

Cwm Taf Wide

South Wales Samaritans and New Horizons Mental Health Self Harm Awareness Workshop

Do you know someone who self harms? Find out how to help and learn about some of the myths surrounding self-harming.

- Tuesday, August 10th to 2pm to 3pm via Zoom.
- Tuesday, August 31st to 2pm to 3pm via Zoom.

For more information or to sign up contact:

T: 01685 881113

E: info@newhorizons-mentalhealth.co.uk

Think 111

There are many different ways you can access the NHS without having to go to your GP. If you have a non-urgent healthcare need, the NHS Wales 111 website and online symptom checker are quick and easy ways for you to access healthcare advice and information 24/7.

If it's life-threatening or an emergency, call 999 or go to the Emergency Department.

The NHS 111 Wales website can be used to access:

- urgent care
- support for minor injuries
- GP Out of Hours Service
- general health advice and information
- Primary Care Services

You can also have a **free** NHS consultation, and **free** over-the-counter medicines for 26 common ailments at your pharmacy. Just register with the pharmacy of your choice. This will probably save yourself a trip to the GP but, if you do need to consult a doctor, your pharmacist will advise this too.

Are you raising a relative or friend's child?

Join other kinship carers for friendship and support. Meetings are held every second Wednesday monthly, with the next meeting at 9.30am on 11th August. Contact Victoria to chat about joining by calling 07985 680981 or email victoria.elward@kinship.org.uk.

There is also a dedicated advice line for Wales you can contact. Call Sian on 0300 123 7015 or email advice@kinship.org.uk.

Valleys Veterans, At the Heart of The Valleys
“Supporting our Armed Forces Veterans and their Families”

- a weekly Breakfast Club
- an Equigrow Project (Horses and Plants)
- qualified peer mentors

For further information contact:

W: <https://valleystveterans.org>

T: 07738 896128

E: secretary@valleystveterans.org

Are you aged 50 or over and do you look after someone?

If so then Age Cymru and Carers Trust Wales would love to hear from you! They are hosting a meeting with a free hour long first aid demonstration for unpaid carers.

11am to 1pm on Tuesday 17th August at Abercwmboi Rugby Club, Cardiff Road, Aberaman, Aberdare. CF44 6AX.

If you would like to attend this event please contact:

T: 07375 389157

E: ceri.machlab@agecymru.org.uk

Valleys Ethnic Minority Support

This body can help with:

- accessing education, training and other services in the community
- gaining experience of the workplace through volunteering and apprenticeships
- getting your qualifications recognised in this country
- meeting other members of the international community locally

W: www.vems.org.uk

T: 07903 172642

E: info@vems.org.uk

RCT-wide

Men’s Group, Communities for Work

At the moment, this group is meeting virtually, which means you can join from the comfort of your own home. Meetings are every Thursday morning 10am to 12 noon (term time only).

For further details please contact Steve on 07557 082874 or

Stephen.nelson@rctcbc.gov.uk

Alternatively, contact Bev on 07769 164689 or email: Beverley.jones3@rctcbc.gov.uk

BAROD

This organisation aims to support anyone who is ready to change and to make a difference to their own lives or the lives of others. This means:

- providing high-quality, free and confidential support and guidance to anyone who is affected by drug or alcohol use, either their own or someone else's
- raising awareness about the ways to help reduce the harm caused by substance misuse

BAROD's offices based at 8 Gelliwastad Road, Pontypridd, CF37 2PB are open on Mondays, Wednesdays and Fridays from 10am to 4pm, providing a wide range of support and services. For further details, call 01443 408087.

Platform RCT have launched a new drop-in hub in Rhondda Cynon Taf.

If you live in Rhondda Cynon Taf and you're facing mental health challenges that are affecting your housing, Platform can work with you to improve your situation. Platform can help with setting up new tenancies, liaising with landlords and authorities, working with you on applications and appeals, and finding ways you can improve your mental health.

They also provide housing with support for up to twelve months. During that time they will work with you on a plan that looks at your mental health and housing needs, and moves you towards being ready to live in your own home.

