



communities first cymunedau yn gyntaf

Llanion Communities First

February 2009

Welcome to the Llanion Communities First monthly bulletin.

Date for your Diary.....

Llanion Communities First AGM

Thursday 12th February

7pm

Pembroke Dock Community School

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
enquiries@llanioncommunitiesfirst.org
0845 345 5031



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

What 's on in Llanion

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Llanion Communities First AGM

Llanion Communities First would like you to invite you to their Annual General Meeting:

Thursday 12th February 2009

Pembroke Dock Community School

7pm

For further information please contact a member of the **Llanion Communities First** team on **0845 345 5031** or pop into our office at **10 Meyrick Street**.

In the financial year 2007/2008, the team at Llanion Communities First helped the following groups to obtain funding to assist the work that they carry out in the Llanion ward:

Project / Group	Total	Funding Source
The Friends of Pembroke School Association	£1,700.00	Communities First Trust Fund
Pembroke Dock Martial Arts & Fitness Centre	£3,564.35	Communities First Trust Fund
Pembroke Dock Darby & Joan	£ 402.50	Communities First Trust Fund
On Ya Bike Project	£5,000.00	Communities First Trust Fund
Bush & Park Tenants & Residents Association	£2,345.88	Communities First Trust Fund
Pembroke Dock Harlequins	£2,032.75	Communities First Trust Fund
Pater Pantomime	£1,931.91	Communities First Trust Fund
Pembroke Boro Football Club	£3,210.43	Communities First Trust Fund
Bush & Park Tenants and Residents Association	£1,278.00	Communities First Trust Fund
St Teilos Hall	£2,189.90	Communities First Trust Fund
Cleddau Community Media	£ 987.82	Communities First Trust Fund
Pembroke Dock Pensioners Friendship Club	£ 700.00	Communities First Trust Fund
Pembroke Dock Festival Group	£5,000.00	Communities First Trust Fund
Pembroke Dock Community Activities Network	£3,174.67	Communities First Trust Fund
Greenlinks	£5,000.00	Communities First Trust Fund
Pembroke Dock Community Activities Network	£1,000.00	Communities First Music Trust Fund
St Johns Community Hall	£1,000.00	Communities First Music Trust Fund
Pembroke Dock Community Activities Network	£2,300.00	Gwraidd
Llanion Grassroots Media	£5,000.00	Gwraidd
On Ya Bike Project	£3,000.00	Gwraidd
Cleddau Community Media	£40,559.00	Communities@one
GRAND TOTAL	£91,377.21	

What 's on in Llanion

P2

Pembrokeshire
Health
Challenge
Wales
Her
Iechyd
Cymru
Sir Benfro



Pembrokeshire Family Challenge

If you have one or more children under twelve and would like to improve the food your family eat and the amount of exercise you take, then Pembrokeshire Family Challenge is for you!

Pembrokeshire Family Challenge is a **FREE**, fun programme, which the whole family can enjoy together.

A personal lifestyle coach will work with you and your family to agree a twelve week programme of home based activities to improve your diet and levels of physical activity.

The coach will support you and your family throughout the programme and you'll also have the opportunity to join in activities with the other families taking part.

Pembrokeshire Family Challenge is based on a highly successful pilot, which ran with ten local families last year. All the families that took part in the pilot saw benefits in terms of weight loss, fitness levels, and improvements in blood pressure and peak flow. They also found they spent more time together having fun as a family!

If you and your family are interested in taking part, simply phone **01437 775 775** or email family.challenge@pembrokeshire.gov.uk

Pembrokeshire Family Challenge is a Health Challenge Pembrokeshire project, which is funded by the National Lottery through the Big Lottery fund, as part of the Way of Life initiative. It runs for three years, until early 2011.

Information on the scheme as well as it's aims and objectives are available online: www.healthchallengepembrokeshire.co.uk

“Fantastic scheme, it's really made my family come together and enjoy spending time together.”



