

INFORM

VOLUNTARY ACTION
GWEITHREDU
GWIRFODDOL

Voluntary Action Merthyr Tydfil • Gweithredu Gwirfoddol Merthyr Tudful

November 2025

VAMT'S ANNUAL GENERAL MEETING

A New Look AGM!

We took a new approach to our AGM this year and held it at the Voluntary Action Centre, which is not only our base, but that of some member organisations too!

In opening the event, Cllr Brent Carter, Leader of Merthyr Tydfil County Borough Council said

"VAMT plays a vital role in supporting our voluntary and community sector, and your work makes a real difference to people's lives across the county borough. From providing support and opportunities to giving a voice to those who need it most, you are at the very heart of our communities."

In closing, Cllr Carter went on to say *"As a Council, we value our partnership with the voluntary sector and remain committed to working together to create a stronger, fairer and more resilient Merthyr Tydfil."*

Guest speaker Matt Brown, Deputy CEO of Wales Council for Voluntary Action outlined work undertaken by WCVA to inform a developing third sector manifesto ahead of Senedd elections in 2026.



AGE CONNECTS MORGANNWG



The Trusted Assessor team from Age Connects Morgannwg works across all hospitals in Bridgend, Merthyr Tydfil and Rhondda Cynon Taf, providing patients with the practical and emotional support they need to leave hospital safely, quickly, and with confidence. Returning home after a hospital stay can often feel daunting, but our team is there to make the process as smooth as possible. We work closely with patients, their families, and in partnership with health, social care and community organisations to ensure each discharge is well planned and supported.

The project focuses on three main aims: helping people return home safely, reducing the risk of re-admission, and boosting confidence and independence. Our Trusted Assessors provide ongoing, free support to help individuals re-adjust to life at home. This includes practical help to regain independence, reassurance and emotional support, and tailored assistance based on each person's individual needs. The team also offers advice and liaison with other agencies, support for carers and families, and immediate food provisions until regular

shopping can be arranged. Further help includes guidance with welfare benefit claims and essential home safety checks to reduce the risk of slips, trips and falls. These checks can also involve clearing out-of-date food and ensuring heating, TV, phone and lifeline services are working properly.

The service makes a real difference to people's lives. PB, for example, was medically fit for discharge but had no home, clothes or food. Our Trusted Assessors stepped in to provide essentials and coordinate with housing services, enabling a safe and timely discharge. In another case, AN, who had spent a long period in hospital following multiple strokes, faced challenges adjusting to life at home. The team provided both practical and emotional support to ease his transition and help him reconnect with familiar services and routines.

The Trusted Assessor team is available on-site from **Monday to Friday between 8:30am and 4:00pm.** For more information or to contact the team, email trusted.assessors@acmorgannwg.org.uk.

THE MERTHYR TYDFIL COMMUNITY TRUST



A "Quiz Night" will be held on Wednesday 12th November at 7pm at the West End Bowls Club, The Walk, Merthyr Tydfil. The event is to raise funds for the Merthyr Tydfil Community Trust.

The Merthyr Tydfil Community Trust is a charitable trust that supports local voluntary and community groups. It makes small grants to small groups that make a big difference to them. It only supports groups operating in the County Borough of Merthyr Tydfil. For more information on the Trust click on www.merthyrcommunitytrust.co.uk

If you would like to enter a team or require further information please contact **Ian Davy** on **07966 698017** or at ian.davy@hotmail.co.uk

The cost is £5 per person with a maximum of 6 people per team

To pay by bank transfer –
Sort Code; 30-95-55
Acct No; 00628408
Account Name; Merthyr Tydfil Settlement Trust.

To pay by cheque make it payable to Merthyr Tydfil Settlement Trust and post to:
Ian Davy, Merthyr Tydfil Community Trust, c/o 5 Glan Yr Ely, Ynysmaerdy, Pontyclun, CF72 8LJ.



Friends of Nant Llwynog Park

Nant Llwynog is one of those special places in Merthyr Tydfil which have become cherished open spaces once the old industries have moved on. The mining and quarrying era left a legacy which is being well used for people to enjoy and in which children can play. The greening up of the valleys has begun and nature has come back to create a rich heritage of countryside, species and wildlife. We now promote them for biodiversity and as places for health and better well being. We were delighted to be granted the Green Flag Award again in 2025/26.



