



The Strategy

OUR BRYNCYNON

YOUR COMMUNITY NEWSLETTER

Issue 1 - October 2021

HELLO and WELCOME to our **NEW** community newsletter, made possible by Trivallis with their generous grant funding.

This newsletter is an opportunity for us to communicate with you and allow you options to work with us on future projects. We are working with other organisations and are hopeful to revitalise much needed services for our area.

The Covid-19 Pandemic has taken its toll on a lot of our prior projects and forced to re-evaluate the community and the needs going forward, we have delivered a successful food parcel and hot meals programme for the past year to those that needed it in our community, however, one of our aims prior to the pandemic was to work on combatting isolation and loneliness within the community, and this is now a bigger issue than previous with some of our regular clients still not comfortable in leaving their homes.

We are forward looking at looking at ways of bringing in new services to the area. We are keen to work with the community and hear some of the ideas on making this work for everyone.



Find us on:
facebook®



THE LISTENING PROJECT

MAKING A DIFFERENCE.....

The Listening Project operates from the Feel Good Factory in Ynysboeth, a beautifully converted church which houses a healthy living café and state of the art well equipped conference and activity rooms. The project works with older people in the community and is very much a befriending service based around volunteering opportunities, activities which the older people themselves identify as needed and wanted and the provision of hot meals and a food pantry.

Many older people are isolated and lonely, especially now covid lockdown is easing. Nina, the Listening Project Coordinator, is looking for volunteers who can spare a few hours a week to have a chat and be a caring and understanding presence in someone's life. In addition to befriending, there are lot of other volunteer opportunities.

All our volunteers will receive travel expenses, a lovely free lunch, training and will be part of a happy, friendly and caring team.

The Listening Project is already making a difference to the lives of our older people and you can help us make an even bigger and better difference.

So if you are an older person who would like some befriending support from our lovely volunteers, a hot meal delivered to your door or if you wish to be involved in your community through volunteering, please contact Nina at the Listening Project on 01443 475120 / 07719621997

nina@bryncynonstrategy.org.uk We would love to hear from you.



Gwresogi heat & ac Arbed save

SUPPORTING Rhondda Cynon Taf Residents through COVID 19

The Council's Heat & Save Service continues to be available to help you if you are... worried about energy bills and want to lower them; keep your home warmer at an affordable cost; reduce your carbon footprint.

We can provide;

- FREE impartial tariff switching service
- General Energy Saving Advice
- Advice and assistance for grants and loans for energy efficiency improvements including boiler upgrades, gas connections and renewable energy products

And also signposting or referral for

- Citizens Advice (debt, welfare benefits and consumer advice services)
- Warm Home Discount (when available)
- Care & Repair Agency • Welsh Government's Nest scheme
- Age Connects Morgannwg • Foodbanks • Prescriptions Registrations on priority services registers

☎ 01443 281136 ✉ heatandsave@rctcbc.gov.uk
www.rctcbc.gov.uk/heatandsave

Mae croeso i chi gyfarfynu â ni yn y Gymraeg
You are welcome to communicate with us in Welsh

RHONDDA CYNON TAF

BRYNCYNON COMMUNITY CENTRE

As you may be aware the community centre was secured by Bryncynon Strategy as part of RCTCBC Community Asset Transfer Programme,, the building itself was in a sad state of repair and has been fully repaired and put back into a fit for use purpose, the ambition is to be able to host a range of children and Young people services from the venue in coming months, keep an eye out for new upcoming activities being held there.

If you have an activity you would like to host we also having potential to hire out facilities at reasonable prices, please contact Lee on **01443 475120** or lee@bryncynonstrategy.org.uk



WELCOME WEDNESDAY - NEW SERVICE

We are launching our Welcome Wednesday Programme from 20th October 2021 to coincide with our celebration event, Welcome Wednesday will be a day for the community to be able to access free advice, look at stalls selling their wares or to find out more about our Community Food Box Scheme.

Our Planned day will host organisations such as Age Connect, providing benefit advice for the over 50s, RCTCBC, Providing advice on Energy and how to reduce your bills and carbon footprint and also host a variety of stalls such as Bric-a-brac stalls, Local craft works, Raffles, Tombo-la, etc.

Welcome Wednesday is open to anyone and advice services are free. As it grows we would welcome other organisations to take part with us to give advice on their services or how they can aid our community, if you would like to get involved please contact Lee on **01443 475120** or email lee@bryncynonstrategy.org.uk

It will take place each Wednesday from 10am and will be followed by our Community Bingo if you want to make a day of it!

TAFFYS

TAFFYS CAFÉ

We are please to announce that Taffys Café is now re-open Wednesday-Friday 9.00am-2.00pm.

With the forced closure because of the Pandemic we had to rethink the purpose of the café, and concentrated on our Hot Meals service and Food Parcels. With us now streamlining them we are please to announce that we are re-open for business! We have maintained as much of our popular items as possibly and kept costs to a minimum.

On top of our already fantastic prices we will be offering 10% discounts to anyone over the age of 60 on all our Main Meals and Full Breakfasts.