You can make a start by visiting the community drop-in hub. If you visit during the times listed below, you will be able to chat to a member of staff in confidence.

RCT Hub: 51 Rhos Dyfed, Aberdare. CF44 6JA.

Mondays: 10am to 1pm

Drug and alcohol advice.

Tuesdays: 10am to 1pm

Housing advice.

Fridays: 10am to 1pm

Out of work advice.

For further information, contact:

E: rctteam@platform.org

T: 01685 875508.

“Get Outside This Summer”

This is a new social walking group for adults. Walks take place at 10am on Thursdays, meeting at Porth Plaza Car Park.

Pre-booking is essential. For further information or to book a place, contact Communities for Work:

T: 01443 570089.

Woodland Wellbeing with Activ Woods RCT and Valleys Steps

This is a **free** six-week programme of Woodland Wellbeing for adults in Penderyn. It starts on Tuesday 10th August until 14th September 10am to 12 noon at Yr Eithin, Penderyn. Meet at the community centre car park.

Booking is **essential**. Please get in touch for more information or to book a place contact Nico:

T: 07902523567

E: actifwoodsRCT@smallwoods.org.uk

New Walking Group, Mountain Ash

Starting Thursday 29th July, meeting at The George, Mountain Ash. 10am to 12 noon.

Wear trainers or walking boots. Bring a bottle of water and a raincoat, as the weather is not guaranteed!

Pre-registration is essential. Contact Communities for Work:

T: 01443 420962.

Citizens Advice RCT

Change to services to include face to face contact at Mountain Ash Offices.

You can now speak to the team in person on Tuesday and Thursday mornings between 9:30 to 11:30am. You may then be offered:

- a face to face appointment with an advisor on the day. Appointments are limited to five per day so will be allocated on a first come, first served basis.
- a telephone appointment with an advisor.
- a video-call appointment with an advisor.

Alternatively, you can telephone or email for advice Monday to Friday between 9:30am to 3:30pm. T: 01443 409244. E: enquiries@carct.org.uk

Merthyr Tydfil

Actif Wood Merthyr Tydfil

This group is holding its regular nature inspired events in August at Cyfarthfa Park woods. Join in with mindfulness, fire-making, charcoal making, using plants to dye fabrics, and more.

Mondays: 10am to 12pm.

Meet at the rear of Cyfarthfa Park. For more information and to register please ring 07387 738607 or email actifwoodsmerthyr@smallwoods.org.uk or check out @ActifWoodsMerthyr on Facebook.

Carers STAR Project, Carer's Coffee Afternoon

The Carers STAR Project provides support and assistance to adult carers living in Merthyr Tydfil. The project provides information and advice and can signpost carers to a range of other local services.

Are you a carer? Then drop in to a regular coffee afternoon and chat with other carers, find out what support is on offer from others, or just chill out and socialise.

Every Thursday 2pm at Dowlais Community Centre (main building), Stephens and George, Station Road, Dowlais. CF48 3LW.

For more information, please contact Pam on 07985 201545.

Cyfarthfa Park Wellbeing Walks, Groundwork Wales

We all know walking has great mental and physical health benefits. These sessions take place on fairly flat ground, last about an hour and give you an opportunity to enjoy the park and learn about local nature and heritage.

Meet outside the visitors centre, wear trainers or walking shoes and bring a bottle of water.

- Thursday 5th 1:30pm
- Monday 9th 10am
- Thursday 12th 1:30pm
- Monday 16th 10am
- Thursday 19th 1:30pm

For more information or to register contact Jordan:

T: 07824 473086

E: jpayne@groundwork.org.uk

Exercise Class with Heartbeat 95

Heartbeat 95 is a registered charity working with cardiac patients, but did you know their exercise sessions are for everyone who wants to look after their heart, whether you've had heart surgery or not? Sessions can be tailored to your needs. There will be a short questionnaire on your first visit.

Classes are only £2 per week.

Wednesdays 10am to 11am and 11am to 12pm The Willows Centre, Troedyrhiw.

To be referred for this activity please contact your Community Coordinator, Lesley on 07580 866547.