The restoration of the footpaths at Nant Llwynog has been a huge project, changing the appearance and setting of the site. The heavy work of spreading crushed stone to widen and deepen the paths took many weeks and involved large machines and equipment.



The wooden bridge was moved and swales were dug to take excess rainwater from winter storms. The work took more than 12 weeks and some paths became unusable. It now has to settle and public reaction has been favourable.

It was a good year for bird fledging. Despite extra boxes this year the number of nesting attempts was down on 2024. However, the results greatly exceeded the 2024 results with Blue Tit fledging success up almost 4 more birds per successful nest than in 2024 which is a massive improvement.



There was very little predation/desertion which was great to see. As well as the successful nesting attempts a further nine attempts were started, all Tits but failed to proceed for various reasons.

Stock Doves are a multi-brood species so it could be the case that

further eggs were laid after my final visit but I never revisited to check that out. One of the 2 Starling boxes was used but by Blue Tit rather than a Starling. We recorded juvenile Redstarts in June so we know they bred in the woodland. Thanks go to the Biodiversity Partnership and to Gill and Ieuan, as well as Andrew Bevan of Fledgemore.



Promoting wildlife and landscape protection is important and happens at Nant Llwynog and in many other open spaces and green parkland.

We held various events in the spring and over the summer and are looking forward to a full programme in 2026, and to working with Local Nature Partnerships in renewed vigour!

Website: [Nantllwynog.wordpress.com](https://nantllwynog.wordpress.com)



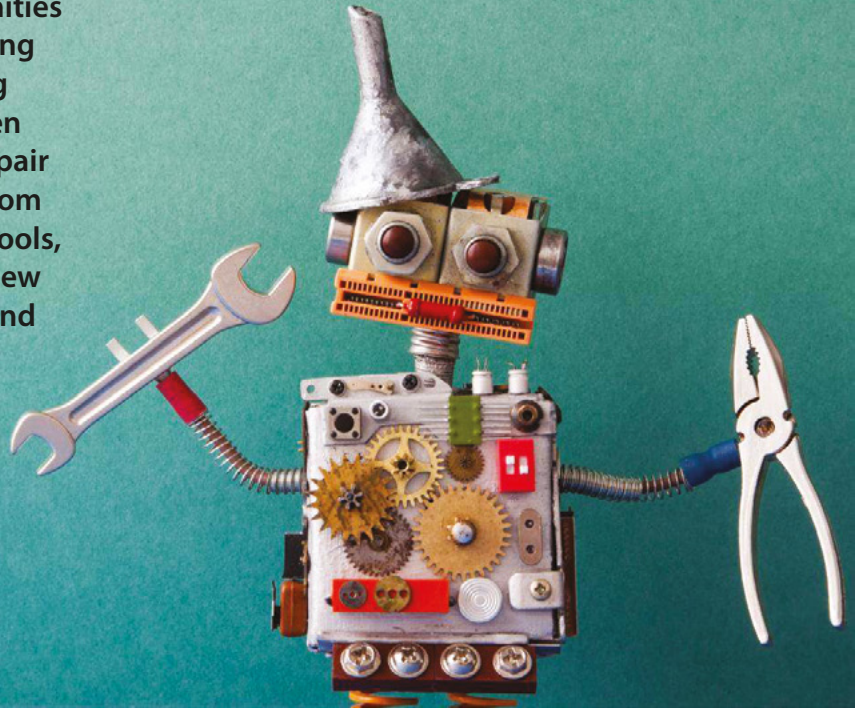
Facebook.com/groups/NantLlwynogParkFriends

Contact: edawson1215@gmail.com

Repair Cafe Wales: Empowering Communities, One Fix at a Time



Repair Cafe Wales is helping communities across Wales rediscover the joy of fixing and reusing- offering free, welcoming spaces where people can bring broken household items and learn how to repair them alongside skilled volunteers. From sewing and electronics to furniture, tools, and toys, Repair Cafes help breathe new life into items that might otherwise end up in landfill.



