



**communities first cymunedau yn gyntaf**

# Llanion Communities First

**September / October 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](mailto:llanionenquiries@co-op.co.uk).

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



The **co-operative** membership 



[www.llanioncommunitiesfirst.org](http://www.llanioncommunitiesfirst.org)  
[enquiries@llanioncommunitiesfirst.org](mailto:enquiries@llanioncommunitiesfirst.org)  
0845 345 5031



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government



TRIO Module 1 in communication tools and new technologies will help you to upgrade your technological and problem solving skills within your work environment.

You'll be using the newest technologies in both learning and creating so if you like the idea of learning about and using wikis, podcasts, videos, chats etc. this is the course for you! And don't worry, the module will give you all the skills you need to use all these technologies with the security of a group of experts on hand to guide you through the early days!

**Best of all, if you work in Pembrokeshire, Carmarthen, Neath Port Talbot, Rhondda Cynon Taff or Swansea it's completely FREE!**

**Who is the course for?**  
If you wish to upskill in new technologies this stimulating course is for:

- Workers in SMEs
- Community Enterprise
- Voluntary sector

The accompanying online environment provides a supportive framework and a dynamic forum, providing a rich learning experience. Course materials will include tailor made resources in a variety of forms, including video, documents, slideshows and podcasts. In addition to this, students will be expected to make good use of resources available more widely on the Internet and elsewhere.


**Assessment**  
The teaching team is committed to formative assessment within the online environment which means students learn together under tutors' guidance. Students learn through discussion, through active inquiry and investigations. It is expected that all students will take part in the ongoing discussions and activities. There are no formal written examinations and all assessment is by coursework.

**Fees**  
If you work for an SME, Voluntary Sector or Community Enterprise within Pembrokeshire, Carmarthen, Neath Port Talbot, Rhondda Cynon Taf or Swansea the course is free through ESF funding.

For other applicants, please contact us.

**Contact us**  
If you would like more information about the Level 1 HE Certificate in Technology, Research and Innovation (TRIO) contact the Project Manager:

Clare Woodward  
01792 602155 or [c.e.woodward@swan.ac.uk](mailto:c.e.woodward@swan.ac.uk)



## Sioe Gonsurio 'Crazy Clayton' Magic Show

### Yn Fferm Folly/Folly Farm 25/10/08

Adloniant yn y Theatr rhwng 10.30y.b-11.30y.b a chyfle i fwynhau gweddill cyfleusterau Fferm Folly drwy'r dydd.

*Entertainment in the theatre between 10.30am-11.30am and a chance to enjoy all the facilities of Folly Farm through out the day.*

Addas i blant hyd at 8 mlwydd oed/ suitable for children up to the age of 8.

Tâl mynediad/ Price of entry  
Plant/ Children £4.50  
Oedolion/ Adults £5.50

**\*\*RHAID ARCHEBU YMLAEN LLAW/ MUST BE PRE-ORDER\*\***

M.I.S.B: 01239 831 129/ ANN HOWELLS:07800540434

## Dysgwyr Sir Benfro

### Boreau Coffi



### DOC PENFRO / PEMBROKE DOCK

Ble? / Where?

Canolfan Ddysgu Gymunedol Doc Penfro  
Pembroke Dock Community Learning Centre

Faint o'r gloch? / When?

10am—12 midday

Pryd? / When?

Hydref 17 October  
Tachwedd 21 November  
Rhagfyr 12 December



YR YMDDIRIEDOLAETH GENEDLAETHOL  
THE NATIONAL TRUST

Parc Cenedlaethol  
Arfordir Penfro



Pembrokeshire Coast  
National Park

Colby Woodland Garden  
Amroth

## Half Term Events

Saturday 25 October 11am-3.30pm

### Spooky Halloween Trail

Admission plus £1

Monday-Wednesday 27-29 October 11am & 2pm

### Wild Woodland Adventures

Family Activities with National Park Rangers

£2.50 per person (Free admission)

Monday 27 October 5pm

### Bat Walk

£1 per person (Free Admission)

For further information please contact David Matthews at the Pembrokeshire Coast National Park on 01646 624857



### “Everything is Illuminated”

This year will see more lanterns parading through the town on the evening of the 12th of December and everyone will have the opportunity to get involved.

Lantern making Workshops will be held between the 1st and 10th of December in various community venues:

- Pembroke Dock Community School
- Pennar Community Hall
- Pembroke Dock Youth Centre

A schedule of these workshops and their respective dates and locations will be published in next months bulletin. If you would like to be Involved in this years parade then please contact either Sarah or Selena at Llanion Communities First on 0845 345 5031.



