



communities first cymunedau yn gyntaf

Llanion Communities First

October 2009

Welcome to the Llanion Communities First monthly bulletin.



More Inside....

The bulletin is compiled monthly by the team at Llanion Communities First.

We would like to thank the Wales Council for Voluntary Action, Pembrokeshire Association of Voluntary Services, Communities First Support Network, Community Development Cymru, National Council for Voluntary Organisations and all other groups and organisations that have provided content for this publication.

If you have any questions or would like to submit information for a future edition then please do not hesitate to contact the team on 0845 345 5031, alternatively you can pop into our office at 10 Meyrick Street or e-mail us: llanionenquiries@co-op.co.uk.

If you would like to unsubscribe from this mailing please click [HERE](#)

The **co-operative** membership 



www.llanioncommunitiesfirst.org
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Llywodraeth Cynulliad Cymru
Welsh Assembly Government

The latest in Llanion

P1

Working in the Community...

On the 17th September the team worked with a local Food Hygiene specialist to offer Level 2 Food Safety and Catering Training at Pembroke Dock Youth Centre.

The training was attended by ten young people and five adults who worked together to learn the importance of the correct handling, storage and preparation of food and food preparation areas as well as learning about the consequences poor hygienic practices.

The following week on the 23rd September, attendees put their knowledge into practice and worked together to produce a healthy, nutritional meal for 30 people as part of a Community Café initiative that was supported by Llanion Communities First, Youthlinks, Pembroke Dock Community School and was kindly funded by the Pembroke Dock Community Activities Network. As well as those adults and young people who attended the Food Safety and Catering Training, seven pupils from the Pembroke Dock Community School came along and helped to prepare the pudding as well as making decorative menu cards for each table.

The aim of the Café was for participants to learn how to prepare, plan and cook a low cost, healthy, nutritious meal. For the main course participants cooked a healthy Vegetable Curry which was served with Rice & Naan Bread, this was followed by a Apple & Cinnamon Crumble for pudding.

The Community Café helped to increase awareness of the Fruit and Vegetable Co-operative that operates in the Youth Centre, offering affordable fruit and vegetables to the community. Anybody wishing to use the Food Co-op should visit Pembroke Dock Youth Centre between 9.30am and midday on a Thursday morning. Alternatively you can call Sarah or Selena at Llanion Communities First on 0845 345 5031 for further information about the scheme.

Llanion Communities First would like to thank everybody who took part in the Training and Café and helped to make both days successful and enjoyable.



The latest in Llanion

P2

Child Poverty & Aspirations Training

A third of children in Wales live in poverty and by understanding how this happens, we can begin to tackle it through projects making opportunities available to everyone on an equal basis. Child Poverty is not just about income - poverty of opportunity and in-equal access to services are both factors.

In late September, 10 people from Llanion attended training facilitated by Empower, which looked at Child Poverty in greater depth, focusing on how it affects development and its affect on aspirations and expectations. We learnt how, right from conception, children born into poverty have less chance of developing well, physically and emotionally, and how generational poverty narrows down options that should be available to everyone, such as access to education, employment and leisure and cultural activities.

Raising awareness of these issues are a key part of our work, and once people have an understanding of the issues, we can work together to start tackling them. Projects such as Dockleaf, Springboard and the Pembroke Dock Midsummer Festival have already started to make a difference in Llanion.

Assertiveness Training

Tuesday 24th November
Llanion Communities First
9.30am—4.00pm

This informal session is especially suitable for people who are representing community groups and voluntary organisations. Those attending meetings, conferences and seminars can come along to this free session and learn how to ensure you get your voice heard!

The session will cover:

- Practical tips to staying confident
- What true confidence is
- How to deal with difficult people
- How to be assertive
- Getting your voice heard

To book your place, or to find out more please phone Sarah or Selena at Llanion Communities First on 0845 345 5031.



The latest in Llanion

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Substance Misuse workshop

Tuesday 13th October
Pembroke Dock Youth Centre
6.30pm—8.00pm

Following a consultation that was held in partnership with Llanion Communities First earlier in the year, this workshop will focus on some of the issues and areas of concern raised by community members.