Founded in 2017, the charity now supports over **130 community-led Repair Cafes** across Wales, including several in the Merthyr Tydfil area. Each event is run by local volunteers who share their time, tools, and knowledge to help others, all while reducing waste, saving money, and building stronger community connections. The model is simple but powerful: people come to fix, not throw away, and leave with new skills and new friends.

Repair Cafe Wales also plays a key role in supporting Wales' journey toward a **circular economy**, where resources are valued and waste is minimised. By encouraging repair and reuse, the charity promotes practical climate action at a community level, showing that small, local changes can have a big impact.

This October, Repair Cafe Wales celebrated **International Repair Day**, with cafes across the country hosting special events and repair demonstrations to highlight how repairing can be creative, empowering, and fun. The day was a great success, shining a light on the volunteers who make it all possible and the visitors whose enthusiasm keeps the movement growing.

Whether you're a keen DIY-er, an occasional tinkerer, or just curious about what can be saved from the scrap heap, you'll always find a warm welcome at your local Repair Cafe.

To find your nearest Repair Cafe or learn how to start one in your community, visit www.repaircafewales.org or follow @ **RepairCafeWales** on social media.

The Merthyr Malayali Cultural Association



The Merthyr Malayali Cultural Association (MMCA) has had a wonderful year, showing how culture can bring people together and make our town stronger.

What began as a small group celebrating India's traditions has now grown into an active part of Merthyr's community life.

We hosted our Onam festival, welcoming over 150 families along with the Mayor, High Sheriff, and local councillors.



We've also worked closely with local schools, charities, and sports groups to build friendships and support the wider community.



- We raised funds for Cancer Aid Merthyr through a Pen y Fan charity climb.



- We were invited to schools to present about our culture, and community-focused schools continue to be one of our strongest community partners.



- We recently took part in the Cultural Day at Cyfarthfa Castle, proudly representing our culture through food and participation.



- We also co-hosted a multicultural event with the Filipino community, celebrating unity through shared traditions.

Beyond events, our members joined sports tournaments, trekking activities, and awareness programs with local groups, promoting health, connection, and kindness.



We've proudly represented Merthyr at regional and national events, sharing our heritage and values. Our children, growing up learning Malayalam, English, and Welsh, reflect the inclusive identity we stand for.

This year, we also received support from the National Lottery Community Fund for our project "India to Cymru: A Year of Culture, Sports & Community", made possible through the guidance and support of Voluntary Action Merthyr Tydfil (VAMT).

We remain deeply grateful to our partners, especially Merthyr Tydfil County Borough Council, Community-Focused Schools, and VAMT, for their continued encouragement and collaboration.



The Rotary Club

On 28th July, our club welcomed Vikki Howells M.S., the current Member of the Senedd for Cynon Valley, as our guest speaker. Vikki spoke about her life and career prior to entering politics, as well as the upcoming changes to next year's electoral system. She has been selected as number one on the Labour Party's list of candidates under the new system.



Vikki Howells addressing our meeting

In August we had a visit from Darren Davies the Merthyr Tydfil Borough Council Homelessness Officer. He gave a report on the homelessness situation in our community. Questions followed.

In September we had a visit from Sir Stanley Thomas, who gave a talk on his own career and the history of his family. Many questions followed.

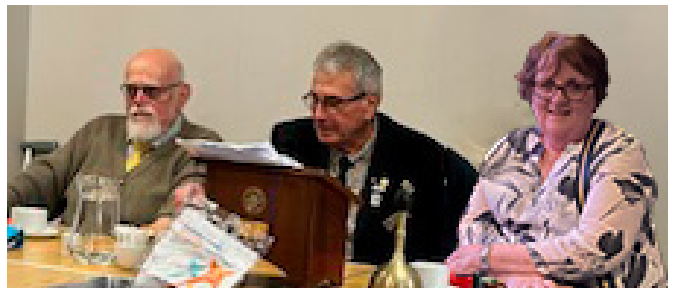


Sir Stanley Thomas addressing the meeting

At the meeting on the 8th September we celebrated Rtn. S. Ganesh's 96th Birthday. He has been a member of Rotary International for 53 yrs.



