

Llanion Communities First

partnership working for the development of Llanion



Welcome to the Llanion Communities First Partnership

Welcome to the winter edition of the Llanion Communities First Newsletter. It's been a busy 6 months and there's plenty to look forward to.

The Midsummer week saw the third Pembroke Dock Midsummer Festival. The Festival Group in conjunction with Pembroke Dock Town Council linked with Milford Haven Port Authority and Seafair Haven to create the most ambitious Festival yet.

19 events over 8 days including a family fun day, parade, community walks, art exhibitions, banner and costume making workshops and a grand finale samba performance and dance attracted 2000 attendances!

The festival had something for young and old alike and once again put Pembroke Dock on the map. Whether you hand printed a flag, found yourself propping up a giant jellyfish or acted as a steward or supporter – thank you for making the effort for our community.

Read inside for details of 'Light up the Night' our second Midwinter event, which will be preceded by workshops for all the family. The event is going to be reported on by our own Cled-dau Community Media who hope to broadcast live from the events.

With the support of the town and county councils work is now progressing to revitalise the Memorial Park including flowerbeds, new play equipment and some adventurous proposals.

Expressions of interest have been submitted to the Welsh Assembly Government for continuing support for the Dockleaf and Springboard projects – both projects supporting learning and the development of new skills. We're very proud that the Dockleaf project featured in a good practise guide for Communities First areas.

The CANDO group, sponsored by Tesco, ran a series of workshops and events in the youth centre through the summer holidays that were open to young people, adults and families. This was a great success at a time when families often struggle with ideas for the summer. In all there were 259 attendances.

At a time when research findings are saying that as a nation we are becoming self-obsessed and unaware of our neighbours and community we appear to be bucking the trend in Llanion – that's got to be good news!

Sue Perkins

Chair

Llanion Communities First Partnership

Llanion Communities First

**Tel: 0845 345 5031 E-mail: llanionenquiries@co-op.co.uk
www.llanioncommunitiesfirst.org**

The **co-operative** membership 



communities first **cymunedau yn gyntaf**



Llywodraeth Cynulliad Cymru
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Trust Fund 2008/09

The Communities First Trust Fund is available to community groups that are based within, or can demonstrate that their work is directly beneficial to the Llanion ward. Over £18,500 has been awarded so far in 2008/2009, including:

<i>Pensioners Friendship Group</i>	~	£ 600	~	<i>Guest speakers and meal</i>
<i>BAPTARA</i>	~	£2005	~	<i>Tables & chairs</i>
<i>CANDO</i>	~	£3175	~	<i>Craft & samba equipment</i>
<i>Festival Group</i>	~	£3370	~	<i>Marquee and generator</i>
<i>Pater Pantomime Society</i>	~	£1339	~	<i>Equipment for production</i>
<i>St Johns Community Hall</i>	~	£3553	~	<i>Upgrade to heating system</i>
<i>Greenlinks</i>	~	£1730	~	<i>Crafts tutor & workshops</i>
<i>Pennar Robbins</i>	~	£1510	~	<i>Training lights</i>
<i>St Teilos Church Hall</i>	~	£2230	~	<i>IT equipment</i>



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.

PAVS is committed to securing revenue funding to complement the capital funding available through the Pembrokeshire Impact Fund and application packs are now available by contacting the Development Team either by e-mail:

development@pavs.org.uk
or by phoning: (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.



If you are part of a local group or organisation that benefits the people of Llanion then why not either pop into our office at 10 Meyrick Street, Pembroke Dock or call us on 0845 345 5031 to see how we may be able to help you.

The Home Energy Efficiency Scheme (HEES Wales)

Freephone 0800 316 2815



The Home Energy Efficiency Scheme (HEES) is a Welsh Assembly Government funded initiative aimed at making homes in Wales warmer, healthier and more energy efficient. The HEES grant provides a package of heating and insulation improvements up to the value of £3,600.

