



GRAIG-Y-RHACCA MATTERS

MATERION GRAIG-Y RHACCA

www.graigyrhacca.org.uk

The Graig-y-Rhacca Community Partnership Newsletter

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Useful Contacts

Graig-y-Rhacca Resource Centre
(Istvan Racz)
02920 883039

Communities First Co-ordinator
(Damian Owen)
01443 864395

Communities First Support Officer
(Mark Davies)
01443 864398

Communities First Health and Wellbeing Officer
(Rhian Evans)
01443 864398

ENVICON
(Kerry Williams/Shirley Williams)
02920 881071

What's new?

New Look Website



Welcome to our new website—

www.graigyrhacca.org.uk

Here you will find out all the latest news and information on what is going on in your area. If you are interested in working with the Partnership to update this website, please contact Istvan in the Resource Centre.

Well done

Graig-y-Rhacca Communities First Partnership on your EXCELLENT news

The Welsh Assembly Government visited the Resource Centre and spoke to the Partnership members to see what has been achieved, it was awarded the highest score at the recent evaluation of its progress in the last year.

Thanks to all the hard work from the volunteers, partnership members and partner organizations.

Would you like to be a part of this success and make a difference in Graig-y-Rhacca then come along and join the Partnership.

Next meeting Tuesday 12th April 2011 and Tuesday 10th May 2011 @ the Resource Centre

Local News



Hellos and Goodbyes

Since the last edition of 'Graig-y-Rhacca Matters', we have seen a lot of changes in the Communities First team. We say 'Goodbye' to Sharon Peters, Communities First co-ordinator, Amy Mason, Communities First support officer and Sarah Barrett, Communities First administration officer. I'm sure you'll join us in thanking them for their hard work and wishing them all the best in their new jobs.

As a result, there is now a new Communities First team within the local area. Join me in saying a big 'Hello' to our new co-ordinator, Damian Owen, support officer, Mark Davies, health and wellbeing officer, Rhian Evans, and administration officer, Denise Williams. Contact details for our new team members are available on the front page of the newsletter and the team are very much looking forward to working with you all, as residents of Graig-y-Rhacca. Pop in to the Resource Centre to say hello!

Graig-y-Rhacca Scores a Try!

Congratulations to Josh Watkins (15) who has been selected to play for the Welsh under 15's rugby league 15's/Celtic Crusaders.

Josh is a pupil at Cwm Rhymni and has been playing for the school for the past 3 years. **Well done Josh!!**



WANTED!

Volunteers to help run an after school club for young people - 7yrs to 11 yrs and 12yrs to 16 years.

If you think you have the necessary skills and FREE time please contact Istvan at the Resource Centre on: - 02920 883039 or pop in.

If you have any local news that you would like to share with the community, we'd love to hear it! Pop in and see Istvan in the Resource Centre!

The Hub

Local young people have had a busy start to 2011....

- A youth sub-group was held on the 24th January to discuss future projects and activities within their community
- Local young people have also participated in a diversity workshop, which was facilitated by Barnados
- A money management session was held, which resulted in a cinema trip
- A smoking workshop was additionally held in the Resource Center on the 14th February to address the dangers and health implications of smoking
- A graffiti arts session was held in Graig-y-Rhacca skate park on the 21st February
- A team of young people attended an inter-are football tournament in Trecenydd on the 22nd February
- Young people were involved with a healthy eating session with our health and wellbeing officer, Rhian on the 28th February
- *"During the half term the youth workers took us on a residential trip to Llangorse activity centre. The first day there we went indoor climbing, then we ended the night peacefully at 10 o'clock when we all had to settle down. The last day of our residential we went horse riding, I rode a horse named Wizard, me and Deb had the biggest horses there. I had a great time at Llangorse, I met new friends, they were great, we all had fun and I would like to go there again"* Kateland Maguire

Vicki McCann 07917164308

Deb Greenway 07879693915



Your PACT Priorities

- Drug dealing and anti social behaviour
- Anti social behaviour is a priority for Bedwas

You can find details of the PACT priorities, ward officers and surgeries for your area on the Heddli Gwent Police website—

http://www.gwent.police.uk/about_us/nhp/caerffili/bedwas/bedwas.shtml

The next pact meeting is scheduled for

Thursday 5h May 2011 at Bedwas High School, 7:00pm

We have increased patrols in and around the villages and it is good to note that Caerphilly residents agree that the police are dealing with anti social and crime issues that matter in their area.

Bedwas Police -Drug Use and Supply

Bedwas Police are currently targeting the small number of drug dealers that operate in this area. As a result of concerns raised by local residents during a recent PACT meeting the supply of drugs is our main priority. Based on intelligence provided to the police, search warrants have been executed at addresses near to you in an attempt to disrupt this activity.



