

BARGOED WELLBEING LLES BARGOD



No 1: March 2021 — Rhif 1: Mawrth 2021

Welcome to the first IWN wellbeing e-bulletin for the Bargoed area

Back at the end of 2019 and start of 2020, we had begun to work with the fantastic services, and community groups and organisations in the Integrated Wellbeing Network areas across the Caerphilly County Borough area, including Bargoed and the upper Rhymney valley.

Of course, that had to change greatly as a result of COVID restrictions and lockdowns over the last year. Once we return to some degree of normality, we look forward to very much working with you face to face again.

In the meantime, we hope you enjoy the features in this wellbeing ebulletin and invite you to find out more and get involved. It's your area, your community, your wellbeing.

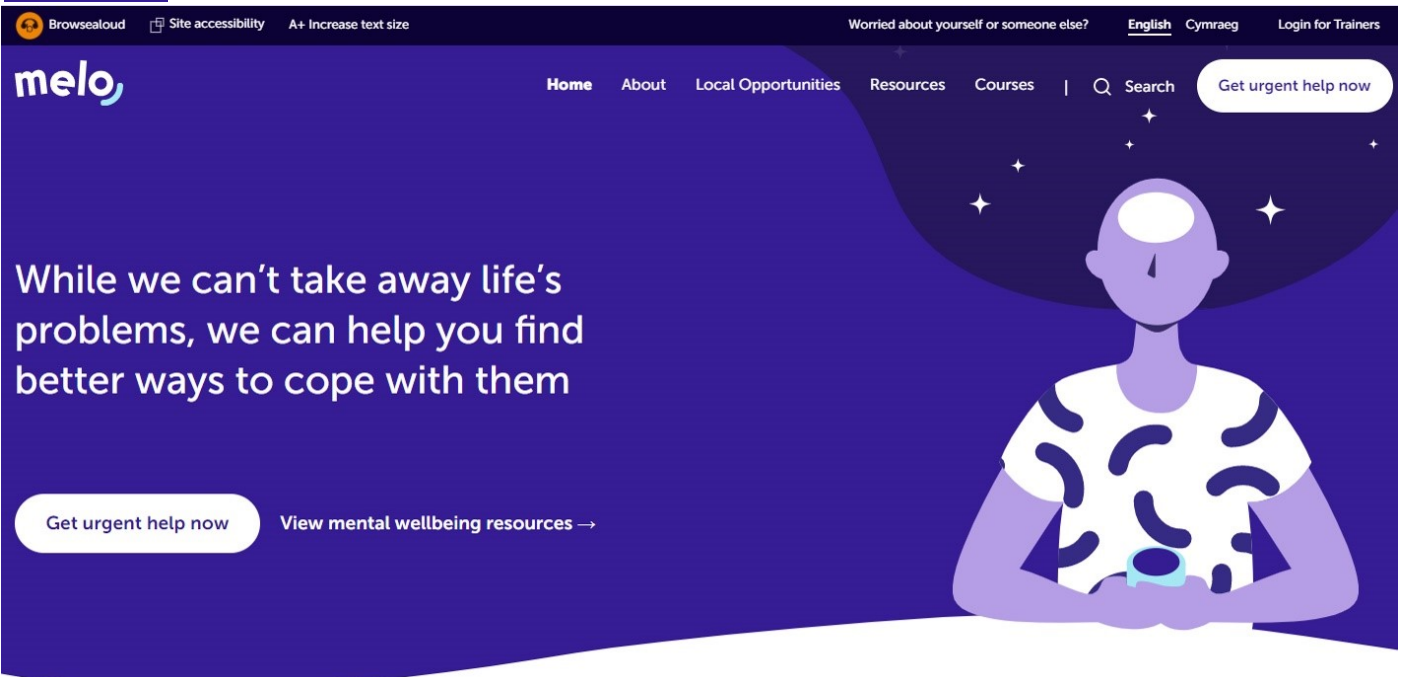
www.iwngwent.wales

Mae'r e-bwletin hefyd ar gael yn y Gymraeg - Gofynwch am gopi

SUPPORTING YOU TO SUPPORT WELLBEING

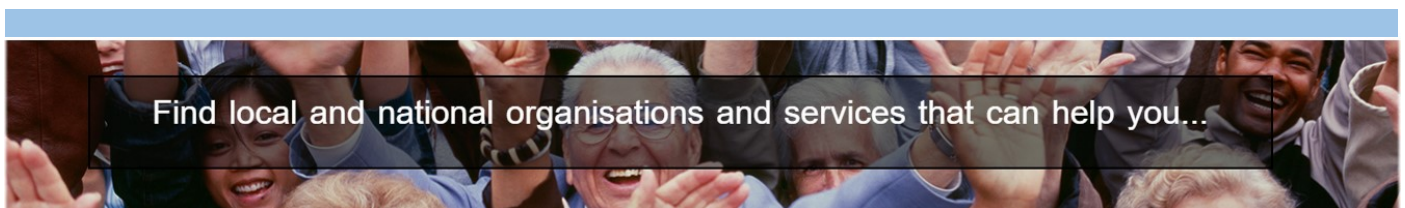


www.melo.cymru



Taking care of our own mental wellbeing and that of our families and friends has never been more important.

Aneurin Bevan Health Board has developed the free **melo** website with partners to support the mental wellbeing of people in the health board area, which of course includes the Bargoed area and the Rhymney Valley. You can find all sorts of self-help resources on the site based on the 5 ways to wellbeing with dedicated downloadable resources and links. So why not give it a try?



www.dewis.wales

Dewis is the place information or advice about your wellbeing or do you want to know how you can help somebody else.

By your wellbeing, we don't just mean health. We mean things like where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends. Wellbeing means different things to different people. Dewis Cymru will help you find out more about what matters to you.

For more information and to get your group or service onto Dewis, contact Ayisha at lippia@caerphilly.gov.uk

LOVE LOCKS COMMUNITY ART PROJECT



NONaffArt works in collaboration with a range of community groups and organisations to create and organise arts projects for wellbeing and community participation.

They were key partners in the Cwtsh Caerphilly Wellbeing Festival in 2020 organising a fantastic socially distanced outdoor event at Cwmcarn Forest in August as well as online activities in the autumn. They also organise activities for the local and wider community and provide consultation and appropriate creative art

NONaffart are working now on '**The Love Locks Project**' in collaboration with the Blackwood Miners' Institute, St Gwladys' Hall in Bargoed, The Winding House and White Rose Primary School in New Tredegar with the support of Fusion Caerphilly and Torfaen.

