



communities first cymunedau yn gyntaf

Llanion Communities First

August 2008

Welcome to the Llanion Communities First monthly bulletin.

The Communities First Trust fund is currently open for applications from community groups & organisations.

Call Sarah or Selena on (0845) 345 5031 for details

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

Pembroke Dock Community Activities Network (CANDo)



Want to Play Samba?

FREE
8 week Samba Drumming course

Starting September in Pembroke Dock

We will be working towards performance in the Winter Carnival and formation of a Samba Band

Places limited to 18,
so phone early to book your place
Children over 12 years welcome (with adult)

Samba Doc
07870 938316

Supported by:
The co-operative membership 1



Tim Plismona Bro Sir Benfro/Pembrokeshire Neighbourhood Policing Team
Diogelu ein Cymuned trwy Blismona Bro - Safeguarding our Community through Neighbourhood Policing

Cymhorthfa Gymunedol • Community Surgery

Bydd Tim Plismona Bro Doc Penfro yn cynnal Cymhorthfa Gymunedol ar y :

Pembroke Dock Neighbourhood Policing Team Will be holding an open Community Surgery at :

Caffi Tesco Cafe

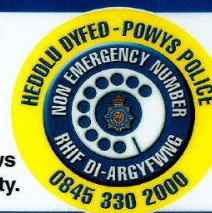
Heol Llundain, Doc Penfro/London Road, Pembroke Dock

Dydd Mercher - Last Wednesday olaf o bob mis of every month

6-7pm

I drafod materion lleol ac unrhyw bryderon sydd gennych. Edrychwn ymlaen at eich gweld a chlywed eich sylwadau am eich cymuned.

To discuss any local issues or concerns that you may have. We look forward to seeing you and listening to your views about your community.



pembrokedockNPT@dyfed-powys.pnn.police.uk

Diogelu ein cymuned - Heddlu Dyfed-Powys Police - Safeguarding our Community

Teenage Sexual Health "Looking at the bigger picture"

ESSENTIAL FOR ANYONE WORKING WITH YOUNG PEOPLE

*To be held on Friday 17th October 2008
at Nant y Ffin Hotel, Llandissilio*

Registration and coffee 9.00 a.m. - Finish 3.30 p.m.

Speakers to include

Dr Jo Hoddinott - Consultant in Sexual Health

Dr Liz Mozdiak

Janice Rees - Specialist HIV Nurse

Sarah Horsley - Pregnancy Loss Nurse

Anne Farr - Team Leader for School Nursing

Sarah Thomas - Trainer from 'Contact a Family' (Children with Disabilities)

Deonne Wales - Family Planning Nurse

What 's on and Where

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
Weight Watchers	Pater Hall	4.30pm — 6.30pm
Children's Craft Club	St Johns Community Hall	5.30pm — 6.45pm
Jujitsu (Adults)	St Johns	6.00pm — 8.00pm
Aerobics	Pater Hall	7.00pm — 8.30pm
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
Family Crafts	The Blue School	1.00pm — 2.45pm
Dysphasic Support Group	St Johns Community Hall	2.00pm — 4.00pm
Pensioners Friendship Club	Pater Hall	2.00pm — 4.00pm
Pembrokeshire Dance Academy	Pater Hall	4.15pm — 8.00pm
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 —12.30pm
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
Free Internet Access / PC Sessions	Yo-Yo Family Centre	10.00am —12.00
Free Internet Access / PC Sessions	The Blue School	1.00pm — 3.00pm

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

The latest in Llanion

P1



SUMMER HOLIDAYS KICKED OFF WITH A BIG SPLASH!

Despite the sizzling hot weather last weekend, many managed to stay cool by taking part in free activities at the Pembroke Activity Centre Open Day. Close to 1000 people came along throughout the day to try out a range of activities from sailing, canoeing, kayaking and the indoor climbing wall.



The activity centre which is based in Pembroke Dock on the bank of the River Cleddau has been running activities for over ten years now, but the Open Day was a first of its kind designed to encourage the local community to use the waterway and the surrounding National Park.

Howard Yeates, the manager of PAC, said “ Outdoor pursuits are a fantastic way to stay fit, have fun and enjoy the area in which we live. Ideally we would like to see more people using the waterway for pleasure and once people have attained a basic skill level it is just a matter of getting out there in your free time and having fun. “

He added that part of the long term plan for helping the local community to achieve this was the launch of schemes like the PAC Club which is free to join and offers people discounts on basic skills courses run by the centre.

Helen Steel, the event co-ordinator said also “ We would very much like to thank everyone who helped with and took part in the Open Day. It is the first time that we have run an event of this size but the general public's patience and positive attitude all helped to ensure the smooth running of the day and overall the feedback has been fantastically positive. So much so that we are hoping to run this event on an annual basis! “



For more details about the PAC Club / Courses or any future events please phone:

Pembrokeshire Activity Centre on 01646 622013

or see their website www.pembrokeshire-activity-centre.co.uk for more details.



Go4It! Get out, Get active!

Mentrwch allan, Cadwch yn heini!



UPDATE!

Kayaking / Canoeing

- ◆ **The usual ace mix of trips, games and skills has been taking place** – some paddlers have begun to get out independently of Go4It! so there are spaces for new recruits....
- ◆ **12 Go4It! paddlers** are now regularly attending Pembrokeshire Paddlers
- ◆ Paddlepower start – we can now offer this basic qualification so everyone can learn or improve.