Can you help?

Any information is useful, but primarily we need to know **who** is dealing drugs, **how** they are doing it and **to whom** they are dealing. All calls will be treated in the strictest confidence. You can provide information in a number of ways:

- You can call **CRIMESTOPPERS** free on **0800 555111** (you may qualify for a community award)
- You can ring **PC Stuart Lewis**, Ward Officer for Bedwas, Trethomas & Machen on **02920 857454** (voicemail).
- Or you can report it direct to any member of Police Staff.

Please help us to make this area a safer place to live, and visit.
Stuart Lewis PC 2035, Bedwas Police Station.

Be Smart with your Money

Credit unions provide flexible, low cost loans and encourage the saving habit

For Saving

Safe and secure place to save, we are regulated and approved by The Financial Services Authority, covered by the same compensation scheme as banks and building societies. This means you can save safe in the knowledge that your savings are completely secure.

For Borrowing:

- Don't get stung by expensive doorstep lenders
- Make the "Smart Choice": borrow locally and support your local community at the same time

Why borrow from a credit union?

Unlike many other financial organisations, Credit Unions exist to serve their members and do not seek to make a profit out of them.

There are a number of reasons why borrowing from your Credit Union is a good option:

- Low interest rates
- Loan protection insurance is included at no extra charge (subject to terms & conditions).

- No hidden charges or penalties
- Repayment rates are tailored to meet your circumstances
- Repayments are calculated on the reducing balance of the loan. This means smaller interest payments

Call **029 2088 3751**

Email: info@smartmoneycreditunion.co.uk

www.smartmoneycreditunion.co.uk

We also offer Child Trust Fund (CTF) accounts, CTF is a savings account for children and is designed to help your child save from an early age; the Government starts the savings by giving a voucher to each child.

To help ease the strain of Christmas why not open a Christmas savings account with us?



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Feeling the Pinch? Looking for ways to save money?

Why not come along to the Resource Centre on Tuesday 15th March between 2–6pm.

Free advice and money saving tips!



Do you sometimes feel lonely or sad? Worried or anxious? Come along to our Ray of Sunshine group on a Thursday morning from 10–11am in Graig-y-Rhacca Resource Centre.

Launch coming soon.....

If you would like to find out more, come along to our launch on **Thursday 24th March from 9:30–11:30am** for a



Aladdin

It seems that even a magic carpet couldn't get through the snow....

This years community pantomime scheduled for Christmas week had to re-scheduled due to SNOW

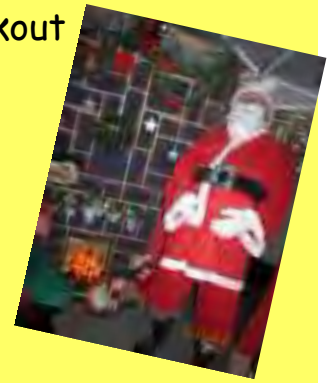
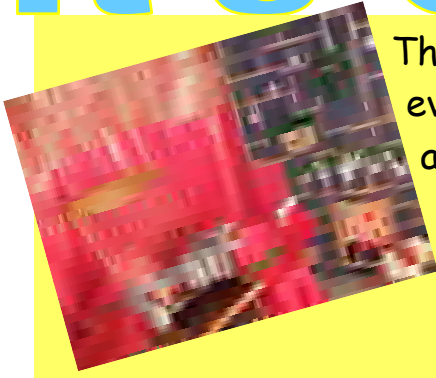
We were grateful to the Theatre Company for extending their Panto season to accommodate areas, like Graig-y-Rhacca , that otherwise unfortunately have had needed to miss out on this seasonal treat.

Those who were able to make the performance of Aladdin at the Community Centre on the 5th of February, all came away with praise for the show.

An enjoyable time was had by people of all ages even if they did not get to fly on the magic carpet.

It's Christmas

The Christmas Fayre was another knockout event, with over 100 people of all ages attending.



Santa's sleigh travelled around the village with residents and children following with their homemade lanterns.

Home visits were made to a lucky few.



Congratulations to LUCY KAMLA our winner for the best designed lantern hers was brilliant.

Excited children queued at the Resource Centre to see Santa in his enchanting Grotto and the gift of a selection box was loved by all.



At least Santa was warm in his grotto, if a little bit tired by the end of a long cold day.

Thanks to all the volunteers who helped out during the event, especially Kerry Williams who designed and built the Grotto ably assisted by Wiggy.

Lets hope 2011 is as successful!



Blues Buster



The young people at Bedwas High School entertained all who attended the "Blues Buster" initiative. Many thanks.



The Bedwas Pupils served up, our meal, which was food fit for king or queen.