In this project, packs containing padlocks and art materials were sent out. This was supported by online lessons showing how to decorate the locks using a range of techniques. Once complete, the Love Locks will be attached to a tree sculpture in a public place to be revealed on launch day.



To find out and get involved— <https://www.facebook.com/Love-LOCKS-101949725241915/>

COVID UPDATES

The COVID vaccination programme continues to roll out at pace through our mass vaccination centres and GPs. The staff at these and behind the scenes are working tirelessly and superbly well, whilst the public attitude too has been fantastic. Thank you very much indeed.

You can find more at the ABUHB Facebook site [here](#).

Regular COVID community information is also available at: www.facebook.com/groups/IWNCV

More information on support is available at:

www.iwngwent.wales

Self-isolation support scheme

to help with loss of earnings

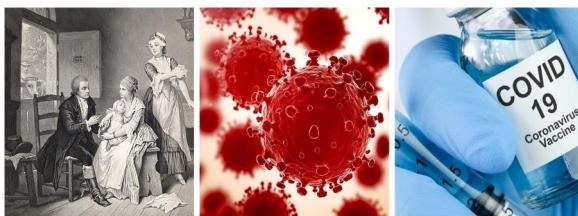
£500



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



V FOR VACCINATION



FOR VACCINATION
....from Cowpox to COVID
Integrated Wellbeing Networks



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Our online **V FOR VACCINATION** sessions have proved very popular since we started them in very early January, with now over 30 sessions involving nearly 2000 people.

The sessions cover the social history of vaccinations; how they started and how they have been successful in combatting some of the deadliest diseases, before discussing how COVID vaccines work and have been developed quickly and safely. We finish with an open discussion session to answer audience questions.

Who to trust?

We want everyone eligible to get vaccinated, so we protect ourselves and those around us we care for, and we can get out of the pandemic together. Unfortunately, there are still quite a lot of lies and disinformation out there, especially on social media. So, should we trust the word of Mr or Mrs Jones who saw something false on Facebook, or the facts from a knowledgeable expert working for example for the Health Board or Public Health Wales?

- The vaccines are effective and safe - over 1 million people in Wales, and well over 20 million people across the UK, have now received a first dose.
- Both the Pfizer and AstraZeneca vaccines are safe and work well.
- Scientific studies from across the world show they work as expected .
- Mild side-effects often happen after vaccinations - that is normal and shows the immune system switching on.