HEES has made a real difference to the lives of more than 70,000 people by providing heating and insulation improvements to their homes. To find out if you are able to claim a HEES grant, please go to their website: www.heeswales.co.uk

There are two levels of support available, depending on eligibility:

HEES (Grant of up to £2,000)

Householders who either have a child aged under 16 or are pregnant and have been given maternity certificate MAT B1 and are in receipt of specified benefits

HEES Plus (grant of up to £3,600)

Householders who are either aged 60 or over or are lone parent families with a child aged less than 16 years, and are in receipt of specified benefits.

If you would like more information, or to apply then please call freephone 0800 316 2815.

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Partner Profile ~ Pat Jones

Pat Jones was born in Pembroke Dock but left at age 18 to join the RAF, where she met her husband Rod. After travelling around, and a brief spell in Swansea, they settled in Llanion, where they have lived for the last 39 years and the couple are now grandparents with 6 grandchildren. Pat and Rod are both committed community workers and have long been involved in St Teilos Church and Hall and Haven Credit Union, as well as other smaller organisations. Pat's family business, Peters Insurance, was instrumental in setting up Pembroke Borough Credit Union which later became known as Haven Credit Union.



How long have you been a member of the Llanion Communities First Partnership?

I have been a member of the Partnership for 2 years, but I had worked with the Partnership before I became a member.

Why did you become involved in Llanion Communities First?

I am very interested in the Llanion ward, and Pembroke Dock as a whole, and enjoy working hard to provide activities and services for the community and help to improve the quality of peoples lives.

What do you feel you bring to the Partnership?

I bring local knowledge, due to having been a resident in Llanion for so long. I bring the knowledge and understanding of financial hardship, due to my work with the Credit Union and I really want to support and advise people who come to me for help.

What do you learn from being on the Partnership?

I have met a lot of people working for the common good. Pembroke Dock is full of 'unsung heroes', the unpaid volunteers who are all working to improve the ward. I have learnt the value and necessity of organisations like the Credit Union, especially in the current economic situation.

How has Llanion Communities First benefitted your organisations?

By accessing the Communities First Trust Fund, we have been able to upgrade St Teilos Hall, with things like a new sound system, new chairs and decoration. The Credit Union has also recently applied to the Communities First Trust Fund. Llanion Communities First also help us to promote our organisations and they always use the hall for community events and encourage other groups and agencies to use the halls facilities.

What would you like to see happening in Llanion in the future?

I would like to see the local shops coming back and investment in the town centre to make it as vibrant and busy as it used to be. The entrance to Pembroke Dock needs to be much improved, as it is such a special town. The community spirit is fantastic, and I would not want to live anywhere else.



Pastures New!

Colin Russell, Development Worker was with us for nearly four years and has now left Llanion Communities First to take up his new role as Manager for West Wales Biodiversity.

The staff, partnership and community would like to thank Colin for all of his help and support over the years and wish him all the very best of luck in his new role.

Pembroke Dock Festival Group

This years Midsummer Festival offered local families the opportunity to engage with their community and join in with fun, free workshops, demonstrations and activities. Over 2,000 people attended the many events and activities over the course of the week.

The Funday on the 15th of June has come to be appreciated as a key summer event in the Memorial Park, Bush Street, and was well received by attendees:

“Wonderful day—lovely atmosphere and the band is great!”

“A very enjoyable afternoon, our children loved the crafts”

“Really good time for the community”

In the weeks leading up to the festival local children, young people and families attended 8 creative workshops, where they produced:

- ◆ 3 Giant and 28 Mini Jellyfish with tentacles made from recycled scrap
- ◆ 6 Large Sea Creature Flags, containing work from 127 school children
- ◆ 9 Silk pirate flags made by members of the Pembroke Dock Youth Club
- ◆ 13 Beautiful transfer-printed Windsocks
- ◆ 15 transfer-printed flags
- ◆ 17 Large silk flags based on the “Carnival of the Sea” theme
- ◆ 27 Multi-coloured fish constructed from willow and tissue
- ◆ 200+ hand printed bandanas

The fruits of their labour were displayed during the Grand Midsummer Parade, where over 100 volunteers joined in the parade and helped to carry the creations through the town.



December the 12th will see the second annual Lantern Procession return to light up Pembroke Dock. There will be lantern making workshops in the Youth Centre on the 6th and 7th of December and all community members are welcome to take part, make a lantern and join in with the parade and festivities on the night.