# What 's on in Llanion

P3

## 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

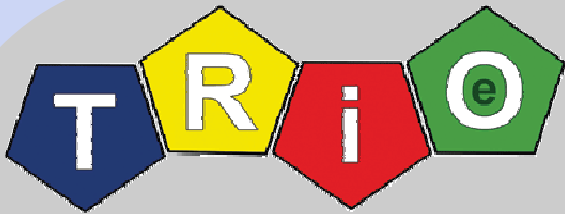
W.I Country Market	Pater Hall	9.00am —12.30pm
Parent and Toddlers Group	St Johns Community Hall	10.00am —12.00
Support Group / IT Drop In	St Johns Community Hall	10.00am — 3.00pm
Free Internet Access / PC Sessions	Yo-Yo Family Centre	10.00am —12.00
Free Internet Access / PC Sessions	The Blue School	1.00pm — 3.00pm

### Sunday

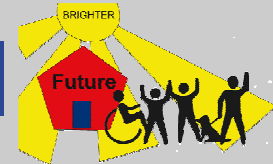
Noah's Ark Sunday School	St Johns Community Hall	9.30am —10.30am
Jujitsu (ages 8+)	St Johns Community Hall	6.00pm — 8.00pm
Christadelphians	Pater Hall	6.00pm — 8.00pm

# The latest in Llanion

P1



**Broaden your Horizons!**



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# The latest in Llanion

P2



## STEER CLEAR OF CAR CRIME

Don't leave items on display – Even an old coat or plastic bag can tempt a thief, they steal first and think later!

Fit an immobiliser or car alarm – preventing your vehicle from starting is the best way to stop a thief

### PARK SAFELY AND ALWAYS USE AN ATTENDED OR WELL LIT CAR PARK

Try these steps to deter thief's:

- ⇒ Fit a steering wheel lock
- ⇒ Fit wheel locking nuts
- ⇒ Etch your index number on windows, windscreens and headlamps
- ⇒ Mark all your equipment like car stereo with your postcode

For further advice please call the **Neighbourhood Policing Team** on **0845 330 3000**

## WARNING

Dyfed Powys Police are warning residents to be aware of distraction burglaries and related suspicious incidents in your area.

It has been reported that people are posing as Water board employee's who come to check the water, or the Gas Board have come to check the meter etc...

We need to remind residents **if you are not expecting a caller DO NOT let them in.**

Water board/utility companies will tend to make appointments before calling, therefore if no appointment has been made the householder should not let them into their home.

Please be mindful of the above when answering your door; please follow these steps to keep yourself and your home safe:

**LOCKED** – Is anyone expected? Is the back door locked?

**CHAIN** – Put the Chain ON before opening the door!

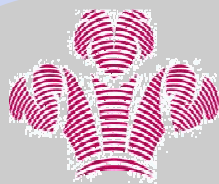
**CHECK** – ALWAYS ask for caller's I.D / Check it by phone if need be!

Also advice is available older and vulnerable people (i.e. Disabled etc.) in Pembrokeshire. To find out more about the FREE Home Security Service, known as the BOBBY Scheme, please feel free to contact the

**Neighbourhood Policing Team** on **0845 330 3000** for more information

# The latest in Llanion

P3



Prince's Trust  
Cymru



## Half Term Activities

We are coming up to the last Splash of the year, which will be held this half term between the 27th and 31st of October.

As usual, if you have a group of 10 or more, a day can be booked specifically for you.

For scheduled activities, smaller groups and individuals will be put together according to location.

Just in case anyone is unfamiliar with Splash, it is a programme of **FREE** activities (canoeing, climbing, kayaking, adventure trails and ropes courses, coastering – if it's warm enough, and other activities according to the conditions on the day) for 13 – 17 year olds living in Pembrokeshire. We do not offer door to door collection but can offer pick ups around the county.

So if you know any youngsters who might be interested, pass these details on to them.

The Princes Trust will then contact the youngsters direct (or their families/social worker as appropriate) and arrange a day for them to attend Splash.

If you need to know anything else about Splash, please get in touch with **Teresa** on **01646 622013**.



## Working in your Community Training



On Monday the 8th of September members of the community along with representatives from the Llanion Communities First Team & Partnership attended a short raining course entitled "Working in your Community"

The session was full of handy advice and practical tips to benefit anyone working within their community.

The group looked at a variety of examples promoting effective community work and discussed how a similar approach could be adopted locally.

The course was facilitated by Empower and enjoyed by all.

If you would like to know more about future courses then please contact **Sarah** or **Selena** at **Llanion Communities First** on **0845 345 5031**

# Other News

## Funding for the Future

**PAVS Voluntary Sector Funding Fair with themed workshops in partnership with the WCVA  
18th November 2008 Queens Hall, Narberth**

The successful PAVS Funding Fair, now in its third year, is coming to you even bigger and better than before. This year's event, "Funding the Future" builds on the success of previous events and is essential for anyone involved in funding the future of their organisation.