If your group or organisation would like a *free* online session, please contact us.



Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

HEALTH, SOCIAL CARE, AND WELLBEING CAERPHILLY ALLIANCE

If you are part of a group that works in health, social care or wellbeing and you are part of the voluntary sector, you can join the Health, Social Care and Wellbeing Caerphilly Alliance.

To be added to the e-mail distribution list and to be included in any consultations, surveys, meetings etc., please contact **Laura Brosnan-James**, GAVO Health, Social Care and Wellbeing Partnership Officer - laura.brosnan.james@gavo.org.uk

Education Programmes for Patients (EPP)



EPP offers **free** online courses ranging from 'Living with Diabetes', Pain management, self-care courses for carers, and 'Learning to Live with Long-Term conditions'.

Each six-week course is accompanied by an introductory session that gives an overview of Zoom and its functions, and also introduces the participants to the Tutors and the course they will be attending. You must be over 17 to attend a course.

To book a place on one of these FREE courses, or for more information about courses, visit www.gavo.org.uk/epp or contact **Jules Godden**, EPP Trainer and Co-ordinator - jules.godden@gavo.org.uk

Kevin Dawson is the new Third Sector Engagement Officer with GAVO.

"My role is all about facilitating a voice for all third sector community organisations across the Caerphilly county borough. It doesn't matter if your organisation is big or small, new or well established, I am here to ensure the value of what you do for your community is recognised by all stakeholders."

One of Kevin's roles will be to learn about your organisation's or community group's experience of delivering projects or services for your community and what went well and what didn't go so well: *"I would also like to know what your third sector organisation or community group might need to be successful, now and in the future, particularly in light of this coronavirus pandemic. I look forward to meeting you."*

You can contact Kevin on 07376 023540 or kevin.dawson@gavo.org.uk

SUPPORTING THE COMMUNITY...

Communities For Work

Unemployed and looking for work?

Free support based on your needs

Career pathways can include:



Contact us by texting **JOB** to **60777**

Or email: communityregen@caerphilly.gov.uk

@CaerphillyRegen



Working in partnership with communities and jobcentre plus

LIBRARIES GIVE US POWER!



Bargoed Library and indeed the rest of Caerphilly Libraries have been working hard during the last year to support people's spirits and wellbeing.

To find out all about the latest offers:

www.facebook.com/CaerphillyLibs

Twitter: @BargoedLib



smartmoneycymru

<https://smartmoneycymru.co.uk>

Your local credit union in your community for your community.

SAVINGS - We pay you an annual dividend for saving with us.

Do you need to start a saving habit for Christmas, holidays, birthday, larger household items replacement or to just maybe build yourself an emergency fund. We make it simple and secure to help you to do this.

If you are an employee of CCBC, ABUHB, PHW, Ambulance Service, you can save directly into a credit union account from your wages.

- ♦ **GROUPS** - Do you need somewhere safe, ethical, and friendly to hold your groups' funding? Smart Money Cymru Credit Union can open Corporate Accounts for Community Groups
- ♦ **EMPLOYERS** - Are you interested in looking after your employees' Financial Wellbeing by offering a free saving scheme?

Speak to our Business Development Manager Delyth Williams for further details in setting this up. Visit our website for details.

SUPPORTING THE COMMUNITY...



Cymorth i chwilio am gartref a gwaith.
Cymorth gyda llenwi ffurflenni,
dyledion, budd-daliadau, gorchymyn
troi allan, ôl-ddyledion rhent/
morgais. Cysylltwch â Chefnogi Pobl:

01443 864548

Anfonwch neges destun: [housupport](mailto:housupport@caerphilly.gov.uk) i 81400
Ebost: cefnogipobl@caerphilly.gov.uk
www.caerffili.gov.uk/cefnogipobl

cefnogipobl
supportingpeople
supporting independence
cefnogi annibyniaeth



Help finding housing and work.
Support with form filling,
debts, benefits, eviction notice,
rent/mortgage arrears.

Contact Supporting People:

01443 864548

Text: housupport to 81400
Email: supportingpeople@caerphilly.gov.uk
www.caerphilly.gov.uk/supportingpeople

cefnogipobl
supportingpeople
supporting independence
cefnogi annibyniaeth



**Problemau yn rheoli eich biliau,
eich cartref neu oes bygythiad
o ddigartrefedd?**

**Problems managing bills,
accommodation or threatened
with homelessness?**

 **01443 864548**  Neges Destun / Text:
housupport
81400

cefnogipobl@caerffili.gov.uk • supportingpeople@caerphilly.gov.uk

www.caerffili.gov.uk/cefnogipobl
www.caerphilly.gov.uk/supportingpeople



cefnogipobl
supportingpeople

supporting independence
cefnogi annibyniaeth



FROM THE COMMUNITY...

