



# GRAIG-y-RHACCA MATTERS

## MATERION GRAIG-y-RHACCA

[www.graigyrhacca.org.uk](http://www.graigyrhacca.org.uk)

### The Graig-y-Rhacca Communities Partnership Newsletter

# Graig-y-Rhacca

★ **Bids** ★

**Farewell To**

★ **Ann** ★



Graig-y-Rhacca lost one of its most valuable and respected residents on 20th September 2010. Ann Henderson passed away after a brave battle with cancer in Velindre Hospital. Ann was a pivotal member of the community and provided a helping hand and a listening ear to all those who visited her in times of trouble. Ann worked tirelessly for the community and her hard work was recognised with awards from Rhodri Morgan when he was First Minister in the Welsh Assembly Government and also GAVO Supreme Volunteer of the Year. Ann Henderson was widely respected by all who knew her.

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# **GYR Activity Club**

## **Launch at Llancaiach**

On 30th March we went to Llancaiach Fawr for the launch of the Come Dine with me project that was funded through the community cohesion fund from the Welsh Assembly Government. From this we set up the activity club, please see below some of the activities we have done so far. We have many more planned. We also meet up with the Knit & Natter group from New Tredegar, and the Fruity Friday ladies from Fochriw which has been great.



**We meet on Thursdays at Graig-y-Rhacca  
Resource Centre. 12pm - 2pm  
Everyone Welcome!**



August has been a very busy time at the Activity club. Members that have children were able to continue coming to the group on a Thursday as both adults and children were able to participate in the Activities which included Wii dance, wii sport and an x- box sing-along

These Photographs were taken when the Activity group went on a day trip to a small breed farm and owl centre. Even though the weather was poor there was so much to see and do and everyone had a great time feeding and handling the animals which was mostly under cover.



# Ann



Mr. Paul Dear Head of Communities First in the Welsh Assembly Government said "The Communities First Programme is heavily reliant upon



the efforts of volunteers. The success of the Graig-y-Rhacca Communities First Programme is in no small way due to the very significant contribution of **Ann Henderson.**"

From my own meetings with her in the past few years I know that she was a

dedicated and effective advocate for the local partnership and that this will be a great loss to the community at this time."



One of Ann's most recent projects was to lease the land on Addison Way for the



allotments project from Caerphilly CBC, which has now been approved,

**Cllr Ron Davies, Cabinet Member for Regeneration and Countryside** said,

"Ann was a true people's champion and a treasured member of the local community. I know she would be delighted to know that the plans for the site

which she played a key role in have now come to fruition".

Ann leaves behind her legacy to



Graig-y-Rhacca in all the wonderful projects that's she championed – she will be sadly missed by her son Julian, grandchildren Hannah and Stephen and all her friends and colleagues and those who were privileged to work and know her.



## Remembering Ed

Graig-y-Rhacca very sadly lost another member of the community over the summer. Ed was a great partner to Paula, and step father to her two boys Jordan and Josh, and will be very sadly missed by all.

# Be Smart - Use Credit Unions

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. So 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.



Typical: 26.8 APR

Loan Amount	Loan Period	Repayment amount per week	Interest Charged	Total amount payable
£300.00	48	£7.00	£35.05	£335.05
£500.00	52	£11.00	£62.47	£562.47

Compare with other lenders:

Smart Money Credit Union	Typical 26.8 % APR
Doorstep lender	Typical 190% APR
Illegal lender or loan shark	Typical 1500% APR

Call 029 2088 3751

Email: [info@smartmoneycreditunion.co.uk](mailto:info@smartmoneycreditunion.co.uk)

[www.smartmoneycreditunion.co.uk](http://www.smartmoneycreditunion.co.uk)

We also offer Child Trust Fund Accounts (CTF), 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.

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

# Environmental Events

Several allotment events have been held on the patio at the back of the Graig y Rhacca resource centre since January. During Adult Learners Week 30 windowsill planters were constructed by community members and then planted up with herbs. Everybody took home leaflets on what to do with the different varieties. Herb plants have also been grown in the Resource Centre to go into the herb circle in the Community Centre. These herbs can be used by all of the cooking groups in Graig y Rhacca once they are fully grown. Sweet corn, dwarf beans, courgettes, cabbages, spinach, garlic and spring onions have all be planted and are growing well in pots at the back of the Resource Centre. We are all looking forward to eating the produce when they are ready. Any more volunteers who want to try their hands at gardening are welcome to come along and give it go. Look out for the posters to see when the next event is on. Rebecca Gallie



## Community Gardens/Allotments



Plots of land in Ystrad Mynach and Graig Y Rhacca are to be re-established as allotment sites after Caerphilly County Borough Council's Cabinet gave both schemes the green light recently. Cabinet recently agreed to lease the former allotments site at Addison Way in Graig Y Rhacca to the Graig Y Rhacca Communities First Partnership.