For all the groups attending, it really did shake off those "winter blues".



STREET PRIDE

Caerphilly **StreetPride** brings together the services that help keep Caerphilly County Borough clean, green and safe. The aim is to work with residents to keep our streets and neighbourhoods at a standard that promotes pride and community responsibility.

For further details contact:

01443 866566 or visit www.caerphilly.gov.uk/streetpride

Some of the following areas fall within the scope of Caerphilly **StreetPride**:

Abandoned vehicles, street lighting, damaged kerbs, potholes, fly posting, pest control, noise nuisance, smoke nuisance, dead animals on highways, maintenance of verges or back lanes, street naming plates, animal trespass, fly tipping, littering, dog fouling, discarded needles or syringes, graffiti, parks, blocked drains and gullies, road markings and signage, damaged bus shelters or bus stops.

Supporting People

Problems maintaining your tenancy or threatened with homelessness?

Contact the Supporting People Team...

Free support we can offer includes:

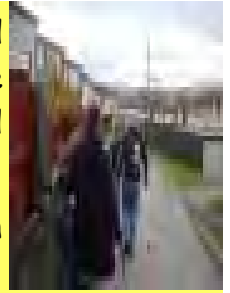
- Help finding accommodation
- Maintaining your home
- Managing your tenancy
- Liaising with your landlord/mortgage company
- Budgeting
- Debt management
- Reviewing your benefits
- Form filling
- Life skills

For more information or to make a referral contact : 01443 864591 or email : supportingpeople@caerphilly.gov.uk or download a form from www.caerphilly.gov.uk/supportingpeople

Environment



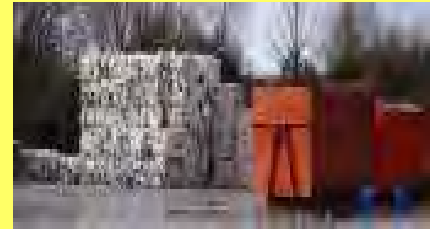
Groundwork Caerphilly's CEN Officer, Rebecca Gallie organized two litter picks in Graig-y-Rhacca. The areas targeted were Coleridge Gardens, Grays Gardens, Dickens Court, the MUGA and the area in front of the shops.



Only small amounts of rubbish were collected signaling a reduction in the amount of rubbish dropped.

Leaflets advising residents to Reduce, Reuse and Recycle were posted by local volunteers to every household in Graig-y-Rhacca.

Residents made a trip to Newport Waste Savers, a recycling and packaging plant where they learnt about recycling. The waste is packaged and shipped off to factories where plastic bottles are turned into pens or fleeces, paper and old newspapers turned into new newspapers and foil and drink cans into aluminum ingots.



A willow weaving session was held before Christmas with the Fruity Fridays, a group who visited from the Upper Rhymney Valley. Together with the Activity group they made willow stars, wreaths and fish.

The Activity Group has also been busy making pot pourri bags with lavender harvested from around the Resource Centre.

These bags and other craft items, will be available in the summer at a local fair.



The Activity Group is currently looking for new members. Activities include healthy cooking sessions, mosaic pot making, get fit with the wii, knitting and sewing classes as well as the new gentle light exercise class **extend**.

Come along on a Thursday between 12pm and 2pm to see what it's all about.



Pop in and see Shirley Williams at the Resource Centre.



ALLOTMENTS

Community Gardens

A constituted committee has now been formed called the Graig-y-Rhacca Community Garden Committee.

The committee has formulated a new site plan for the community garden site including up to 30 small plots and 22 large plots within the designated area.

The plan will then be submitted to the planning department within the Council to approve before work can commence on the "old allotment site."

The current plan proposed is subject to alteration by the Planning department according to legislation requirements.

Funding is currently being looked at with assistance from GAVO to create access into the field and to fence off the site. If you would like to find out more, call into the Resource Centre



Community Tourism Ambassador



Are you proud of your area and the South Wales Valleys?

Do you reckon you can show it off to visitors and give them a warm Welsh welcome?

The Community Tourism Ambassador scheme encourages volunteers from all walks of Valleys life to receive **free, accredited training** and become a welcoming host and a source of information for their locality. This training will consist of two core modules . Croeso Cynnes (Warm Welcome) and 'Our Place', specific to the Ambassadors' community. In addition further special interest modules with subjects such as the arts, heritage and religion will be available.

Once trained, an Ambassador would provide a knowledgeable point of welcome for visitors through swapping stories, highlighting the local heritage and of course, showing them where to find the best cup of tea.

For more information about becoming an Ambassador and would like to get involved, please contact Joe Newbury on 07717 688053 or joe.newbury@capitalregiontourism.org.uk to know about the next course in your area.

