

# Graig-y-Rhacca Communities Partnership Community Newsletter

The latest news about where you live!



## Inspired Adult Learners Award

### Special points of interest:

The findings from the Community Audit carried out by the Partnership found that there were a number of courses that the residents of GyR would like to see offered to them to assist them in gaining new skills. These are some of them that are run at the GyR resource Centre: -

- Welsh
- Computers
- Calligraphy



A short while ago your hope that this is just the beginning! Communities First Partnership was nominated for an Adult Learners Award-Inspired Adult Learners. The selection panel met and it is a great pleasure to inform you the WEA Community Action Group chose your Communities First Partnership as the winners.

"I just thought that I'd like to tell you a little about the night we received our award. We were so thrilled to be chosen as the best in the whole of Wales for helping adults get back to learning. At last, Graig-y-Rhacca is going to be talked about all over Wales for doing something positive, let's

Weeks before the event took place the Resource Centre was filled with photographers and film makers gathering all the information about our staff, the Centre and the courses that we offered to put in the papers and magazines, how exciting!

On the 18th of May, 13 of us set off in limousines kindly hired to us at a reduced rate by Caerphilly limousines to the Coal Exchange in Cardiff to accept our award. Tables were set with amazing food and we ate by candlelight entertained by jazz players.

We eagerly awaited our

names to be called. As the video played on the big screen our hearts were pounding. Four members of the Partnership went up onto the stage and were interviewed by Lucy Owen off the Telly, how cool was that? I received a plaque on behalf of all the members of the Partnership in Graig-y-Rhacca as well as a cheque for £250." Rhianedd Otter Chair of



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# Graig-y-Rhacca Resource Centre

## Launch of the “Wash ‘N’ Grow” Launderette

### CLEANING UP IN THE COMMUNITY

Tuesday 18th July saw a new beginning for the residents of Graig-y-Rhacca, with the launch of the “Wash ‘N’ Grow” Launderette.

The residents of Graig-y-Rhacca were stunned to see the man from the famous Levi’s advert posing in the launderette. But they soon discovered the scantily clad man was in fact local employment consultant Ryan Hill.

Ryan, 21 from Tredegar helped launch the community launderette project at the Graig-y-Rhacca Resource Centre with a photo shoot imitating the 1985 TV ad. The community project is a partnership between Communities First and Caerphilly CBC.



Working Links, local specialists in helping long term unemployed people back into work, supported the launch event on 18<sup>th</sup> July, and when a model was needed Ryan, who works for the company, was more than happy to volunteer.

“Working Links has a very close relationship with local residents and other community organisations and I knew the launch would be lots of fun,” said Ryan. “I think the photo is great and I must admit I loved the attention.”

If you are interested in finding out how Working Links can help you, call freephone 0800 917 9262 or visit [www.workinglinks.co.uk](http://www.workinglinks.co.uk).

As for the launch itself Tudor Davies (Cabinet member for Regeneration) opened this new facility which was attended by local residents and members of the council.

It is our intention to set up a service in the near future where we will collect, wash, dry and return your washing to you.

If you would like more information about this service then please contact:

Istvan Racz on 02920-883039

## Support Your Local Shops — “use them or lose them”

In the ten years from 1995 to 2005 nearly 30,000 independent food, beverage and tobacco retailers closed without being replaced. In the passed five years over 2500 Post Offices have closed, many being a focal point of their Local Community.

All is not doom and gloom however, as Graig-y-Rhacca has a strong sense of community and pulls together when times are hard. This has been shown by the fact that there is currently a petition in the Post Office against the Governments intention to pay pensions and benefits only through Bank Accounts and so cutting out the Post Office. The petition has almost 400 signatures in just six weeks. This is a great start but that is only about half the adult residents of Graig-y-Rhacca.

Some of the people hardly ever visit the row of shops unless they have “just run out of milk” or “just need a stamp”. However, if the Local Shops are not used more

frequently, they may slowly disappear.

If you haven’t been “in ages” why not walk by the shops and see the recent changes that have been made. While there you could pop-in the Post Office and sign the petition.

### Graig-y-Rhacca Post Office

Are you going abroad on holiday this year?

If you have and E111 it is no longer valid-you must now have a European Health Insurance card. Pick up an application form at the Post Office.