Also in September we had a visit from Ann Jones the Secretary of the M.S. Society in Rhondda, Cynon & Merthyr Tydfil.



She spoke about the the problems of M.S. and the various facilities that the local society was able to offer. The club donated £100 to her continued work and a recipe book sponsored by Rotary in support of M.S.

If anyone is interested in joining Rotary or attending a meeting will they please contact Ian Hopkins on **01685 384413** Mob **07920131582** or ianjudymerthyr@gmail.com

Bedlinog and Trelewis Community Council

Bringing the Community Together: Weekly Hub at Bedlinog and Trelewis

Every week, the Bedlinog and Trelewis Community Council hosts a vibrant and welcoming Community Hub that has quickly become a lifeline for many local residents. Held in Bedlinog, the hub offers a warm, friendly space where people from all walks of life can come together, socialise, and enjoy a range of activities.

A key feature of the hub is its commitment to inclusion and accessibility. To ensure everyone has the opportunity to attend, a free return bus is provided from Trelewis, helping to remove transport barriers and encourage wider participation.



Each session includes light refreshments, a cup of tea or coffee, and plenty of friendly conversation. There's always something going on—whether it's a fun game of bingo, a talk from a guest speaker, or simply a chance to sit and chat. We've welcomed speakers from local organisations, charities, and services, all providing useful information and support to our community.

But it's not just about what happens during the session. The hub has also become the starting point for friendships, support networks, and even organised day trips, allowing residents to explore places together, reducing loneliness and strengthening community bonds.



The impact of the hub hasn't gone unnoticed. ITV News visited last year to highlight the positive difference it's making in tackling social isolation and bringing people together—a proud moment for everyone involved.

The hub is a shining example of what can be achieved when a community invests in connection, kindness, inclusion, and to be part of something local and meaningful.

The Bedlinog and Trelewis Community Hub is more than just an event—it's a community in action.





Partneriaeth Cymunedol
Rheilffyrdd Y Tri Chwm
Three Valleys Community
Rail Partnership

Three Valleys Community Rail

A new Community Rail Partnership has been launched in South East Wales, funded through Transport for Wales.



Based in Merthyr, the 'Three Valleys Community Rail Partnership' is hosted by Voluntary Action Merthyr Tydfil (VAMT) and includes representatives from the voluntary and tourism sectors, healthcare providers, community partners and rail industry.

Its objective will be to promote sustainable travel, health and wellbeing, tourism and economic development along the railway lines linking Treherbert, Aberdare and Merthyr with Cardiff. By focussing on local projects, the partnership aims to make a real difference to the people and communities it serves.

Melanie Lawton, Strategic Lead for Community Rail at Transport for Wales, said; "We're delighted to launch the partnership and welcome everyone associated with the Three Valleys to the Community Rail family. The railway is an important part of the Valleys heritage. By providing a voice for the community, the partnership can help people take full advantage of the enhancements being delivered by the South Wales Metro."

Verity Lewis, Community Rail Officer for the partnership said; "Over the past year we have valued the opportunity to engage with our local communities to create the partnership. As we continue the journey forward, we are committed to working closely with partners, organisations and the community, guided by the four pillars of Community Rail – while celebrating the spirit and heritage of the Valleys.

Sharon Richards, Chief Officer for Voluntary Action Merthyr Tydfil said; "As host organisation, VAMT is extremely proud of our officer's role in shaping this partnership, and we look forward to the possibilities it opens up for innovation, growth, and long-term value across our communities".

Three Valleys becomes the sixth community rail partnership on the Transport for Wales network; the others being South West Wales Connected, the Heart of Wales Line, Cambrian Rail Partnership, Conwy Valley and North West Wales Community Rail Partnership and the 3 Counties Connected Community Rail Partnership.

Railway 200 Celebrations

In partnership with the Brecon Mountain Railway, Merthyr Tydfil Library, Merthyr County Borough Council and Transport for Wales, we hosted a special community event at the Brecon Mountain Railway as part of this year's 'Railway 200' celebrations.



