

September 2020

COMMUNITY COORDINATOR BULLETIN

The image features a light grey map of the South Wales valleys, including labels for Cynon, Tydfil, Rhondda, and Taff. A vertical blue bar runs through the center of the map. Four callout boxes, shaped like arrows, point to specific locations on the map. Each box contains a small portrait of a woman and her contact information.

- Deanne Cynon**
07580 869983
deanne.rebane@vamt.net
- Claire Merthyr Tydfil**
07580 866547
claire.williams@vamt.net
- Karen Taff Ely**
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- Lucy Rhondda Valleys**
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Flu vaccinations - get ready to book yours!

With the COVID-19 pandemic, this year's seasonal flu vaccination is even more important than ever.

The flu vaccine will protect you from the most common strains of flu that we expect to be in circulation this winter. The flu vaccine cannot give you flu and is our best form of defence. Please make sure you get a vaccination early!

You are eligible if you are:

- 65 years or over
- under 65 years with underlying health problems
- (50 years – 64 years will be invited later in the year)

Speak to your surgery to make an appointment as soon as possible, or for further advice you can contact your practice nurse or GP.

Cymru Versus Arthritis – Are currently offering online and telephone support for people with arthritis. Please visit www.versusarthritis.org for support from their coronavirus virtual assistant (COVA). For coronavirus and other general telephone enquiries, please contact the **helpline 0800 5200 520**. The Wales team are also offering virtual group meets online, for more information on virtual groups contact May Baxter-Thornton on 07711369456 or via email m.baxter-thornton@versusarthritis.org

Sight Life (formerly Cardiff Institute for the Blind) - all face to face activities in RCT have been suspended until further notice, but they have reinstated the Contact and Advice Line for clients for support and signposting. Also they are looking in the next couple of weeks to introduce some special interest and social telephone groups to people for continued peer support. If you would like further information about the support Sight Life can offer in RCT, please contact Carys Groves on **07753 305631** or **email: carys.groves@sightlife.wales** Sight Life head office in Cardiff: **02920 398900**.

RNIB national helpline: 0303 123 9999 is open 8am-8pm weekdays and Saturday opening times have been extended to 9am-5pm. You don't have to be an existing member or service user to contact them.

[Good Things Foundation](http://www.goodthingsfoundation.org) - The website contains over 30 free courses designed to help beginners get started with the online basics - using a mouse, keyboard, setting up email accounts and using internet search engines - while also offering plenty to help people develop their digital skills further.
https://www.goodthingsfoundation.org/learn-my-way?fbclid=IwAR0DNHaYmq1vKH7ATuwga2yXiWKzeHshmfzZytUTVEwtQqBhsgiNX_D51

Women's Aid RCT - Face to face meetings with clients are now being offered at the Aberdare and Tonypany offices, subject to pre-booking and Covid risk assessment

and mandatory use of face masks. Only one client can attend at any one time which means no additional support i.e. family, friends, children. On arrival clients are subject to a mandatory non-contact temperature check and will need to use hand-sanitiser or wear gloves. No 'in-person' groups running for the foreseeable future, all are being facilitated via Zoom.

Contact **01443 400791** for more information or support.

Reconnect 50+ Project – This project aims to alleviate loneliness and isolation by mentoring/encouraging and motivating people to venture out of their homes. They are currently offering weekly/fortnightly telephone support calls to individual clients, as well as a “knock and step back” service (doorstop visits following initial 2-3 phone calls). These are by appointment only. Please contact Helen Mcshea for further information on 07498187810 (Mon/Tues 8am-5pm)(Wed/Thur 8am- 3pm) or email: hm@smt.org.uk.

Support from Parkinson's UK

The general freephone helpline number is 0808 800 0303, and this will put you in touch with support services at head office plus the regional local Advisor Delyth Pritchard.

The helpline is a free confidential service providing support to anyone affected by Parkinson's. Trained advisers, including specialist Parkinson's nurses, can provide information and advice about all aspects of living with Parkinson's, such as:

- medical issues, including symptoms and treatments
- employment and benefits
- health and social care
- emotional support
- local activities
- signposting to other sources of information

Parkinson's local advisers have a wide range of knowledge and expertise about Parkinson's. They can help if you have just been diagnosed and are looking for advice and information, are looking for tips on how to deal with the day-to-day impact of Parkinson's or need support with caring for a partner, friend or family member with Parkinson's. They can also provide support with knowing your rights and entitlements, and help with navigating the benefits process.