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LOTTERY FUNDED



SPLASH

Splash will be back again for the February half term (16th – 20th February) and will be offering the usual activities:

- ◆ **Canoeing**
- ◆ **Kayaking**
- ◆ **Coasteering**
- ◆ **Sailing**
- ◆ **Rafting**
- ◆ **Other on-shore activities**
- ◆ **The environmental project at Pwll Chrochan where kids can join in painting, fencing and other activities at this special site**

We are offering one day per person, so make a note on the application which day(s) are best for you, and if you'd rather do sports or the environmental project. Tick both if you'd be happy doing either. If you have friends who would also like to take part, but who haven't been sent a form, give us a ring and we'll send one. We'll do everything we can to make sure you and your friends are booked on the same day

Remember places are limited, Up to 15 each day so be sure to get your forms in early to avoid disappointment! First come first served.

For more information or to book your place please contact **Tessa Fudge**, Splash Coordinator at Princes Trust, Cleddau Reach, Pembroke Dock, SA72 6UJ or call **01646 622013**.



Prince's Trust
Cymru

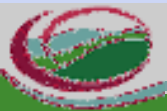
Diversity Training

10 members of the Llanion community attended the Diversity Training session on the 21st January which was organised by Llanion Communities First.

The session encouraged participants to be more aware of the diversity issues that may be present within any community.

Attendees took part in enlightening workshops, case studies and discussions throughout the day.

If you would like to know more about future training offered within the community then please contact a member of the Llanion Communities First team on **0845 345 5031**.



National Public Health Service for Wales
Gwasanaeth Iechyd Cyhoeddus Cenedlaethol Cymru

Share your views on Substance Misuse!

"As part of the Llanion Communities First Aims for 2008-09, we would like to ask the community to tell us what they think are the key issues in Llanion around drug and alcohol misuse. The media has recently highlighted the problems that can result from drinking too much alcohol, such as antisocial behaviour and ill health, but do you think this is a particular problem in the area you live? Drug use can create issues for communities as well as individuals - do you feel strongly about the impact drug use has in your neighbourhood?"

The National Public Health Service local team work with us to develop programmes to try to prevent drug and alcohol misuse, and work with specialist teams who support individuals and families where drug/alcohol use is a problem. They will be holding a 'focus group' where up to 10 people will be asked to talk **in confidence** about their views on drug/alcohol misuse - concerns, ways to make things better, what the real problems are where you live etc.

The session will be held on 9th February, 6.4pm at Pembroke Dock Youth Centre and will last for about an hour. Anyone is welcome to attend to share their views and the results will help to decide what the priorities should be around tackling and preventing drug or alcohol misuse in Llanion.

Please call **Sarah or Selena** on **0845 345 5031** to book your place or for further information.

Midsummer Festival 2009

The Pembroke Dock Midsummer Festival Group are currently in the process of making arrangements for the 2009 Midsummer Festival.

The festival will run from Thursday the 18th June to Sunday the 21st June 2009 and will include events and activities that are suitable for everyone.

A full schedule will be available soon and this will be publicised in future e-bulletins as well as in the Summer edition of the Llanion Communities First newsletter.

If you would like to get involved with this years festival then please contact a member of the Llanion Communities First team on **0845 345 5031**.

Flying the fair-trade flag... ...in Pembroke Dock

On January 15th the Fair Trade flag came to Pembroke Dock, as part of its tour around Wales. Wales is the world's first ever Fair Trade nation and we were proud to support the flag along with the Fair Trade group of Pembroke Dock Town Council.

Samba Doc (Pembroke Docks very own home grown Samba band) provided the music and everyone enjoyed Fair Trade refreshments.



Community Skip and Litter pick

The team at Llanion Communities First has been working in partnership with the Pembroke Dock Environmental Action Team and Keep Wales Tidy to organise a community skip and litter pick in the Kavanagh Court area of the Bush and Park Estate.

This event took place on Wednesday 28th January and was well received within the community.



The skip was available for 2 hours and was returned full to the brim with household waste, general litter and broken glass.

The combined efforts of those who volunteered to collect litter resulted in 15 bags of litter being collected from the estate and play area.

Volunteers from Llanion Communities First, Bush and Park Tenants and Residents Association, Mentro Allan and the children of the Pembroke Dock Community School took part in cleaning up the play area and the estate in general.