The Pembroke Dock Festival Group would like to thank everybody who helped make this year a success. If you would like to help with future events then please contact **Don Earl on 01646 682565**.



Employment and Self-Employment Support for Over 50s

Pembrokeshire Launch

Llanion volunteer, Anne Devonald was invited to cut the cake at the launch of Prime Cymru’s “Rural Challenge” project in Pembrokeshire.

Anne, who lives on the Bush & Park Estate, was the first person to sign up to the project in Pembrokeshire. She is an active volunteer with the Pembroke Dock Festival Group and the CANDO Community Activities Network and, through the support offered by the project, she has now found a new interest in volunteering with Age Concern.



Prime Cymru is a Prince of Wales charitable initiative which supports people aged 50 or over to find suitable volunteering roles within their community.

Helen Bussell, the Pembrokeshire co-ordinator approached the Llanion Communities First team as a first step to reaching local people who are either already involved or looking to volunteer.

If you would like to find out more about the support Prime Cymru can offer then contact **Helen on 07701 068045**

Pater Pantomime Society

This years annual production by the Pater Pantomime Society is Cinderella, directed by Sheila Pratty and produced by Michelle Evans. The production will run From Monday January 26th to Friday January 30th and doors will open at 7pm for a 7.30 prompt start.

Anyone wishing to help the Society with stage work or backstage help please contact Michelle on 01646 698635.

A word from Pater Pantomime:

“For the past two years we have prided ourselves on providing every costume for our productions at no additional cost to cast members. This is due to the phenomenal help and support we have received from the Communities First Trust Fund. The support of Llanion Communities First is invaluable to our Society as it enables us to give something back to the people of Pembroke Dock and we thank them for their assistance.”

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 training course entitled “Working in your Community”

The group looked at a variety of examples promoting effective community work including methods for sharing best practice among groups and organisations and the importance of maintaining a healthy work / life balance.



“Interesting – some of the things I have seen/learnt before but needed to learn new”

“Helpful with lots of appropriate Case Studies”

“Excellent. Didn’t want to sit through another training session but it was well worth it”

The latest from BAPTARA

The Bush and Park Tenants and Residents Association have had a busy summer and autumn with many events and activities, as well as their usual meetings and work on the estate.

The Fun Day in August at the Youth Centre was a great success despite the horrendous weather! Many people attended and enjoyed various activities and entertainment and the indoor barbeque went down a storm! The association was able to raise money for further activities.

October half term saw BAPTARA supporting a graffiti project in the Ferry Lane tunnel, with people of all ages taking part. This was made possible by a grant from Pembrokeshire County Council and support from Llanion Communities First.

In December BAPTARA will be working with Pembroke Dock Festival Group in Lantern Procession workshops working towards the Lantern Procession on December 12th. They will also be funding a workshop which will take place during their annual Christmas Bazaar, held at the Youth Centre on Saturday December 6th from 10 – 4. Other attractions at the Bazaar include Father Christmas, hot christmas food, various stalls and a raffle.

BAPTARA works closely with the Youth Centre and other community organisations in Pembroke Dock and would like to thank them all for their ongoing support and looks forward to continuing this in the future.



For further information on BAPTARA please call 07926 097389 or email baptara@btinternet.com

Substance Misuse in Llanion

The Llanion Communities First team conducted a Substance Misuse survey in August 2008 in conjunction with the National Public Health Service.

From the results of the survey, the team have identified the five main concerns in the area, these are, in order of concern:

- ◆ Anti Social Behaviour
- ◆ Underage use of Alcohol
- ◆ Violence / Aggressive Behaviour
- ◆ Domestic Violence
- ◆ Drug / Alcohol related crime

Llanion Communities First has sent their findings to the National Public Health Service who will use the information to target these issues within the ward.



News From: Dyfed Powys Police

The force has linked with Autism Cymru to launch a card for individuals with an Autistic Spectrum Disorder (ASD). The card is the size of a credit card and will be issued to individuals with an ASD (including those with Asperger syndrome – a form of high functioning autism) living in the Dyfed Powys Police area.

Individuals with an autistic spectrum disorder may become involved with the police and the criminal justice system due to their vulnerability or because of their difficulties with social interaction and communication.