Local support. If you are newly diagnosed and you just want to talk to someone who lives with Parkinson's or to discuss what support is available locally in this area please contact Jeff Lawrence on 07977217074.

GamCare: Women and Problem Gambling

GamCare have been awarded funding to run a new nationwide programme to address the challenges women face with problem gambling. They aim to ensure the interests of women and girls are well represented in the gambling treatment sector.

GamCare offers information, advice and support to anyone affected by gambling. Post messages on their forum, chat online or talk to an adviser who can let you know about local support and sources of advice about gambling-related issues.

To find out more, talk to one of their Advisers on the National Gambling HelpLine. Call free: 0808 8020 133 or live chat via www.gamcare.org.uk

Below are a series of Eventbrite open webinars that people can access.

23rd September 2020 from 10 am – 12 pm

<https://www.eventbrite.co.uk/e/women-and-problem-gambling-tickets-115065132910>

29th September 2020 from 10 am – 12 pm

<https://www.eventbrite.co.uk/e/women-and-problem-gambling-tickets-115051859208>

30th September 2020 from 10 am – 12 pm

<https://www.eventbrite.co.uk/e/women-and-problem-gambling-tickets-115027666848>

For further information contact Jamie Bradbourne, Outreach Officer for South Wales & South West: Women's Programme

Mob: 07916 008714 / Email Jamie.bradbourne@gamcare.org.uk

Do you support private tenants? **Citizens Advice RCT** is offering FREE two hour remote training sessions on tenants' rights and responsibilities to groups in Rhondda Cynon Taff, as part of our Your Rights, Your House, Your Home Project.

The training covers: Tenancy Agreements / Housing Related Welfare Benefits / Notice Periods / Repossession / Discrimination

Contact Bethan Huish on 01443 409284 or email: training@carct.org.uk to book your training.

Transport for Wales have recently appointed a new Community Engagement Team, to get to know local communities and explain what the [South Wales Metro](#) means for them.

As part of station improvements, they have been installing smartcard ticket collection and ticketing machines across multiple stations and would value user feedback, particularly from older people or those with additional needs. They will be holding safe and socially distanced opportunities for community members to meet with the engagement team, to use the machines and discuss the Metro. A full list of stations with new smartcard machines can be found here:

<https://tfwrail.wales/platform-validators>

If you would be interested in meeting the community team at one of the stations listed, please contact engagement@tfw.wales

If you have a specific question about the Metro, please call 033 33 211 202 or visit www.tfwrail.wales/contact-us for more information.

Update from Cwm Taf Care & Repair:

As of Monday 17th August, Cwm Taf Care & Repair resumed full services which included home visits. Our Casework & Technical services fully resumed whilst ensuring risk assessments, PPE, health & safety procedures and triaging is applied to all visits. Social distancing and track and trace details will be adhered to and our technical team will ensure that our contractors are fully compliant with requirements ensuring our clients are kept safe during works being completed on site.

Whilst we have not stopped our small works of adaptation, hospital discharge and essential works services during Covid. We are now experiencing extremely high volumes of referrals so as you can imagine the agency is going to be under pressure for the foreseeable to ensure services are delivered.

We are currently liaising with partners on providing continued support to clients who have received befriending and essential collection services during the pandemic from agency staff. This work will allow us to ensure clients who have advised us that they need continued support when the shielding is paused and to prevent loneliness and isolation.

Whilst the above may seem like we are returning to normal, we are very aware that Covid is still present and we will continue to take advice from Public Health & Welsh Government to ensure we are adhering to guidance that protects our staff, contractors and clients including the wider community.

To contact Cwm Taf Care & Repair, call the office on 01443 755696.

Merthyr Tydfil

Contact: Claire Williams

Tel: 07580 866547 or email: claire.williams@vamt.net



The Grub Hub (via Twyn Community Hub): are very pleased to be offering a hot meal service open to people of any age in Merthyr Tydfil. A daily hot meal & dessert is available from just £4.50 a day, Monday to Friday, and £5.50 on weekends. If you or a family member would like to chat about it, would like to receive an information pack, or to sign up for the service, give us a call on 01685 709430! There is no contract, and you can choose as many or as few days as you like, get in touch for more info!