So whether your fancying a full Breakfast, a light snack or Just a hot drink, your welcome to come along! For further information you can contact our Café on **01443 475120**

BREAKFAST	
Toast (2 Slice)	£0.60
Breakfast Roll/Sandwich.....	(2 Items).....£2.00
	(3 Items).....£2.30
	(4 Items).....£2.50
	(5 Items).....£2.80
Traditional Breakfasts	
Small Breakfast	£3.00
1 Bacon, 1 Sausage, 1 Egg, 1 Hash Brown, 1 toast, beans or tomatoes	
Medium Breakfast	£4.50
2 Bacon, 2 Sausages, 1 Egg, 1 Hash Brown, 2 toast, beans or tomatoes	
Large Breakfast	£6.00
2 Bacon, 2 Sausages, 2 Eggs, 2 Hash Browns, Mushrooms, 1 Black Pudding, 2 toast, beans or tomatoes	
Big Daddy Breakfast	£7.50
3 Bacon, 3 Sausages, 2 Eggs, 2 Hash Browns, Mushrooms, 2 Black Pudding, Fried Bread, Toast, beans or tomatoes	
Vegetarian Breakfast	£4.50
2 Vegetarian Sausages, 2 Egg, 2 Hash Brown, Mushrooms, 2 toast, beans or tomatoes	
Extra Breakfast Items	
Sausage / Bacon	£0.70
Beans / Tomatoes	£0.70
Vegetarian Sausage	£0.90
Black Pudding (2)	£0.90
Egg / Hash Brown / Mushrooms / Fried Bread	£0.50
SHARING PLATTER	
Breakfast Pizza Box.....	£15.00
6 Bacon, 6 Sausages, 4 Eggs, 6 Hash Browns, 6 Toast, 6 Black Pudding, Mushrooms, Chips, Beans & Tomatoes	
Jumbo Breakfast Pizza Box.....	£20.00
10 Bacon, 10 Sausages, 8 Eggs, 10 Hash Browns, 10 Toast, 8 Black Pudding, Mushrooms, Chips, Beans & Tomatoes	
HOT MEALS	
Chicken Curry & Chips or Rice	£3.50
Chicken Curry, Rice & Chips	£4.00
Mushroom Curry & Chips or Rice	£3.50
Mushroom Curry, Rice & Chips	£4.00
Sausage (2), Chips & Beans	£3.50
Vegan Sausage(2), Chips & Beans	£3.50
Sausage (2), Egg & Chips	£3.50
EXTRA ITEMS	
Chips.....(Regular) £1.20 (Large) £1.50	
Sausage.....	£0.70
Crisps.....	£0.70
Beans.....	£0.70
Gravy.....	£1.00
Chinese Curry Sauce.....	£1.00
Grated Cheese.....	£0.50
Bread & Butter (2 slice).....	£0.50
LIGHTER OPTIONS	
All options include Salad of your choice	
Cheese & Onion.....	£1.80 £2.00 £2.30
Cheese & Tomato.....	£1.80 £2.00 £2.30
Tuna Mayo.....	£2.00 £2.20 £2.50
Tuna & Cheese.....	£2.20 £2.40 £2.70
Chicken Mayo.....	£2.30 £2.50 £2.80
Chicken Tikka.....	£2.30 £2.50 £2.80
Coronation Chicken.....	£2.30 £2.50 £2.80
Barbecue Chicken.....	£2.30 £2.50 £2.80
HOT DRINKS	
Tea - £1.00	
Espresso Shot £1.20	
Americano - £1.70	
Flat White - £2.00	
Cappuccino - £2.00	
Latte - £2.00	
Hot Chocolate - £2.00	
Syrups - 20p	
COLD DRINKS	
Cans - £1.00	
Flavoured Water - 80p	
Bottled Water - 80p	
Cartons - 20p	



PLACES CALLED HOME

The Listening Project volunteers are delighted to receive funding from "Places called Home" and thank the Big Lottery players and IKEA for their kindness and support. We now have a wonderful opportunity to develop our food pantry, a safe place where our older people can relax in comfortable surroundings, have a cup of tea, chat with each other, choose their own food rather than relying on having a food box delivered to their homes and generally encourage participation in other activities. The room will also double up as one in which our volunteers (many of them older people themselves) can manage for their own use for relaxation and training.

The Listening Project, based in the Feel Good Factory in Ynysboeth, is a befriending one. Working with a team of volunteers, we cook and hand deliver hot meals and food boxes to housebound older people in our community, building good supportive relationships. We are developing a programme of activities, which the older people have identified as what they would like, including bingo, tea parties, art classes, digital inclusion, fuel advice surgeries and lifelong learning classes.

Thank you so much "Places called Home" – Lottery players can be sure that their money is contributing to helping older people reintegrate into their community after a long period of loneliness and isolation during the covid pandemic.



ACTIVITIES & TRAINING

Bryncynon Strategy is working in Partnership with Adult Learning Wales and other providers on delivering much needed training and activity sessions if you are interest in any of the below or wish to make a suggestion for activities then we would love to hear from you.