We can also provide your foreign currency. If you order before mid-day you can pick up any currency the afternoon of the following day.

Please see Simon in the Post Office.

## GRAIG-Y-RHACCA SPORTS & FOOTBALL CLUB UPDATE

The season 2005/6 was our most successful yet with more teams, more qualified coaches and more exciting developments being planned for 2006/7.

### MORE TEAMS

The Club ran an Under 14 and an Under 17 team this year in the Taff Ely & Rhymney Valley Alliance league. Both teams acquitted themselves well with the Under 17's finishing in 6<sup>th</sup> place in a fifteen-team league.

The 2006/7 season will see teams at Under 11, Under 13 and Under 15 in the local league whilst the Under 18's will be playing in the South Wales Youth League.

### DRAGON SPORT

The sessions at Graig-y-Rhacca Primary have continued to be successful and have been expanded to accommodate years 3 & 4. Club has also bought them two football kits to enable them to play in inter school competitions.

### MORE QUALIFIED COACHES

Angie Colwill, Randall Stockwell, James Bartholomew and Sam Bailey have all passed their first level FAW coaching qualifications and Rob Bailey has passed the UEFA 'C' certificate. This will ensure players not only have fun but are also being coached properly by qualified staff.

### EXCITING DEVELOPMENTS FOR 2006/7

The Club has been very fortunate to receive funding for a Fitness Suite from the Communities First Trust Fund. This will consist of a multi-gym, treadmill, cycling machines, rowing machines and cross-trainers and will be situated in the Community Centre. The equipment will be available for everyone to use for a small fee and will be supervised by two qualified gym instructors. It is anticipated that the Fitness Suite will be open for business in September 2006.



### END OF SEASON AWARDS EVENING

#### UNDER 17 SQUAD

Award	Winner
Clubman of the year	Grant Strong
Player of the Year	Andrew Johns
Players Player of the Year	Sean Powell
Top Goalscorer	Andrew Johns

## UNDER 14 SQUAD

Award	Winner
Clubman of the year	Dafydd Colwill
Player of the Year	Daniel Street
Players Player of the Year	Lewis Stockwell
Top Goal scorer	Lewis Stockwell
Most Improved Player	Mark England

## Firework Top Ten Safety Code

### Sparklers

These are often viewed as being harmless but they do burn at fierce temperatures. Sparklers should not be given to anyone under the age of five. To a young child, the heat from a sparkler is equivalent to the heat from a welding torch.

#### Safety rules for sparklers

- Never give them to young children under five;
- Always wear gloves with sparklers, preferably leather ones;
- Hold it at arms length while an adult lights it for you;
- Never wave it about near someone else as you could burn them;
- Never hold a baby in your arms when you are holding a sparkler
- When the sparkler has finished, put it into a bucket of cold water straight away and leave it there.

### Pets

Animals do not like bonfires or fireworks. The flames and noise upsets them. They should always be kept safely indoors. Make sure that they cannot get out through open windows and doors. It is best to keep the curtains closed too and it may be necessary to keep them indoors for several nights around November 5th.

Young people should watch and enjoy fireworks at a safe distance and follow the safety rules for using sparklers. Only adults should deal with firework displays and the lighting of fireworks. They should also take care of the safe disposal of fireworks once they have been used.

Plan your firework display to make it safe and enjoyable.

Keep fireworks in a closed box and use them one at a time.

Read and follow the instructions on each firework using a torch if necessary.

Light the firework at arm's length with a taper and stand well back.

Keep naked flames, including cigarettes, away from fireworks.

Never return to a firework once it has been lit.

Don't put fireworks in pockets and never throw them.

Direct any rocket fireworks well away from spectators.

Never use paraffin or petrol on a bonfire.

Make sure that the fire is out and surroundings are made safe before leaving.

## Halloween Safety

### Here are a few tips to help keep your children safe when they go out "Trick or Treating"

- Know the route your kids will be taking if you aren't going with them.
- The best bet is to make sure that an adult is going with them. If you can't take them, see if another parent or a teenager can go along.
- Know what other activities a child may be attending, such as parties.
- Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.
- Explain to children the difference between tricks and vandalism. Throwing eggs at a house may seem like fun but they need to know the other side of the coin as well, clean up and damages can ruin Halloween. If they are caught vandalising, make them clean up the mess they've made.