Men's Shed: will be restarting on Friday 4th September from 10:00 - 12:00 at Dowlais Community Centre. The group is an opportunity for men to get together, have a cuppa and a chat and take part in activities. In order to comply with social distancing measures, places will need to be booked at present. For further information, or to book a place contact Ryan Bevan on 07503 954158.

Rhondda Valleys

Contact: Lucy Foster

Tel: 07580 865938 or email: lfoster@interlinkrct.org.uk



Arts Factory: Are providing a limited number of free Fareshare food parcels to people within the Rhondda community who are struggling financially. Requests for the parcels can be made on a Monday by contacting 01443 757954.

Each week Arts Factory staff are contacting all volunteers and group members via, telephone calls, text messages, video calls and Facebook messages to offer support. Arts Factory members are encouraged to get in touch if they need further support. They are able to support people in RCT with debt, housing issues, mental health issues and social isolation as well as providing regular contact through this difficult time.

Rhondda Foodbank vouchers for the community in the Rhondda are also still being issued via telephone Monday to Friday. Please contact Arts Factory on 01443 757954.

Mens Sheds Treorchy: community project which enables men to meet in a relaxed environment over a cup of tea and engage in a variety of planned projects that benefit the community and themselves. They have 'unlocked the shed' and will be running again at Ysbwty George Thomas every Friday from 11am-1pm. Please contact Chris or Dave for further details at mensshedtreorchy@gmail.com or 07867767400.

Canolfan Pentre: Canolfan Pentre is a community social and learning hub, run by community members. Providing services for Pentre & RCT. Canolfan are helping residents of Pentre help with flood relief. They are also providing a variety of care and activity packages for children and adults.

Email: canolfanpentreteam@outlook.com Contact Tel: 01443 307455.

Cynon Valley

Contact: Deanne Rebane

Tel: 07580 869946 or email: deanne.rebane@vamt.net



FREE of charge Energy Efficiency - Proposed Arbed Scheme in Penrhiwceiber

Arbed am Byth manage the Arbed 3 Energy Efficiency Scheme on behalf of Welsh

Government. The scheme delivers **FREE of charge energy efficiency** measures to help eligible householders in Wales heat their homes more affordably. They are currently assessing properties in Penrhiwceiber to decide if a scheme can be developed.

The scheme will be exclusive to specific streets in the area. If your property is in one of the streets agreed, Arbed may be able to offer you the opportunity to apply to be part of this scheme. To apply you do not need to receive means-tested benefits and you will not be asked if you are in work or not. You either need to own your home or rent it privately. Eligibility will be based on your home's location and current energy-efficiency rating. For further information or to apply to be part of the scheme please contact James Bradley on 07768 252723/email james.bradley@rctcbc.gov.uk

TAFF ELY

Contact: Karen Powell

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



Taffs Well Village Hall will be starting tea and coffee get togethers in September. Every Wednesday 1pm-3pm and Friday 10am-1pm with a selection of cakes. Pop in and support your local hall.

BeActive Gardening with Dave on Thursdays for beginners/easy tasks from 10am-11am with the Ynysybwll Regeneration Partnership. Also a free 6 week garden workshop for family pods or small bubbles starting on Saturday 15th September at Butchers Pool and New Allotment, times to be confirmed. Contact Dave on 07867 767400 for more details.

Silver Linings - Depression and Anxiety Peer Support Group will be reopening in Llanharan Welfare Hall in September. The group will meet weekly at this temporary venue from 11am-1pm on Tuesdays. The hall is large enough to follow the social distancing rules that are currently in place. Please bring a mask and your own drink. For further details please ring either 07709 873780 or 07598 361497.

AND FINALLY *scroll down*

A note from us:

We very much hope that you continue to keep safe and well during these difficult times. However, if you need any advice, support or help, then we are only a phone call or email away. Please do not hesitate to get in touch with any of us on the numbers below:

Your Rhondda Coordinator Lucy can be contacted via email on: lfoster@interlinkrct.org.uk or telephone: 07580 865938

Your Cynon Coordinator Deanne can be contacted via email on: deanne.rebane@vamt.net or telephone: 07580 869983

Your Taf Coordinator Karen can be contacted via email on: kpowell@interlinkrct.org.uk or telephone: 07580 869970

Your Merthyr Tydfil Coordinator Claire can be contacted via email on: claire.williams@vamt.net or telephone: 07580 866547