- Food Hygiene
- First Aid
- Manual Handling
- Sugarcraft
- Welsh Classes
- Defibrillator training



To register your interest or to find out more please contact us on **01443 475120** or email nina@bryncynonstrategy.org.uk



BOOK EXCHANGE

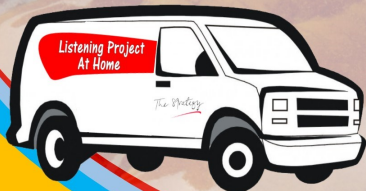
Special thanks to local community members for their generous donations we have been able to start a Book Exchange from The Feel Good Factory.

If you're an avid reader this could be perfect for you! How does it work,? It's simple we have a variety of different books available within our bookshelves. Find what you like and swap it with one of your own, or make a small donation if you would like to take one.

For further information please contact Nina on **07719621997** (ninafinnigan@bryncynonstrategy.org.uk)

Hot Meal Delivery Service For the Over 60's

Get a delicious cooked meal delivered once a week to your door for just **£2.00**



Available to all residents between Abercynon and Mountain Ash areas

Contact Nina on:
01443 475120
nina@bryncynonstrategy.org.uk

The Strategy

OUR HISTORY, OUR HERITAGE

Our Oral History project looking back at 'All Saints Church' in it's former life has been a fantastic project. We are keen to look at other history projects going forward and keeping those memories alive.

A special **Thank You** to all who contributed, without your stories and images this project would not have been possible.

The Exhibition material can be viewed within The Feel Good Factory as we have used them as a permanent feature without our reception and you can view the completed digital story by visiting our website www.bryncynonstrategy.co.uk or by scanning the QR Link with a Smart Phone.



INTERLINK

Would you like to improve your Health and Wellbeing? Do you want to find out more about Community Groups and activities in the area? Interlinks South Cynon Well Being Coordinator, Julie Lomas will be working with us and available to discuss your needs each Thursday from the **4th November**.

Julie Can listening to you and help you to access social, emotional and practical support to improve your health and wellbeing. You can Contact Julie on **07730 436807** or email: Julie.Lomas@wales.nhs.uk



COMMUNITY FOOD BOX SCHEME

With the help of Fareshare Cymru we are launching our community cupboard, this is low cost food scheme, where we ask for a small donation of £2 in return for a preselected Community Cupboard parcel, there is no criteria or requirements to be part of the scheme.

Parcels can be pre-ordered at anytime and collections are available each Wednesday from The Feel Good Factory. For those who cannot get out we can look at delivery options to assist.

For more information please contact Nina on 07719621997
nina@bryncynonstrategy.org.



After School program
 For ages 5-11 years
 A safe and inclusive After School activities session, that provides fun, creative and physical activities
FREE
Tuesdays & Thursdays
3.30pm - 5.30pm
 Bryncynon Community Centre
 Main Road, Ynysboeth, CF45 4BX
 01443 475120

ART CLUB
 From Beginners to Advanced come along and work with other aspiring artists to learn and develop your skills together.
£2 per session
WHERE
 THE FEEL GOOD FACTORY
 ABERCYNON ROAD, YNYSBOETH
 MOUNTAIN ASH, CF45 4XZ
WHEN
 FRIDAYS 10AM - 12PM
01443 475120
www.bryncynonstrategy.org.uk

Get To Know Your Phone Drop-in Sessions



Are you struggling with using your phone or tablet, or always wanted to learn how to use them?

Well the Get To Know Your Phone drop-in sessions are just for you!

Taking place every Thursday for 4 weeks
 Starting from October 7th (10:00am - 12:00pm)
 at The Feel Good Factory in Ynysboeth, Mountain Ash.
 Transport is provided for those unable to get there themselves.

There are 20 spaces available, to book your space contact us on 01443 490650 (option 4) or 01443 475120



VOLUNTEERING

Do you want to make a difference to your community?

Would you like to make friends, gain experience and qualifications and even a reference for employment?

Then we would love to have you on our volunteer team.

Volunteer opportunities include:

- Telephone befriending
- Face to face Befriending
- Front of House / Barista
- Kitchen Assistant
- Social media and website
- Delivering hot meals to over 60s
- Help with our food pantry / food boxes
- Driving and Assisting the Drivers
- Gardening
- Caretaking/ Handyman
- Admin support,
- helping with surveys etc
- Helping with activities and events
- Fundraising

For more information please contact Nina on 07719621997
nina@bryncynonstrategy.org.



COMMUNITY DEFIBRILLATOR

Working with RCT Heart Heroes we have been able to put our defibrillator back into use, it is currently situated within The Feel Good Factory and is available for the community in an Emergency, we are currently fundraising to enable us to put it on the exterior of the building to be available 24/7 for our community and we hopeful to install another on Bryncynon Community in the near future.

If you would like to help us fundraise for these life saving equipment or would like to make a donation please contact us 01443 475120



This newsletter has been made possible by funding from

Trivallis.



Bryncynon Community Revival Strategy Ltd, The Feel Good Factory, Abercynon Road, Ynysboeth, Mountain Ash, CF45 4XZ - 01443 475120