The voluntary sector faces a changing funding climate - with a drive towards sustainable funding, opportunities presented by European Funding programmes and a move to tendering and procurement for delivery of services. In spite of this it is still acknowledged that grants will continue to have a place, in one shape or form, as a source of funding for the sector.

PAVS is therefore excited to offer, under one roof, the opportunity to explore some of these changing trends in the workshops as well as the chance to talk face-to-face with funders. A selection of local and national funders will be available so you can find out more about their schemes and explore potential support for your organisation.

The day will begin with themed workshops and run in to an afternoon exhibition of funders.

The event is designed so that you can choose the bits which are relevant for you and your organisation - so you can attend the whole day, just the workshops, or just the Funding exhibition.

The morning workshops start at 9.45am - spaces for the morning session are limited to two per organisation and **MUST** be booked.

Buffet lunch will be served at 1pm - you must also book if you would like to join us for lunch.

The Funding Exhibition will run from 12noon - 5pm in the Main Hall with the opportunity to talk to a range of different local and national funders. Please feel free to drop in anytime or come along for the whole afternoon.

There will be presentations from 2.15pm from the Welsh Assembly Government (Community Facilities and Activities Programme) and the Big Lottery Fund.

To book your place fill in the booking form (see below) and e-mail the completed form to: [jayne.smith@pavs.org.uk](mailto:jayne.smith@pavs.org.uk) or call **Jayne Smith** on **(01437) 769 422** to register your details.



## CDC CONFERENCE

[CDC Annual Conference and AGM](#)

23rd October, Newport,  
10:30am Arrival – 4:30pm Close.

- ◆ **Whose Communities are they anyway?**
- ◆ **What is the future of Community Development in Wales?**
- ◆ **How can we work together to realise the potential?**

An opportunity to contribute your views, hear from others and help shape how Community Development goes forward in Wales.

*If you are interested in attending then please contact **Selena** on **0845 345 5031***

## Over 50's Awareness Raising Day

On Tuesday 11<sup>th</sup> November the Monkton and Llanion Communities First Partnerships in partnership with Pembrokeshire County Council is holding an Over 50's Event at Monkton Swifts Football Club between 10 am and 2.30 pm.

The purpose of the event is to raise the awareness of older people of support organisations who are able to offer advice on issues affecting people 50 years and over.

Organisations attending the event include Age Concern, the Pension Service and Pembrokeshire County Council's Call Centre to name just a few. Attendees will be able to talk to the organisations and there will be lots of information to take away.

Cllr David Wildman, Pembrokeshire County Council's Older Person's Champion will be opening the event and there will be free refreshments available.

If you would like to know more about the event then please phone **Liz, Monkton Communities First** on **0845 345 4953** or **Sarah, Llanion Communities First** on **0845 345 5031**.



# Funding

## Elizabeth Finn Care

Elizabeth Finn Care is a charity offering financial support to people living on low incomes.

They have funding specifically reserved to help families in Wales, with the aim of alleviating poverty and if appropriate, supporting their return to work through covering the cost of retraining.

Support can consist of:

- Small regular income of up to £20.00 a week
- A fund to draw on when substantial unexpected expenses occur
- Support with vocational course fees of up to £1,000 a year
- Transport expenses up to £750 a year
- House and home grants towards essential repairs, or replacing household items.

Applicants will need to meet the Elizabeth Finn Care qualifying criteria, please visit the website for more information.

They welcome applications from all individuals, not just families, in Wales, who are in need.

Please contact Dawn Jackson, Casework Manager, tel 0207 396 6725, email [dawn.Jackson@elizabethfinn.org.uk](mailto:dawn.Jackson@elizabethfinn.org.uk) to discuss how they can help you.



## Trusthouse Charitable Foundation

The Trusthouse Charitable Foundation has issued new guidelines for applicants.

The new guidelines result from a thorough overhaul of the Foundation's priorities and focus on rural issues and urban deprivation throughout the UK through projects involving: community support; disability and healthcare; arts, education and heritage.

Applications are invited from local or national charities or not-for-profit organisations within two main themes: rural areas with populations of less than 10,000; urban areas with populations above 10,000 and within the most deprived 20 per cent of areas as defined by government Indices of Multiple Deprivation.

Grants are given for one year only and fall into three categories: large grants (£10,000 - £30,000); small grants (£5,001 - £9,999); and fast track grants (£5,000 and below).

Information and application forms are available online at: <http://www.trusthousecharitablefoundation.org.uk> or you can call Judith Leigh, the Grants Manager, on 020 7264 4990. (The Henry Smith Charity administers the Foundation but each is entirely independent of the other).

Applications dealt with as received. Large and small grant decisions are made at quarterly meetings and fast track grants are processed more quickly.

# 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