Cycling:

- ◆ **Trackbuilding** is underway in the woods at Stackpole
- ◆ **School bike club** is developing well – in September children will be able to learn new things every week to help you maintain your own bike as well as get out on rides and help get the school track finished.
- ◆ **New leaders are being trained** as you receive this, so it hopefully wont be too long until they are qualified and we can put rides on more often. If you know an adult who would like to learn to lead get in touch!
- ◆ **Do you want to learn to ride, or gently build up your skills and stamina?** If you would like to cycle but don't yet feel up to riding far, especially on bumpy stuff, call Tom and he will arrange a ride to suit you!

Climbing

- ◆ **Extra outdoor crag days** for those who have learnt the basics are being put on over the holidays
- ◆ **Pembroke School 5x60 climbing club** is up and running and has a great wall in the leisure centre. If you'd like to climb there, get in touch with Wyndham in September...
- ◆ **Filming took place at a climbing session in May**, and we now have a great little film about Go4It!
- ◆ **Climbing trip** away will take place when I find a date good for everyone in the club! Let me know. This gives anyone new time to learn the basics at one of the many sessions over the coming months...

Horseriding

- ◆ **12 riders completed their sessions** and there may be spaces for some new riders in September!
- ◆ After the success of the **lift sharing scheme** we hope that parents will continue to help each other get riders up to Hundleton every fortnight..... an active kid is worth the effort!

Woodland activities

- ◆ **Woodland sessions** are a great way to There are several sessions on in the holidays – Activities include games, exploring, cooking on the fire and making things.
- ◆ **Regular afterschool sessions** will start back in September.

Surfing

- ◆ **5x60 and Outer Reef Boardriders Club** has run a great introductory course for 20 young people including loads of girls! Another series of sessions will take place in September

call **Tom on 07773 788205** if you want to know more about any of the Go4it activities.

The latest in Llanion

P3

Working in your Community

This course is A MUST for anyone working within the community in which they live. It will help you define your boundaries and learn to say 'No' while staying engaged with your neighbourhood.

Learn how to maintain your privacy and family life and create independence among the people you support.

This session will be a highly interactive, fun and energising workshop where you can share experiences with fellow community members.

9.30am to 4.00pm
8th September 2008
Llanion Communities First office

Stress Management

Learn to recognise and deal with stress effectively at our Stress Management session, some of the topic covered include:

What is stress, what is anxiety and how are they different?

What are the causes?

The signs and symptoms of stress and anxiety

Positive ways of coping and managing stress and anxiety

9.30am to 4.00pm
24th September 2008
Llanion Communities First office



If you are interested in
Attending either of these
FREE courses then
please contact:

Sarah or Selena on 0845 345 5031.



Voices for Change Cymru

Voices for Change Cymru has been established in response to the most recent phase of political devolution in Wales. The Government of Wales Act 2006 has made it possible for Wales to make many of its own laws, rather than being governed entirely from Westminster.

If politicians are to make sound policies and laws for Wales they need to have a dialogue with all kinds of different people and communities across the country. There is a big opportunity for voluntary organisations and those they represent to get involved in this and have their say.

Voices for Change Cymru aims to connect people put individuals and organisations with real experience of life in Wales in touch with the people who make decisions.

If you would like any further information or have any thoughts about the services that *Voices for Change Cymru* could offer, please contact the project staff on:

Michelle Matheron

Tel: 029 2043 1720
Email: mmatheron@wcva.org.uk

Jen Bradbury

Tel: 01570 424160
Email: jbradbury@wcva.org.uk



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Funding



Funding for Local Groups and Organisations

Building on the past 7 years track record of grant-giving in Pembrokeshire, PAVS is pleased to announce the successful outcome of a grant application to secure capital funding for groups in Pembrokeshire over the next three years.

Grants of **up to £3,000** for capital projects are available for voluntary, community groups and social enterprises. Groups will benefit from £90,000 a year available each year from 2008 - 2011.

The scheme was launched on the 28th May at the Pembrokeshire Community Buildings Forum event in Lamphey Village Hall. The first deadline is the 5th September 2008 at 5pm, with two further deadlines in the current financial year.

PAVS is committed to securing revenue funding to complement the capital funding available through the Pembrokeshire Impact Fund and application packs are now available - to maintain an accurate picture of applications sent out and to ensure that groups are using the most up-to-date version of the form they are available electronically on request:

development@pavs.org.uk

or by contacting the Development Team on **(01437) 769 422**.



Awards for All—Wales award grants of between £500 and £5,000 for people to take part in heritage and community activities, and projects that promote education, the environment and health in the local community.

Grants can be used for:

- publicity materials
- venue hire
- computers
- research costs
- transport costs
- volunteers' expenses
- updating equipment for health and safety reasons
- refurbishment
- training
- sessional staff
- fees to hire equipment
- educational toys and games

For further information please visit www.awardsforall.org.uk/wales or call 0845 600 20 40.

Key Contacts

For your fridge door or wall!



communities first *cymunedau yn gyntaf*

Llanion Communities First

10 Meyrick Street
Pembroke Dock
Pembrokeshire
SA72 6UT

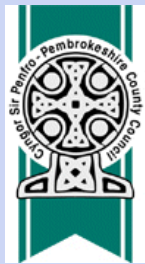
Tel: 0845 345 5031



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