**GWENT  
ASSOCIATION OF  
VOLUNTARY  
ORGANISATIONS**

### COMMUNITIES FIRST TRAINING

- Improve your skills across a whole range of different areas
- Re-discover the joy of learning and using your talents
- Take part in developing and improving your community

Can I take part in any of this training?

**YES**

If you live in Graig-y-Rhacca

GAVO offer a wide range of training for example:

- Food Hygiene
- Health and Safety
- Basic First Aid
- Data Protection
- IT for Beginners
- Advanced Desk Top
- Project Planning
- Monitoring and Evaluation
- Business Planning
- Recruitment and Selection
- Creative Play Workshops
- Finance & Budgeting
- Power Point
- Dealing with Aggressive Behaviour

If the training or learning that you want is not listed please ask our Training Officers for advice. We will always do our best to help you.

Telephone :01443 822644  
Val Jackson or Jan Billinghamurst



## “Fit4Fun”

- Do you live in Graig-y-Rhacca?
- Are you or do you have a child aged between 11 and 13 years old?
- Do you/they have concerns about weight, diet & lack of physical activity?

If you answer yes to all these questions you're eligible to attend Fit4Fun. This is a FREE NHS 12 week family based programme to help you live a healthy lifestyle.

For more information call:  
Sarah Williams on  
01443-811399  
or email:

[sarah.williams@nphs.wales.nhs.uk](mailto:sarah.williams@nphs.wales.nhs.uk)

### Ynys Hywel Activity centre

The communities project & Caerphilly adventure have been providing Graig-y-Rhacca with **FREE** taster sessions in outdoor education at Ynys Hywel Activity Centre. These activities are listed below: -

Gorge walking  
Rock climbing  
Canoeing  
Caving  
Kayaking  
Mountain biking  
Abseiling



Accredited courses are also run such as the Duke of Edingborough Award, Star Awards and National Navigation Award to name a few.

For more information contact: -

**Istvan Racz**  
**Graig-y-Rhacca Resource Centre**  
**Grays Gardens**  
**Graig-y-Rhacca**  
**Tel: 02920 883039**



# Information about the Flu Injection

The Flu season is nearly upon us. You are able to make an appointment from the week commencing 09/10/06 for a Flu injection.

People eligible for this injection should have:-

Over 65's  
Kidney Disease  
Liver Disease  
Diabetics  
Coronary Heart Disease  
Lung Disease e.g. COPD  
Asthmatics requiring continuous use of inhalers  
Cancer Treatment  
Medication which lowers your immune system  
Carers

Also available is the pneumonia injections which is a once in a lifetime injection. You are eligible for this if you suffer with any of the above conditions.

To accommodate all people, 3 Saturdays will be available for injections throughout October.

Please contact Ty Bryn Surgery to find out more information and to make an appointment.

## Treatment of Common Cold and Ailments

### 1. Colds & Flu

The common cold is very common and most people have a few attacks a year. Unfortunately, we still have no cure for it; it does not respond to antibiotics because it is a viral infection. The usual symptoms are a dry and sore throat followed by nasal congestion and finally a dry irritating cough which may last for over a week. Paracetamol and cough linctus can be soothing and bought from the chemist. Take plenty of fluids and try not to spread it around by going to work or school in the acute stages of the illness. Get in touch with the doctor if you feel particularly unwell, have severe pains in the front of the head or face, or are coughing up yellow or green phlegm.

Influenza occurs much less commonly and usually in epidemics. It is a much more serious illness, with complete exhaustion, generalised aching pain and often severe headache for a few days. Again, there is unfortunately no cure, and treatment of the symptoms with paracetamol or a stronger over-the-counter painkiller may be helpful. Bed rest for week or two afterwards and it is sensible not to rush back to work if this is the case. We recommend immunisation for those at particular risk.

### 2. Diarrhoea & Vomiting

These are fairly common symptoms and, if occurring together, are likely to mean a simple bowel infection or food poisoning, both of which will be self limiting. The bowel should be rested by using clear fluid only, i.e. no milk or drinks made with milk until the diarrhoea has settled. Teenagers and adults can usually get good relief from diarrhoea by using Loperamide (Imodium or Arret) from the chemist and up to eight tablets a day can be used. Intermittent gripping tummy pains are common until the diarrhoea is controlled but need not cause alarm. If the pain is consistent, the vomiting persistent or the whole illness is lasting over three days, you should seek advice from the doctor. Small children under 12 months and the very elderly are more likely to develop dehydration and medical advice should be sought if there is watery diarrhoea, as a specially formulated sugar/salt solution may need to be given. For a few days after recovery it is wise to avoid milky things and fruit and vegetables, all of which tend to stimulate the bowel.