Cllr Colin Mann, Deputy Leader of the Council and Cabinet Member for Finance, Resources and Sustainability said, "Cabinet were delighted to be able to agree to the proposals to re-establish allotment sites on both plots of land."

He continued, "The sustainability and health benefits to be gained from allotments are many and help contribute to creating a more physically active environment."

"We as a Council are committed to looking at ways of developing even more allotment land in line with the current nationwide increase in demand."

In Graig Y Rhacca, public support for the allotment site is substantial. The Graig Y Rhacca Communities First Partnership plan to use the site as a community allotment plot to produce vegetables and salad crops, to be used in a series of healthy eating training courses being run with local residents in order to improve levels of mental and physical health and wellbeing in the area.

Groundwork Caerphilly, The Flying Start Activity Group and The Golden Years Group have all also expressed an interest in growing vegetables on the site in Graig Y Rhacca.

Local Community Champion, Ann Henderson was at the forefront of the application to re-establish the former allotment site in Graig-Y-Rhacca. She sadly passed away earlier this week.

Cllr Ron Davies, Cabinet Member for Regeneration and Countryside said, "**Ann was a true people's champion and a treasured member of the local community. I know she would be delighted to know that the plans for the site which she had played a key role in have now come to fruition.**"

He continued, "In addition to the sustainability and health benefits that allotment sites can bring, they also help to promote community spirit and enable local youngsters an opportunity to learn where the food they eat comes from."

For further information on allotments in Caerphilly county borough, please contact the Council's Leisure Services team on **01443 863005**.

# Supporting People

Are you having problems paying your rent or paying your bills or budgeting?

Do you need support to keep a roof over your head or find alternative accommodation?

If so, you can have **FREE HELP** via the Supporting People Team.



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

## Skills Cymru

Over 25 young people from the Caerphilly Basin went to the millennium stadium for the Skills Cymru event, the Career & Skills event for Wales. 115 organisations attended the event. Young people could get advice & guidance on C.V writing, job vacancies, and careers & training advice. The young people that went really enjoyed it and gained lots of useful information.



## Sports Development

Jane Patterson the Communities First Health & Well-being Officer for the Caerphilly Basin organised 2hr sports sessions held weekly in the lead up to the summer in Graig-y-Rhacca. This was in Partnership with Caerphilly County Borough's Sports



Development team who delivered the sessions. The sessions were funded by the Graig-y-Rhacca Communities First Partnership. Over 25 children from Graig-y-Rhacca attended every week. They had the opportunity to take part in sports including tennis, hockey, rounders, street football, cricket, basketball, and touch rugby. Information was given to those that wish to continue some of the new sports. In particular Hockey was extremely popular with a possibility of players going to existing St Cenydd club or starting a community club in Graig-y-Rhacca.

# Newport Gwent Dragons



## Rugby Initiative Helps Engage Local Youngsters

team building, ball skills, problem solving and confidence building. They also learned about the importance of fitness, nutrition, motivation and the dangers associated with drug and alcohol misuse.

*positive and productive way".*

Mike Sage, Community Manager for the Newport Gwent Dragons said, "It is always a pleasure to work with CCBC's Youth Service, and I hope the boys will have gained a great deal from taking part in the 'Success At Your Feet' initiative which will help as they progress through their teenage years."



**Y**oung people from Caerphilly County Borough are becoming re-engaged with education with the help of the Newport Gwent Dragons.

While much of the course was outdoor based, the boys also took part in a series of classroom-based lessons, where what they learned while doing the practical element of the course was

Newport Gwent Dragons star Will Harries presented the boys with their awards for completing the course. They were also given tickets to enjoy a trip back to Rodney Parade to watch a Newport Gwent Dragons game next season.

7 boys, aged between 12 and 14 from Caerphilly county borough have completed the 'Success At Your Feet' initiative, run by the Newport Gwent Dragons, together with Caerphilly County Borough Council Youth Service's The Hub team Andrew Griffiths, Emma Griffiths and Victoria



One young person who took part in the scheme said, "I have had a really good time and have learned so much throughout the course. I feel a lot calmer and disciplined, and feel I've matured quite a bit too. I'm definitely going to try and keep up what I learned. The

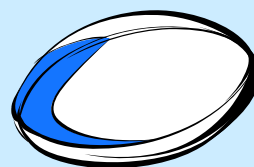
Jade McCann. The scheme was made possible thanks to funding from New Tredegar, Graig Y Rhacca and Van Communities First Partnerships, along with the support from Sharon Peters the Communities First Coordinator who covers Caerphilly Basin.

supplemented by lessons in literacy and numeracy.