The workshop is facilitated by the National Public Health Service and participants will be encouraged to discuss issues that they feel are relevant in their community.

For more information or to book your place, please call Sarah or Selena at Llanion Communities First on 0845 345 5031.

PAVS Funding Fair 2009

“Coming to Pembrokeshire...a fantastic opportunity for voluntary groups & social enterprises to meet with a range of funders”

This year the PAVS Funding Fair will run from 11am – 4pm on Tuesday 17 November at the Queens Hall in Narberth.

There will be presentations from some of the funders and exhibition stands from a wide selection of key local and national funders in the main hall. This event will also see the Pembrokeshire launch of the Business in the Community Pro-Help scheme.

Exhibitors will include:

- Environment Wales
- The Sports Council of Wales
- Comic Relief
- Pembrokeshire County Council
- Wales Council for Voluntary Action and many more...



Light refreshments will be provided. Due to funding limitations we are unable to provide lunch however there are a variety of eating places in Narberth! Groups are welcome to attend the whole day or attend the Funding Fair on a drop-in basis.

During the afternoon there will be presentations from the Big Lottery Fund and the Welsh Assembly Governments' Community Facilities and Activities Programme - these will start at 1.30pm.

Please book to attend so that we can plan for refreshments. You are welcome to bring a few representatives from your organisation although spaces for the presentations may be limited depending on numbers.

Please confirm your place by 6th November.
E-mail development@pavs.org.uk or call PAVS on (01437) 769 422.

The latest in Llanion

P4



Pembrokeshire Coast Path Walk 2010

'The walk that offers a fresh vista around every headland, each just too good to miss -and a real bargain at £1 a mile with open air exercise included!'

Saturday 29 May to Friday 11 June 2010 inclusive

What:

A unique opportunity to walk the entire 186 mile (299 kilometres) length of the Pembrokeshire Coast Path National Trail in sequence from South to North in the company of experienced guides and like-minded walkers (maximum size of the party is 21).

Parc Cenedlaethol
Arfordir Penfro

Pembrokeshire Coast
National Park

How:

A 14 day series of evenly-paced day walks of around 12-14 miles. Each day starts at a convenient meeting point (different each day), where walkers assemble, join the outward coach and travel to that day's walk start point. A dedicated support vehicle 'shadows' the party, meeting with it at known points within the day's route. Please note: It will not be possible to transfer your main personal luggage on a daily basis. The schedule for each day's walk is carefully paced to accommodate the needs of individuals within the party - it is not a race! Our aim is that everyone who wishes to complete the route will be given assistance to achieve their goal.

Who:

A maximum of 21 full-time walkers: If your walking experiences are modest, do not be put off. The achievement is measured more by quiet appreciation of the natural splendour of the route than by feats of athleticism. Some experience of sustained walking in the countryside with a variety of gradients is however desirable.

Further details:

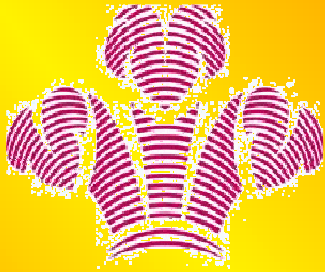
Contact the Pembrokeshire Coast National Park Authority on 0845 345 7275

Booking:

Cost - £186 per person. Cheques should be made payable to Pembrokeshire Coast National Park Authority and forwarded to:

Education Services Team, PCNPA, Llanion Park, Pembroke Dock, Pembrokeshire SA72 6DY.





Prince's Trust
Cymru



Aged 13 – 17?

SPLASH!

Bored in the Holidays?

Want **FREE**, exhilarating
Outdoor Activities?

Want to learn new skills?

October Half Term
26th – 30th October

Call the Prince's Trust
on
01646 622013

PAC
PEMBROKESHIRE
ACTIVITY CENTRE



www.pembrokeshire-activity-centre.co.uk



HELP THE AGED WE WILL

Help the Aged yng Nghymru
Help the Aged in Wales

Creative Wellbeing Conference 27/28 October 2009, Cophthorne Hotel, Cardiff

This conference is a collaboration between Ageing Well in Wales and Gwanwyn, both supported and developed by Age Concern Cymru and Help the Aged in Wales.