Happy and Healthy

Hello, I'm Rhian and I am your new Health and Wellbeing officer with the Communities First team. I am looking forward to working with you, as residents of Graig-y-Rhacca, to increase the healthy lifestyle opportunities in this area.

I have worked in lots of communities in Caerphilly and some of the projects and activities we have done include healthy cooking, exercise sessions and parent and toddler activities.

I would really welcome your ideas for what you would like to see in Graig-y-Rhacca.

You can contact me by email—evansr6@caerphilly.gov.uk,

Telephone —01443 864398 or just pop into the resource centre.

Hope to meet you soon.

Graig-y-Rhacca Gourmet



Did you know you have some budding chefs living in Graig-y-Rhacca? Well....you certainly do! For the past few weeks, a healthy cooking on a budget course has been running in the Resource Centre with some delicious results!!



Those involved have been cooking up a storm making lots of different family dishes, from homemade pizzas to healthy chicken wraps - perfect for your children's lunchboxes!

If you would like to take part in sessions such as these, please get in touch with Rhian (Communities First Health and Wellbeing officer) on evansr6@caerphilly.gov.uk or 01443 864398. Or alternatively, pop into the resource centre and sign up with Istvan.

Extend Yourself with Low Impact Aerobics

Every Tuesday from 2:30—3:30pm

Graig-y-Rhacca Resource Centre

£1.50 per person





At Graig-y-Rhacca Resource Centre

Every Tuesday

09.30am to 12.30pm

Want2Work is a free, friendly and confidential service.

We help you to change your lives in a number of ways:

- training opportunities
- voluntary work
- starting your own business
- Job search
- healthy living
- coping with health problems
- confidence building
- and much more

If you are claiming incapacity/ sickness benefit, income support or perhaps no benefit at all then please pop in to

Graig-y-Rhacca Resource Centre
from 09.30 -12.30 every Tuesday

For more info, please ring Julie or Carey 07769670887 / 07827982539

Look forward to seeing you!

Countdown to the CENSUS

In just under 3 months the next census will collect comprehensive data about life in Graig-y-Rhacca. The 2011 Census, which everyone will be obliged to complete, will take place on Sunday 27 March 2011.

Counting every person in England and Wales, from day-old babies to 100-year-old grandparents, on one day, is a mammoth task and the reason why the Office for National Statistics (ONS) will employ around 2,000 field staff across Wales (www.censusjobs.co.uk) to help carry out the census questionnaire.

ONS will turn everyone's answers into statistics, then used to make detailed planning decisions about the services and facilities that are needed, from nation to neighbourhood.

The personal information provided will be protected by law for around 100 years, is strictly confidential and is never seen by any other government department, agency or company, until it goes public.

For the first time ever, residents will be able to complete the census online. website www.census.gov.uk will be packed with information to offer. Guides will be available in over 50 languages, including Braille and British Sign Language.

It is essential that you help shape what your local community needs - like schools, hospitals, roads and services so please complete your census questionnaire on 27th March 2011.



GRAIG-Y-RHACCA RESOURCE CENTRE TIMETABLE

Telephone : 02920 883039

Monday	Tuesday	Wednesday	Thursday	Friday
Baby Club 10.00am until 12.00pm	Credit Union 9:30 until 11:30am Want2Work 9:30 until 12:30pm	Golden Years Recreational Club 12:00 until 2:00pm	Ray of Sunshine (Self help group) 10.00 until 11.00	Computer Class 9:30 until 11:30am (crèche facilities provided)
Youth Service Drop in 4:00pm - 6:00pm	Essential skills 10.00pm to 12.00pm		Activity Club 12:00pm until 2:00pm	
	Extend classes 14.30pm to 15.30 pm		Computer Club (11-25 yrs) 6:30 until 8:30pm	

Useful Numbers

02920 883039 Graig-y-Rhacca Resource Centre
 01443 864398 CF Health Development Officer
 01443 864219 CF Support Officer
 08454 040506 Consumer Advice Via
 Consumer Direct Wales
 01495 235291 Trading Standards
 01443 863002 Council Tax Enquiries
 01495 235036 Dog Warden
 01685 846830 Furniture Recycling Via
 Community Furniture Enterprise
 01443 866567 Housing/Council Tax Benefits
 01495 235789 Street Lighting
 02920 860917 Neighbourhood Housing Office
 0800 555111 Crimestoppers
 01443 866533 Bin Pull Out—public services
 02920 857454 Local Neighbourhood Policing Team

This publication is available in
Welsh, other languages or formats
on request.

Mae'r cyhoeddiad hwn ar gael yn
Gymraeg ac mewn ieithoedd neu
fformatau eraill ar gais.
01443 864219

**All details were correct
at the time of going to
print.*