*coaches were also great and really encouraged us to achieve our potential."*

The course took place one day a week for six weeks, and the boys were put through their paces in activities involving elements of

Cllr Phil Bevan, Cabinet Member for Education and Leisure said, "I am confident that this first-class programme has provided the boys with the opportunity and skills to motivate them towards future activities, and help continue to channel their energies in a



# Paul's Story

My name is Paul Rosser. I'm twenty-four years old and I've been living in Graig-y-Rhacca for the past four years.

Having been born with a stammer, it affected my life in a negative way on an everyday basis. During my time at school it affected my confidence and self-esteem,

which had an impact on my education and my social life. If ever I had difficulty in understanding what was being taught, because of my low self-esteem and confidence I would not ask for an explanation. This led to me falling behind with my work.

As far as my social life was concerned, I found it hard making friends, going out, speaking to people and doing things that people take for granted.

Meeting my partner and becoming a father has given me the responsibility to address my stammer, opening me up to new career prospects and the chance of a better job in the future.

I first heard about the McGuire program through television. The McGuire program develops practical training devised and developed to promote recovery from stuttering. I spent four days at the Wynford Hotel, Cardiff where they put me through a series of intensive breathing exercises.

The money was raised through the help and support of the people of Graig-y-Rhacca. We organised a fun day with a bouncy castle and face painting for the children, refreshments and a raffle. My sister-in-law also came up with the idea for me having my legs waxed. Not a very good idea I can tell you!

On the 31<sup>st</sup> July 2010, the final test came when I was asked to stand up on a soapbox in Cardiff City Centre and speak openly to the public. I was terrified but I knew I had to do this for the sake of my family and the staff at the McGuire programme who have helped me so much. It was a very emotional experience but I am proud to say that I have conquered my biggest fears of speaking in public. I am also pleased to say that I can now answer the telephone without having a nervous breakdown!

I would like to thank my family and friends, all the people in Graig-y-

Rhacca who came to the fundraising day and supported me, but most of all I would like to thank the McGuire Programme for all their amazing work. I am pleased to say that I am now a **RECOVERING STAMMER!** WATCH THIS SPACE.....!



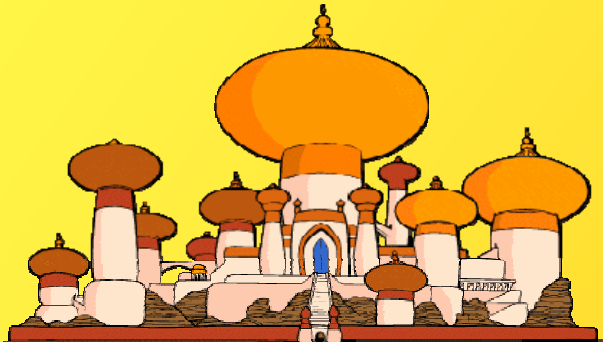
Funded by the Graig-Y-Rhacca Communities First Partnership



# Aladdin

I.P.P Theatrical Productions

The Panto People



To be held at Graig-Y-Rhacca Community Centre

Tuesday 21st December 3pm

**Tickets cost £1**

**This £1 will go towards community projects**



Tickets to be purchased from the Resource Centre  
Monday 8th November 2010 on a 1st come 1st served basis

# Nail Art

We had a nail art course for 6 weeks with Jo at Graig-y-Rhacca Resource Centre. She taught us how to paint and decorate nails using all sorts of things like coloured gems, stickers and nail art pens. There were 11 of us on the course and we all thought it was an excellent course; something a little bit different that we all really enjoyed and Jo made it a lot of fun for all of us, and we have made a few friends in the process too. Jo the tutor said 'the students all worked well and showed great enthusiasm. They were all a pleasure to be with and fun was had by all too. I hope to come back soon to work with the girls again.'



# Business Summer Garden Party



Graig-y-Rhacca Resource Centre organised in partnership with Bedwas High School, & Graig-R h a c c a Communities First Partnership a B u s i n e s s



Summer Garden Party. This was held on 7th July 2010. It was sponsored by Tower Print, SET Office Supplies and Newport Gwent Dragons and supported by the organisations that attended the event. It was a great success approx 100 businesses from around the County Borough attended the event. This provided a great opportunity for the Resource Centre to market itself and the facilities available. It also gave businesses the opportunity to network, and make links with each other. Pupils from Bedwas High School provided excellent food and drink which they made and served to a very high standard.