Verity Lewis, VAMT's Community Rail Officer

Passengers on board the 2.30pm service to Torpantau were greeted by local historian Huw Williams, who shared fascinating stories about the history of the line, the landscape and the industrial legacy of the area.

The Brecon Mountain is a narrow-gauge tourist railway and extends through beautiful scenery for a distance of 5 miles from Pant station on the outskirts of Merthyr to Torpantau in the Bannau Brycheiniog / Brecon Beacons National Park.

The event brought together local organisations to share stories, learn about the area's industrial heritage and how rail continues to shape the valleys region.

Visitors to the railway, many of whom had travelled from Hampshire, Norfolk and the West Midlands, were greeted by stalls promoting the recently formed Three Valleys Community Rail Partnership, Cyfarthfa Foundation, Visit Merthyr, Merthyr Libraries and Transport for Wales.

Workshop tours were arranged that offered visitors the opportunity to look at how the railway's heritage locomotives and carriages are maintained.



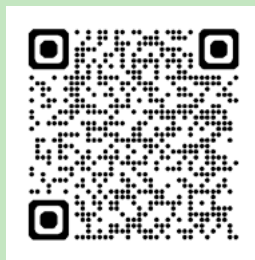
This is the latest update from the Cwm Taf Morgannwg Public Services Board (CTM PSB), and the PSB work across Merthyr Tydfil, Rhondda Cynon Taf and Bridgend. We last updated Members in the Winter edition, where we updated on the work of CTM PSB.

If you would like to know more about the CTM PSB and what it does, please visit our website: <https://www.ctmpublicservicesboard.wales/>

We held our recent CTM PSB Board meeting in the John Meredith Room in the VAMT building. We had a very warm welcome, and the space and facilities were excellent, so would like to say a big thank you to the VAMT Team!

CTM PSB Website

We're pleased to announce that the Cwm Taf Morgannwg Public Services Board website has had a full refresh!



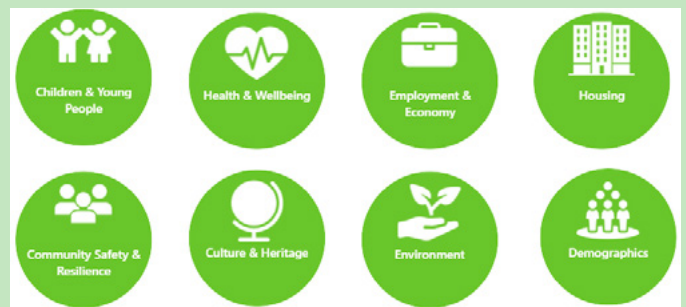
The updated website offers a modern, user friendly experience that makes it easier to navigate and access information about the PSB, the Well-being Plan, Annual Reports, and partnership work.

Whether you're a partner organisation a member of the public, or just want to learn more about the work of the PSB, we invite you to explore the new website at: <https://www.ctmpublicservicesboard.wales/home>

We look forward to providing future updates where we will provide more detail on each of our projects. If you'd like to know more, or would like to talk to a member of the PSB support team, please get in touch at: CTMPSB@RCTCBC.GOV.UK

CTM PSB Data Dashboard

We are excited to share that our new interactive data dashboard is now live on our CTM PSB website! The easy to use tool allows users to explore key well-being data in both Welsh and English.



The dashboard is comprised of eight key categories, with over 100 indicators. The information is displayed using charts, graphs and interactive filters, that can be extracted and downloaded by the user, along with the metadata.



This dashboard is open to all users, no log in required, and provides valuable insight into the region's strengths and challenges, helping to inform local decisions and future planning.

Visit the dashboard here: <https://www.ctmpublicservicesboard.wales/data-dashboard>





Cwm Taf Morgannwg
Bwrdd Diogelu
Safeguarding Board

CWM TAF MORGANNWG

Safeguarding Week 2025

Online Harm: Keeping Yourself and Others Safe

The Cwm Taf Morgannwg Safeguarding Board is pleased to publish its [events programme for Safeguarding Week 2025](#).

The theme for our region this year is 'Online Harm: Keeping Yourself and Others Safe'.

Safeguarding involves both the protection of children and adults at risk from abuse, neglect or other kinds of harm and preventing them from becoming at risk of abuse, neglect or other kinds of harm.

