon Valley that will be meeting at 1pm - 3pm on the first Tuesday of every month at Cynon Valley Museum, Depot Rd., Aberdare, CF44 8DL. The next meetings will be:-

Tuesday 3rd December

Tuesday 7th January

For further information contact May Baxter-Thornton on 07411 056071

Email [m.baxter-thornton@versusarthritis.org](mailto:m.baxter-thornton@versusarthritis.org)

---

**CRUSE Drop-in sessions** are held 10am - 1pm on the 3rd Tuesday of the month at New Horizons, 16 Dean St., Aberdare. Meet with bereavement supporters over a cup of tea or coffee.

---

**Alzheimer's Society Activities in Cynon Valley:-**

**Singing for the Brain** - held on Fridays 10.45am - 12.15pm at St Fagans Community Hall, Windsor St., Trecynon CF44 8LL. Short breaks taken throughout the year, so please contact 01685 353919 / 07484 504891 prior to attending.

**Forget Me Not Cafe** - held at 1.30pm - 3.30pm on the fourth Friday of the month at Aberdare Rugby Club, 49 Gloucester St, Aberdare, CF44 7BP.

**Dementia Connect Support Service** can be contacted directly on 0333 150 3456

**Advocacy Service** - contact local office on 01685 353919

---

**Aberdare Friends of Tenovus Cancer Care** - Lovelight Concert at 7pm on Wednesday 4th December at Saron Chapel, Aberaman. For tickets or more information about any of their events, please contact Carol on 07501 339244

Email [carol.williams@tenovuscancercare.org.uk](mailto:carol.williams@tenovuscancercare.org.uk)

---

**Men's Lifestyle Group** - runs every Thursday morning 10am - 12pm at Darran Las Community Centre (Old Cynon Infants School), Aberdare Rd., Mountain Ash, CF45 3PT. This is a very informal group, so please go along to have a chat, take part in activities or just have a tea or coffee.

For further information contact Debbie Moore tel 01443 420962 Mob 07747 485641  
[debbie.moore@rctcbc.gov.uk](mailto:debbie.moore@rctcbc.gov.uk)

---

**The Grapevine** - a group of parents and carers of adults with learning disabilities are looking for people who would be interested in starting a new group in the Cynon Valley. The group aims to challenge and change service provision to ensure that people with learning disabilities and their parents and carers lead a "good life". For further information please contact Eleanor Alcock tel 01443 439799  
Email [eleanorgrapevine@gmail.com](mailto:eleanorgrapevine@gmail.com)

---

**Christmas Meet and Greet** in Hirwaun Library. Tuesday 17th December from 2:30pm - 5:00pm. Come along and meet other groups in the area and see what we can do together. Bring along some information and pictures of your group to share with others and enjoy a mince pie and a cuppa. Contact Meriel at Interlink on 07598 241359 or email [info@interlinkrct.org](mailto:info@interlinkrct.org),uk for more information.

## TAFF ELY

Contact: Karen Powell

Tel: 07580 869970 or email: [kpowell@interlinkrct.org](mailto:kpowell@interlinkrct.org)



**Festive Crafts** - Free craft sessions will be held at the following venues on the following dates:

Beddau & Tynant Community Library	4th December	11am-1pm
Llanharan Drop-in Centre	5th December	1pm-3pm
Rhydyfelin Community Centre	11th December	1.30pm-3.30pm

To book a place, please ring 01443 562204. Free Tea and Coffee

---

**Senior Citizen Christmas Dinner & Evening of Entertainment** - Wednesday 4th December at Llantwit Fardre Sport Club commencing at 6pm. Tickets are £6 and are available from the Llantwit Fardre Community Council office. Ring 01443 209779 or email [admin@llantwitfardre.cc](mailto:admin@llantwitfardre.cc) Full payment and menu options required before the event.

---

**Handmade Christmas** at Hopkinstown Community Hall, Pontypridd is taking place on the following dates:

30th November	Advent Calendar
7th December	Wreath Making
14th December	DIY Felt Garland Making

---

**Memorial Tree** – This will be in the window of Cardigan Close Funeral Home, Tonteg from Monday 2nd December. The tree will hold written heartfelt messages for loved ones who have sadly passed away. If you would like to include a message, please contact Melanie on [melanie@caerphillyfuneralservices.com](mailto:melanie@caerphillyfuneralservices.com) or ring 01443 203966

---

**Llanharan Community Shop** is looking for volunteers. Monday to Saturday with various hours available

Mornings 9am-12pm

Afternoons 12pm-3pm

Contact either Cheryl on 07999 337044 or Rachel 07908 090082.

---

**Sporting Chance** supported by Volunteering Matters have started a new group for men at Caerlan Hall, Newbridge Road, Llantrisant. The group will meet every Wednesday from 1pm-2pm and will include activities such as indoor curling, chess, table top games and much more. For more information on this free group, contact Lucie Paddison on 07731 837322 or email [lucie.paddison@volunteeringmatters.org.uk](mailto:lucie.paddison@volunteeringmatters.org.uk)

## Merthyr Tydfil

Contact: **Claire Williams**

Tel: 07580 866547 or email: [claire.williams@vamt.net](mailto:claire.williams@vamt.net)



**Redhouse Christmas** on Friday 6th December from 7pm. Join us for a selection of time-honored Christmas carols, festive songs, melodies and winter treats. Tickets £5 available from the Redhouse Box Office on 01685 384111

---

**Merthyr Pop Up Christmas Fayre** on Saturday 14th December from 10am - 4pm at St Tydfil Shopping Centre. Gifts, Food and Family Activities on offer.

---

**Carols in the Castle** featuring Merthyr Aloud on Monday 2nd December from 2pm onwards at Cyfarthfa Castle.

£6 admission by ticket only. To book your ticket please phone 07551 903800

---

**Christmas Fayre**, Stephens and George Charitable Trust invite you to their annual Christmas Fayre, which has a wide variety of craft, food stalls and much more on Friday 6th December from 11am until 2pm at Dowlais Community Centre, for more information, please contact 01685 377688 / 01685 375331

---

**New Dementia friendly activity group** run by Platform. Come along for a chat or join in with some activities. Weekly group starting Monday 6th January from 10am - 12pm. For more information, contact Susan Johns on 07788 314666

---

**Merthyr & the Valleys Mind** - Agored Accredited Mental Health Awareness. 5 weeks course (one day a week) starting on Thursday 11th January from 10am - 12pm at Canolfan Soar, Pontmorlais. Contact 01685 707480 / 01685 707486 for more information.

---

***Disclaimer: Information included in this bulletin may be subject to change.***

***Articles for inclusion in the February bulletin to be received by  
15th of January 2020.***

***Thank you***