This interactive and participative event will consider and explore the benefit to wellbeing in older people of art and creative expression and offer the chance to share information and learn about new opportunities and programmes to enhance health, wellbeing and happiness in older age. This will be an ideal chance for anyone working with older people in Wales to explore the work being done by others in the field and to build new contacts and partnerships through formal and informal networking.

Delegates will explore the various ways we can contribute to improving the health and wellbeing of older people in Wales with opportunities to meet with funding bodies and other organisations over the course of the two day event. A formal dinner on the evening of 27 October 2009 will also provide a great opportunity to make new contacts and discuss your work in a relaxed and entertaining setting.

Day One

A focus on the work of groups contributing to the health and wellbeing of older people through the provision of innovative community-based local services and information.

Day Two

A focus on the work of groups that use the arts to make the lives of older people productive and enjoyable.

Across the two days there will be a number of interactive sessions and workshops addressing the following areas:

- Service provision, monitoring and evaluation, capturing anecdotal evidence.
- Partnership working and sharing good practice.
- Exploring funding sources and working together to survive the recession.

Booking forms are available now

Contact 029 2043 1555 for more details or visit
www.agecymru.org.uk



Funding

P7



The Tesco Charity Trust Community Awards offers one-off donations of between £1,500 and £5,000 to local communities where it has stores. Community Awards benefit local organisations whose core work supports children's education and welfare, children and adults with disabilities, and elderly people.

The Scheme operates two rounds of applications:

- ♦ organisations supporting children's welfare and children's educational projects, including special needs schools
- ♦ organisations supporting elderly people and people with disabilities

For further information please visit:
www.tescocorporate.com or telephone
01992 646768

Communities First Trust Fund

The Communities First Trust Fund is currently open for applications.

The fund aims to support any type of activity that involves local people through small community organisations that benefits their community.

The closing date is the 31st January 2010

so all applications need to be submitted as soon as possible.

Any group or organisation wishing to submit an application should contact either **Sarah or Selena** at **Llanion Communities First** on **0845 345 5031** or pop into our office on **10 Meyrick Street**

FREE CASH to turn your ideas into actions

Pembrokeshire Youth Bank are a group of young people aged 11-25, living in Pembrokeshire who give out grants of up to £500 to fund young people's good ideas to benefit their community.

Programme Aims:

- * To develop the skills, confidence and experiences of young people in Pembrokeshire.
- * To distribute grants to other youth-led community projects.
- * To raise funds for the management and running of Pembrokeshire YouthBank, and the provision of grants for young people to carry out projects in their community.



Pembrokeshire YouthBank
for young people by young people

Please contact our co-ordinator Jenny Pike on 01646 624774 / 07776 181056 for any information you would like about Pembrokeshire YouthBank.

Alternatively you can e-mail the Pembrokeshire YouthBank team on:

pembrokeshireyouthbank@hotmail.co.uk

Key Contacts

For your fridge door or wall!



Llanion Communities First

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BAPTARA

Tel: 01646 687248

(Bush and Park Tenants and Residents Association)
24 - 26 Hamilton Court
Pembroke Dock
SA72 6UT



Citizens Advice Bureau

Tel: 01646 683805

38 Meyrick Street
Pembroke Dock
Pembrokeshire
SA72 6UT

Pembrokeshire County Council

Tel: 01437 764551

Argyle Street
Pembroke Dock
Pembrokeshire
SA72 6HL



Pembrokeshire Housing

Tel: 01437 763688

Meyler House
St Thomas' Green
Haverfordwest
Pembrokeshire
SA61 1QP



PAVS

Tel: 01437 769422

(Pembrokeshire Association of Voluntary Services)
36/38 High Street
Haverfordwest
Pembrokeshire
SA61 2DA



Dyfed Powys Police

Tel: 0845 330 2000

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