Safeguarding Week is a national campaign that is held every year for a week during November - this year it's from the 10th until the 14th - with the aim of raising awareness and providing training on safeguarding issues.

The week-long programme of activities is aimed at professionals, children and young people, parents/carers and the community.

To view and download the Programme, please select this [link](#).

Welcome Friends Befriending Service



Welcome Friends is a community befriending project that helps reduce loneliness and social isolation among people aged 50 and over. Many older adults in our communities live alone or have limited social contact, which can greatly affect their confidence, wellbeing, and quality of life. Our mission is to provide friendly, meaningful companionship through regular visits or calls, helping people feel more connected to their communities.

We are currently looking for volunteers who can spare just one hour a week to make a real difference. As a Welcome Friends volunteer, you'll be matched with a local beneficiary who is isolated, lonely, or vulnerable that sometimes just are in need of a friendly chat. Whether it's sharing a cup of tea, going for a short walk, or having a weekly catch-up, your time and kindness can brighten someone's day and help rebuild confidence and community connection.

Volunteering with Welcome Friends is flexible, rewarding, and fully supported. All volunteers receive training and guidance to help them feel comfortable and confident in their role. You'll join a supportive network of people making a positive difference across Rhondda Cynon Taf, Merthyr Tydfil and surrounding areas.

If you're compassionate, enjoy listening, and want to give back to your community, we'd love to hear from you. A small amount of your time can have a huge impact on someone's life — and many volunteers tell us they gain as much friendship and fulfilment as the people they support.

Together, we can create a kinder, more connected community for everyone over 50.

To find out more or to get involved, please contact:
welcome.friends@volunteeringmatters.org.uk

A few hours a month can make a world of **difference...**

Work with us to rebuild lives after stroke. By supporting our stroke group, you can share and learn new skills and get hands on experience of supporting people on their road to recovery.

Volunteers required for all Groups in Wales
Days and Times vary. Contact us for more information.

Telephone: **07515 596775**

Email: beverley.boulton@stroke.org.uk

Find out more at stroke.org.uk/volunteer

Rebuilding lives after stroke

Stroke
Association



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PH 223/24



Merthyr Tydfil Borough Credit Union Community Collectors/School Savings Collectors

A Collector is a key role within Merthyr Tydfil Borough Credit Union, it's a public facing role at the Credit Union dealing with Members and potential Members.

What is a Collector?

A collector runs the Community or School collection points and deals with Credit Union members face-to-face on a weekly, fortnightly or monthly basis.

What the Volunteer Collector roles involves?

- Cash handling, updating Member's passbooks, taking cash/cheques, filling out Collection Sheets and other relevant paperwork.
- Enough collectors are needed so there can be two working at each collection point.
- Provide Information about the Credit Union services to members and potential members at the collection
- Post or drop off relevant paperwork to MTBCU.
- Banking cash/cash at Post Office branch or Merthyr Tydfil Credit Union.

Training will be provided to all volunteers, if DBS checks are needed we will cover the cost for each volunteer.

The Credit Union will also attend for the first Collection Point to support the Volunteers and ensure they are confident to run the Point *

Additional support is available for volunteers if required *

Contact Fran or Lowri at VAMT on 01685 353900 for more information.

CAN YOU LEND A HAND?

We're looking for volunteers

Volunteer your time at our
Tenovus Cancer Care Shop in Merthyr Tydfil

There's lot of opportunities available !!

Sales floor volunteers to run the till
Stock room volunteers to help sort and steam stock
Book/vinyl and media/jewellery/homeware Specialist volunteers
Visual Merchandiser specialist volunteers
Up-cycle creator volunteers
Volunteer recruitment volunteers

For more information call 01685 389379

or apply online at

<https://www.tenovuscancercare.org.uk/about-us/volunteer-with-us/apply-now>

[tenovuscancercare.org.uk](https://www.tenovuscancercare.org.uk)

Registered Charity No. 1054015.



tenovus
cancer care
gofal cancer

CTM Mental Health Forum

At the Voluntary Action Centre
1pm-3pm
Dates to be confirmed

To join the Forum or for more information contact sharon.jones@vamt.net

Health and Wellbeing Forum

At the Voluntary Action Centre
10am - 12pm
Wednesday 19th November
Wednesday 18th February 2026

This Forum is open to third sector colleagues and aims to provide a platform for providing third sector services operating locally and regionally. It further serves to ensure engagement with the sector around strategic developments within both Merthyr Tydfil County Borough and the Cwm Taf Morgannwg Health Board area.