### 3. Hair raising facts about Head Lice

- Head lice are grey, six-legged wingless insects
- When newly hatched they are the size of a pinhead, but grow to the size of a sesame seed
- They feed by sucking blood through the scalp
- The louse feeds every four to six hours, injecting its anticoagulant saliva into the scalp of its host which causes an allergic reaction and results in itchiness
- The lice cannot jump or fly, they can only walk
- An average infected head has 10 lice, which can rise to 20 if left untreated
- They cannot be passed on by towels, bedding clothing or brushes
- Only a third of people with head lice will have an itchy head

- The lice cannot survive for more than one day at normal room temperature without a host
- Head lice must feed at least twice a day.

## Help could Start here

Are you unemployed and want to get into work?

If you are currently out of work and Claiming: incapacity benefit; or income Support; or unemployed but actually claiming benefits, Working Links and/or BrokerCymru may be able to help.

**We can provide support with:**

- ✓ **Finding jobs, writing and typing a CV**
- ✓ **Filling in Application Forms**
- ✓ **Knowing what to say at interviews**
- ✓ **Clothes for interviews and work**
- ✓ **Self employment**
- ✓ **Transport costs**
- ✓ **Learning to drive**
- ✓ **Child care costs**
- ✓ **Tools & equipment**
- ✓ **Further training**
- ✓ **Financial help when you first work and are waiting for pay day**

Working Links are available in your community. For individuals in receipt of sickness benefit/incapacity benefit, we are able to access additional funds/help by working in partnership with BrokerCymru.

**We are based from Graig y Rhacca Resource Centre every Wednesday, 9:30am-1pm, so feel free to drop in, and have a chat to see if you are eligible – ask for:**

**James (Working Links) – 07984 651 020**

**Carey (BrokerCymru) – 07971 996 598**

## Expert Patient Programme

The Local Health Board has arranged a course to help people with a long term condition maintain their health and improve their quality of life. The course helps people deal with managing symptoms, coping with stress and depression and planning for the future.

The course starts in November, and will take place in Penyrheol Community Centre, Caerphilly.

**For more information call Carol Young on 02920 350630.**

## “Sleeping Beauty” comes to Graig-y-Rhacca



The pantomime is coming to Graig-y-Rhacca on Friday 5th January 2007 at the community centre.

The pantomime “Sleeping Beauty” is **FREE** only to residents of Graig-y-Rhacca.

There are only 200 seats available and entrance is by tickets only. Tickets are available from the **RESOURCE CENTRE** from 1st December 2006 and are distributed on a first come first served basis.

# NEWSLETTER-CONTACT

If you have a story that you would like to share with the partnership then please send to the address below: -

FAO Istvan Racz, Manager  
Graig-y-Rhacca resource centre  
Grays Gardens  
Graig-y-Rhacca  
CF83 8TQ

## USEFUL CONTACTS

Caerphilly County Borough Council	01443-815588
Caerphilly & District Ramblers	02920-869898
G.A.V.O Lasting Officer John Morgan	02920-884942
Citizens Advice Bureau	02920-888440
	01633-615780
Graig-y-Rhacca community centre Rhianedd Otter	02920-881279
Graig-y-Rhacca Housing Offices Norma Millington	02920-853050
Graig-y-Rhacca Residents Assoc. Ann Henderson	02920-881071
Graig-y-Rhacca resource centre Istvan Racz	02920-883039
Police	02920-852999
Ty-Bryn Surgery	02920-868011
Graig-y-Rhacca Primary School	02920-852516
Bedwas High School Cllr Liz Aldsworth	02920-859800
(Mayor)	02920-866929
Cllr J.R.Davies (Machen)	01633-440536
Cllr R.T.Davies (Bedwas)	02920-889514
Cllr Angus Donaldson (Bedwas)	02920-865254
Police Station	02920-867293
PC Dean Williams	