The idea behind the card is that if a person comes into contact with any of the emergency services they can produce the ASD Attention Card which states that they have an Autism Spectrum Disorder and lists a number of ways in which they may be helped to communicate more effectively in what can often be tense and difficult situations.

The card also contains a special telephone number which emergency services personnel can call for advice, support and information about ASD.

Maggie Bowen, Deputy Chief Executive of Autism Cymru said:

“We are delighted to be working in partnership with Dyfed Powys Police on this important project which we hope will assist individuals with ASDs and their families if they come into contact with the police.”

Chief Inspector Nigel George said:

“It is important that police officers are able to identify individuals with an ASD. These cards provide a means of doing that and allow us to work closely with Autism Cymru.”

For further information and to obtain a card please contact **Birgit Villeneuve**, Autism Cymru, 64 Newport Road, Cardiff CF24 0DF, T: **02920 464940**, E: **bu@autismcymru.org**

CANDo show that they CAN and DO!!!

Pembroke Dock Community Activities Network (CANDo) are supported by Llanion Communities First and have had a very busy year. They are poised to continue working with all ages and groups within the community.

The summer saw a series of workshops for young people in the community, made possible by generous funding from the local branch of Tesco, who have been very supportive. These included Arts and Crafts, Drumming, Jive, Music and Pottery Workshops.

CANDo are always looking for new members who would like to get involved in community activities and make new friends.

They are currently starting to plan activities for the Winter and Spring, so if you have any good ideas that you'd like to see happen in the community of Pembroke Dock, or you're just wanting to get out and meet other

people, you can contact **Ann on 07981 527106, Vicky on 07870 938316 or Llanion Communities First on 0845 345 5031.**

Pembroke Dock Community Web Project

Did you know that you can find out the latest news and events online?

The Pembroke Dock Community Web Project is an essential, informative online resource that is regularly updated to keep you in the know about everything to do with Pembroke Dock.

You can even have your say by joining their Pembroke Dock Forum!

www.pembroke-dock.co.uk



Pembroke Dock Environmental Action Team

In a bid to support and encourage the people of Pembrokeshire to take responsibility for the quality of their local environment Keep Wales Tidy have appointed a dedicated officer to support the formation of volunteer groups who will adopt and restore communities to their former glory.

Pembroke Dock based Mari Williams, who has been working for Keep Wales Tidy for nearly three years, has taken on the new challenge of working with communities with the aim of making the county a cleaner and safer place to live and work in.

Hobbs Point in Pembroke Dock has already been the focus of many clean-ups by volunteer divers Neptune's Army of Rubbish Cleaners, who have removed a whole host of hazardous items from the sea bed, including shopping trolleys, microwaves, washing machines, car batteries and even a lawn mower. Mari Williams commented ***“I am looking forward to working with the local community in Pembroke Dock to improve environmental quality for the benefit of all.”***

If you would like more information on Tidy Towns or would like to get involved with work happening in Pembrokeshire you can contact **Mari Williams** on **029 2038 1723** or **07824 504816** or by e-mail on **mari.williams@keepwalestidy.org**

Walk More and Feel the Difference

Did you know that over 7 in 10 of us are at risk of heart disease because we don't get enough exercise!

According to the well respected British Heart Foundation, inactivity is now the most common risk factor for coronary heart disease. The good news is that as soon as you start to do more your health risks will decrease.

We should all aim to build up to at least 30 minutes of moderate intensity physical activity on five or more days a week. Moderate activity means when you are breathing more heavily than normal and feel slightly warmer.

Don't worry if 30 minutes seems too much for you at the moment, try to do something every day and build up slowly.

Here are some ideas:

- start with five minutes activity at least three times a day and start slowly at a level that suits you
- gradually build up the time and frequency until 30 minutes feels easier
- choose a variety of activities and ones you enjoy

Stop exercising if you feel pain or discomfort!!!

All activity is good and it all counts, cycling swimming, even gardening and housework if you do them vigorously. A great way to increase your activity level is to walk more. It's something we can all do. You can fit it in to your lifestyle, it doesn't cost a bean and all you need is a comfortable pair of shoes (and a mac the way the weather has been lately).