**Cllr Lindsay Whittle Leader of Caerfilli CBC** who opened the event said 'I would just like to say a huge thank you for inviting me to the magnificent and professional event 'The Bedwas Business Summer Garden Party' on the 7<sup>th</sup> July 2010. I was so impressed with the decoration and commitment by all involved at Graig-y-Rhacca Resource Centre and the wonderful ideas and creative minds with the displays, food and drink. Enormous thanks of course must go to the Bedwas High school and the staff and pupils involved there. Many of the pupils will have no difficulty finding jobs if that is their quality of their work. They are to be highly congratulated. I look forward to future events'.



# Where's where's where's where's Isty? Where's Isty?



Can you guess where your local Centre Manager is? Send your answers to Istvan Racz at [i.racz@btinternet.com](mailto:i.racz@btinternet.com) or pop into the Resource Centre to give your answer by 12 noon on Friday 12th November for your chance to win 2 tickets to the Wales vs Fiji Rugby International on 19th November (1 adult 1 child). (the winner will be picked out of a hat from all entries with the correct answer). One entry per household.

## Come along and join in! It's Your Community Christmas Market

Why not drop into the Resource Centre for a coffee and a chat, find out what's happening in your community and what you can get involved with. Or get your voice heard by coming to meet the Partnership members at 10am on the 9th November at Graig-y-Rhacca Resource Centre. The Partnership members are a group of residents that organise projects and events for the community, and help make your community a better place. You can do it too! We want to hear your views on what you would like to see in Graig-y-Rhacca.

We are organising a trip to a Christmas Market to Worcester at the beginning of December. It will cost around £10 to go. Pop into see Istvan in the Resource Centre for more information. The Market provides such treats as mulled wine and roasted chestnuts as you browse amongst the craft and gift stalls. With traditional funfair rides and a full programme of entertainment, from period street performers to carol singers.

## Coming soon.....

Christmas Fayre & One-Stop Money Shop



Look out for posters at Graig-y-Rhacca Resource Centre for more information



# GRAIG-Y-RHACCA RESOURCE CENTRE TIMETABLE

Telephone : 02920 883039

Monday	Tuesday	Wednesday	Thursday	Friday
<b>I.T Suite &amp; Ann's Café</b> Open to Public Daily	<b>Smart Money Credit Union</b> 9:30 until 11:30am <b>Essential Skills</b> 9:30 until 11:30am	<b>I.T Suite &amp; Ann's Café</b> Open to Public Daily	<b>Skin Care &amp; Make-up</b> 12.00-2.00pm (crèche facilities provided)	<b>Computer Class</b> 9:30 until 11:30am (crèche facilities provided)
<b>Get Cooking</b> 1.00-3.00pm (crèche facilities provided)	<b>Want2Work</b> 9:30 until 3:30pm <b>Depression Self Help</b>	<b>Golden Years Recreational Club</b> 12:00 until 2:00pm	<b>Activity Club</b> 12:00pm until 2:00pm	<b>I.T Suite &amp; Ann's Café</b> Open to Public Daily
	<b>After School Club (7-11yrs)</b> 4:00 until 5:00pm	<b>Make Your Money Go Further</b> 5.00-7.00pm	<b>After School Club (12-16yrs)</b> 4:00 until 5:00pm	

 **Hello & Goodbyes** 

During the past few months we have seen a number of arrivals & departures of members of staff/work placements. We said **Goodbye** to two students from Ibiza (Patricia & Saray) and **Hello** to Cameron Wilshire who is on work experience in the centre, who assisted with the editing of this newsletter. We also said **Goodbye** to Amy Jones our Support Officer with Communities First who edited this and previous newsletters. Thanks Amy for all your hard work and we wish you well and good luck in your new job.

<b>Computer Club (11-25 yrs)</b> 6:30 until 8:30pm	
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<b>I.T Suite &amp; Ann's Café</b> Open to Public Daily	<i>*All details were correct at the time of going to print.</i>
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**Useful Numbers** 

02920 883039 Graig-y-Rhacca Resource Centre  
 01443 864398 CF Health Development Officer  
 01443 864219 CF Support Officer  
 01495 235111 Consumer Advice  
 01443 863002 Council Tax Enquiries  
 01495 235036 Dog Warden  
 01685 846830 Furniture Recycling  
 01443 815588 Housing/Council Tax Benefits  
 01495 235789 Street Lighting  
 02920 853050 Neighbourhood Housing Office  
 0800 555111 Crimestoppers

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