To join the Forum or for more information contact ian.Howell-Morgan@vamt.net

The Children, Young People & Families Forum

At the Voluntary Action Centre
9.30am – 12pm
Thursday 11th December
Thursday 12th March 2026

To join the Forum or for more information contact emily.whiteman-cranston@vamt.net

Food Prosperity Network

VAMT was approached in Autumn 2018 by Food Sense Wales to establish a network, focused on food poverty in Merthyr Tydfil, a partnership approach involving third and statutory sectors.

The Network has gone from strength to strength supporting affordable food provision such as Food Pantries and Food Banks to develop, support each other, share good practice and ensure a co-ordinated approach to supporting communities and families. This was particularly evident during the pandemic and now during the ongoing cost of living crisis.

All meetings are via Teams at 10am - 11am
Wednesday 12th November
Wednesday 11th February 2026

For more information on how to become part of this vibrant Network contact emily.whiteman-cranston@vamt.net

Volunteer Managers' Forum

At the Voluntary Action Centre
Wednesday 3rd December 10am - 12pm
Wednesday 18th March 2026 10am - 12pm

The Forum is a supportive network for volunteer managers, providing a space to share best practices, build partnerships, and access professional development. Meetings are held quarterly and remain informal, with agendas shaped by the members. The Forum is independent and member-led, with support from VAMT.

To join the Forum or for more information contact frances.barry@vamt.net

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Massive congratulations to Laura Johnson

27th September this year marked 20 years since our Business & Finance Manager Laura joined VAMT.

We were pleased to recognise such a significant achievement by presenting Laura with a bouquet of flowers at our AGM, where she said she couldn't believe almost half of her life had been spent working for us. We'd like to say a massive "Congratulations" on this milestone Laura and "thank you for your contribution and dedication to the organisation".



INFORM, BLOG AND BULLETIN

Share
your
story!

If there is anything you would like to share in Inform or on our blog, or in the Bulletin then please email Fran at frances.barry@vamt.net

YOU CAN BE PART OF THIS MAGAZINE TOO!

To feature in the next edition of Inform please submit your articles to frances.barry@vamt.net by Friday 23rd January 2026

That's all from VAMT for now.

We welcome any comments on this newsletter, they can be submitted to info@vamt.net

Voluntary Action Centre

89-90 Pontmorlais, High Street,
Merthyr Tydfil CF47 8UH

Tel: 01685 353900 • email: info@vamt.net

www.vamt.net

VAMT Team

Sharon Richards
Chief Officer

Laura Johnson
Business & Finance Manager

Claire Williams
Operations Manager

Frances Barry
Lead Officer – Volunteering
and Communications

Karen Vowles
Lead Officer –
Community Development

Karen Powell
Lead Officer - Health and
Wellbeing

Lowri Hunt
Volunteering Officer

Sharon Jones
Mental Health Service User
Involvement Officer

Emily Whiteman-Cranston
Community Resilience Officer

Susan Jones
Community Co-ordinator

Ian Howell-Morgan
Community Co-ordinator

Laura Brosnan-James
Community Development
Officer – Invest Local Ynysowen
Programme

Verity Lewis
Community Rail Partnership
Officer

Diane Lewis
Business Support Officer

Board Members

Michael Ronan
Anne Roberts MBE
Kayleigh Nor-Val
Nicola Mahoney
Jeff Evans
Gareth Marshall
Julia Burgess
Ryan James



Cefnogi Trydydd
Sector **Cymru**
Third Sector
Support **Wales**

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The views expressed in this edition of Inform are not necessarily those of Voluntary Action Merthyr Tydfil.
Croesawir erthyglau nail ai'n ddwyieithog neu'n uniaith Gymraeg.