The Communities First team have some leaflets from Steps2Health to help you get started. If you think that you would do better with a bit of mutual support consider joining the Steps2Health Saturday morning walk. They meet at the library in Pembroke Dock at 10:30 every Saturday morning. Just turn up, it's all free, thanks to support from Health Challenge Pembrokeshire.

If you can't manage Saturday mornings but would like to join a walk on another day please answer the questions on the right of this page and bring your answers along to the Communities First office. Steps 2 Health trained volunteer walk leaders will try to lay on a walk on a day and time that suits you.

If you want to know more about Steps2health either ring **Paul Morris** on **07747 564042** or if you have web access look at:

www.healthchallengepembrokeshire.co.uk



Some Quick Questions...

How active are you?

In the last 7 days, how many times did you do moderate exercise for 30 mins? (for example brisk walking, swimming, heavy gardening, dancing etc). Please circle your answer below

0 1 2 3 4 5+

Would you like to be more active?

Please tick whichever applies to you.

- Yes, I would like to be more active
- I am thinking about it
- No, I don't want to be more active
- I am already very active

What would make you more likely to regularly join a led walk?

Please tick all that apply.

- Suitable for all abilities including buggies, wheelchairs etc.
- Held at the right time of day.
- In my local area.
- Walking with people I already know.
- Having a route that is the right distance for me.

What time of day would you be most likely to go for a walk?

Please tick one of the following.

- Morning
- Afternoon
- Any daytime
- Evening
- Weekends only
- Any of the above

Which of the following would you be interested in?

Please tick as many as you like.

- Short walks of 10, 20, or 30 mins.
- Longer walks of 3-5 miles.
- Walks from Leisure Centres linked to other programmes, i.e. walk and swim; walk while your child attends a class.
- Lunctime walks from your place of work.



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Focus On: Education & Training

Communities First focuses on **6 key themes** to help improve the living conditions and prospects for people in the Llanion Ward. This month we are focussing on the "Education & Training" key theme.

There is a list of useful resources below:

www.elwa.org.uk	Education and Learning for Wales
www.careerswales.com	Advice and guidance to people of all ages.
www.pembrokeshire.ac.uk	A wide range of full time and part time courses.
www.niace.org.uk	Promoting Adult Learning
www.dfes.gov.uk/Studentsupport	Financial help for people training
www.u3a.org.uk	Lifelong learning for Pensioners
www.dfee.gov.uk	Individual Learning Accounts

Win £30 Of Tesco Vouchers!

Spot the Snippet

On what page can you find the snippet shown opposite?

Answer: Page ____



Many thanks go to Tesco for providing our prize.

Once you have answered the questions, simply return your completed form to our office at 10 Meyrick Street.

The winner will be selected at random from the correct entries received.

Closing date for entries is the 11th January 2009.

The winner will be notified by the 18th January 2009.

Name: _____

Address: _____

Tel: _____

What is Communities First?

Communities First is a long-term Welsh Assembly Government programme aimed at regenerating and improving the lives of people in the 142 Communities 1st areas in Wales.

In Pembroke Dock it aims to enable people living in the Llanion ward to decide what they need and to help make it happen. To help achieve this a partnership, representative of the relevant local interests is working together. This partnership is made up of community members from the Llanion ward and business, voluntary and statutory organisations.

Our Aims are to:

- Involve local people in improving their areas and prospects
- Help to bring in support from various sources including other publicly funded agencies to ensure that things happen
- Ensure improvements fit with the community and are long lasting
- Encourage flexibility, confidence and new ways of dealing with problems

We support:

- Building the confidence of local people
- Involving local people in making their communities better places in which to live and work
- Encouraging education and skills training
- Improving the local environment and surrounding areas
- Improving health and well being
- Making communities pleasant places in which to live, work and play

How can I make a difference to the development of my community?

- Take part in discussions, research, open meetings and consultations about what is wanted & needed in your neighbourhood
- Share your views and perspective by contacting the Communities First office
- Become a member of the local Communities 1st Partnership

Llanion Communities First
Tel: 0845 345 5031 E-mail: llanionenquiries@co-op.co.uk
www.llanioncommunitiesfirst.org