Directions: For SATNAV use CF48 4DX. Bus number 81 (78 or 79 to the Square), and don't forget the train!

Lark in the Park

Lark in the Park is based at Treharris Park. They meet in the circa 1900 Edwardian Park that was once highly cultivated and manicured but later fell into the wilds. The aim is to restore the park to its former glory with some modern adaptations (in between tea and coffee that is). There are a range of jobs to be done (painting, digging, planting) but you can do as much or as little as you want to. The main idea is to meet with others in the outdoors and relax (over a cuppa usually).

Open to people from all over Merthyr. Every Thursday 10:30am to 1:30pm.

Treharris Park is just off the Brynteg Road. The lane is drivable. Follow the signs for the Bowling Green. Buses are 7, 78, and 79. Get off the bus at Blackrock or Quarry stop and walk up the hill. It's a five minute walk uphill into the park. You can just turn up and ask for Gill or Annie, or ring 07497 391355 for more information.

Royal Osteoporosis Society, for better bone health.

The ROS raise awareness of bone health and the impact of the disease. They provide information, advice and networks for people living with it, and work with the healthcare system to improve diagnosis and care.

The Merthyr Tydfil and District Support Group are not meeting at the moment but anyone wanting support can link in with any group meeting in Wales. The next meeting is being held online by the Carmarthen Group.

Tuesdays, 17th August evening meeting. To join, please email for details Carmarthenvolunteers@theros.org.uk

Treharris Boys and Girls Club, Super Agers Over 50s Activities

A range of exercise sessions are on offer for the over 50s. These exercise sessions are open to all but please book so numbers can be controlled due to COVID-19 restrictions.

Easy Exercise Circuits:

Open to all over 50s.

Tuesdays: 10am Treharris Boys and Girls Club.

Pilates:

Open to all over 50s.

Mondays: 10am Treharris Boys and Girls Club.

Social Walking Group:

A variety of planned walks. Open to all over 50s.

Thursdays: 10am meet at Treharris Boys and Girls Club.

To find out more: Facebook @Super-Agers-Merthyr-Tydfil or phone 01443 410582.

Directions: Forest Rd, Treharris, CF46 5HG. Bus 78 stops outside, or take the 79 with a short walk.

Volunteering opportunities

Cruse Bereavement Care

This organisation helps support bereaved people who are having difficulty with their loss through death of a significant person in their lives whomever that may be: partner, spouse, parent, grandparent, other relative, friend or colleague.

They are currently looking for people who have the time to give a few hours each week. A nine week training programme is provided via zoom with no more than nine participants.

There are various training dates throughout 2021.

For more information contact: merthyrttydfil/rhonddacynontaffbranch@cruse.org.uk

Samaritans/Samariaid South Wales Valleys/Cymoedd De Cymru

This organisation is looking for a range of volunteers. It's a great opportunity to learn new skills, meet new people and help others. Roles include:

- listening volunteers
- education volunteers
- branch champions
- fundraising champions

Full training provided and expenses paid. For more information contact: volunteering@valleys-samaritans.org

HMPPS Befriending Volunteers

Working with Her Majesty's Prison and Probation Service (HMPPS), volunteers are urgently needed to carry out 'check-in and chat' telephone calls on either a weekly, fortnightly, or monthly basis. People who are currently serving their sentences in the community either as a community sentence order or on a period of license are unfortunately not receiving the same level of support that is usually available to them due to the COVID-19 pandemic.

The role is to provide general conversation and helpful tips on how to occupy time in a prosocial manner. This will offer recipients some much needed help whilst navigating through these challenging times, and help them to maintain contact with the outside world whilst supporting their general wellbeing.

Training, mobile phone and support provided.

For more information contact Teresa at hmpps@volunteeringmatters.org.uk

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

Articles for inclusion in the September bulletin to be received by

20th August 2021.

Please email your local community coordinator with the following information:

- ***name of organisation***
- ***brief overview of service/session/activity including date(s), time and costs***
- ***contact details for further information***
- ***if the service/session/activity is available in the medium of Welsh.***

Diolch/thank you.