What 's on in Llanion

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Regular Events in the Llanion ward

Monday

Support Group Drop In	St Johns Community Hall	10.00am— 3.00pm
Mothers & Babies Group	St Johns Community Hall	10.00am— 12.00
Derby & Joan	Pater Hall	2.00pm — 4.00pm
Youth Drama	St Johns Community Hall	4.00pm — 6.00pm
Slimming World	Pater Hall	5.30pm — 7.30pm
Boxersize	St Johns Community Hall	6.00pm — 7.00pm
Dancing Class	Pater Hall	7.00om —10.00pm
Line Dancing	St Johns Community Hall	7.00pm — 9.00pm
Whist Club	Pater Hall	7.30pm —10.00pm

Tuesday

Haven Credit Union	Pater Hall	10.00am— 12.00
Weight Watchers	Pater Hall	11.30am— 1.30pm
Over 60's Luncheon Club	St Johns Community Hall	12.00 — 2.00pm
Community Short Mat Bowls	St Johns Community Hall	2.00pm — 5.00pm
Needles & Pins Club	The Charlton Hotel	2.00pm — 4.00pm
Dansation	Pater Hall	4.00pm — 8.30pm
Weight Watchers	Pater Hall	4.30pm — 6.30pm
Children's Craft Club	St Johns Community Hall	5.30pm — 6.45pm
Dansation	Pater Hall	5.30pm — 6.30pm
Jujitsu (Adults)	St Johns	6.00pm — 8.00pm
Old Tyme Dancing	Pater Hall	7.30pm —10.00pm

Wednesday

PCC/Health Authority	Pater Hall	9.00am — 3.00pm
Slimming World	Pater Hall	9.30am —11.30am
Anchorage Activity Session	St Johns Community Hall	10.00am — 3.00pm
Dysphasic Support Group	St Johns Community Hall	2.00pm — 4.00pm
Pensioners Friendship Club	Pater Hall	2.00pm — 4.00pm
Aerobics	Pater Hall	7.00pm — 8.30pm

Thursday

CANDo Fruit & Veg Market	Youth Centre	9.30am —11.00am
CLAIT Computer Training	The Blue School	9.30am —11.30am
Coffee Morning	St Johns Community Hall	10.00am —12.00
Short Mat Bowls Club	St Johns Community Hall	7.00pm — 9.00pm
Line Dancing	Pater Hall	7.30pm —10.30pm

Friday

W.I Country Market	Pater Hall	9.00am —1.00pm
Parent and Toddlers Group	St Johns Community Hall	10.00am —12.00
Support Group / IT Drop In	St Johns Community Hall	10.00am — 3.00pm

Saturday

Steps2Health Walking Group	Pembroke Dock Library	10.30am—11.30am
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Sunday

Noah's Ark Sunday School	St Johns Community Hall	9.30am —10.30am
Jujitsu (ages 8+)	St Johns Community Hall	6.00pm — 8.00pm
Christadelphians	Pater Hall	6.00pm — 8.00pm

Key Contacts

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For your fridge door or wall!



communities first cymunedau yn gyntaf

Llanion Communities First

10 Meyrick Street
Pembroke Dock
Pembrokeshire
SA72 6UT

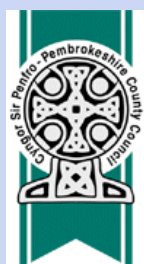
Tel: 0845 345 5031



Citizens Advice Bureau

38 Meyrick Street
Pembroke Dock
Pembrokeshire
SA72 6UT

Tel: 01646 683805



Pembrokeshire County Council

Argyle Street
Pembroke Dock
Pembrokeshire
SA72 6HL

Tel: 01437 764551



Pembrokeshire Housing

Meyler House
St Thomas' Green
Haverfordwest
Pembrokeshire
SA61 1QP

Tel: 01437 763688



Pembrokeshire Association of Voluntary Services (PAVS)

36/38 High Street
Haverfordwest
Pembrokeshire
SA61 2DA

Tel: 01437 769422



Dyfed Powys Police

Water Street
Pembroke Dock
Pembrokeshire
SA712 6DW

Tel: 0845 330 2000