Neuadd yr Eglwys

St Gwladys' Church
Church Hall



St Gwladys Church Hall is continuing to work hard to support the community including:

- **FareShare Scheme - £2 a week for a bag of mixed fresh and dried/tinned foods**
- **Craft group: Tuesdays 1pm) on Zoom**
- **Croeso Café: Thursdays 10am) on Zoom**

For more details: www.stgwladys-churchhall.org
01443 836600 or info@stgwladys.org

PLATFFORM

Platfform and all its staff have continued to work throughout lockdown.

Pathways/Academi have been working closely with **Taraggan** utilising the project site and the community centre.

We were able to supply wellbeing packs to those in need during COVID-19, from funding received with a V02 grant through WCVA.

These packs were sorted and distributed by our volunteers on a weekly basis from the community centre. We are still accepting referrals for support on the Pathways/Academi project.

Taraggan has recently re-opened its gates and is welcoming new (and previous) volunteers - social distancing measures are in place.

A fresh fruit & veg co-op runs from the community centre every Friday, available to all. If you would like to know more about Taraggan or the Fruit & Veg co-op, please contact Ron Cooper on 07599 985755.

To find out more about Platfform and our projects please email: info@platfform.org

Any queries regarding the Pathways/Academi project please email Julie Rees:
JulieReesPathways@platfform.org



CAERPHILLY PEOPLE FIRST, based out of the YMCA, have been working with Digital Communities Wales to try to reduce digital exclusion through two online sessions. The first session, titled 'Introduction to Zoom' provided information on setting up an online Zoom meeting and sending out invitations, the various features available on zoom, and how to protect your Zoom meetings, and various other safety features. The second session, held a week later, was called 'Helping People with Learning Disabilities to Get Online'. This training provided information such as suggested activities for beginners, links to resources (including basic digital skills), keeping safe online, using Skype and Zoom, and basically having confidence to go online and enjoy the experience. They now have a new scheme to help people get online with equipment - contact caerphillypf@hotmail.co.uk

FROM THE COMMUNITY...

BARGOED COMMUNITY HUB

The activities and services we had in the High Street building have been seriously curtailed by the virus and will continue to be restricted for some time even after society opens up again. **But** this gives us the chance to be radical and creative.

So we are setting up a Virtual Hub!
Bigger and better because there are no physical boundaries!
And it's not just for the use of the organisation called Bargoed Community Hub –
but for everyone! It is networking on a grand scale.

We are creating a lively, engaging, website where anyone can drop in – for information, help, companionship, training, social activities and where they will be encouraged to have their say, develop ideas, help shape both the website and the community using it. But, above all, it will be a channel for effective communication.

We all joined the IWN because of what we share: the goal of making things better for Bargoed and the belief that together we become stronger than the sum of our parts. There is so much tremendous work being done in many places even now, in spite of the COVID restrictions. People are still engaging with each other in common causes and have a great desire for more. And Community Engagement is at the core of the Virtual Hub.

If we use the analogy of (green!) energy, these pockets of activity are the solar panels powering lights on our map of Bargoed: they make a heartening glow, but there are still areas in the shadow. What we all want is to light up the whole town for everyone to benefit. We have to attract more people to come together to add **their** energy - the Virtual Hub becomes the town's Virtual Generator! And when it's up and running you should be able to hear the buzz wherever you are!

So the Virtual Hub has to attract - by being lively, interesting, interactive, to draw people in but then stimulate their ideas, creativity, sense of purpose. All the things a vibrant, healthy community needs. We don't have to provide solutions for all the problems – even if we could. We may not even realise what some of the problems are. We ask the people.

One of the first conundrums they could consider is how do we make a Virtual Hub accessible to everyone? You can imagine conversations starting with people recalling the days when only one family in the street had a telephone, of queuing at the phone box etc, and out of the chat and reminiscence should come ideas some of which involve nothing more than time and goodwill (technical support for the uninitiated?) to larger scale ones (more widespread internet 'cafes'?) requiring more expertise, funding, etc. This will be day to day Co-production in action!

A regular feature will be some sort of **survey** – frivolous and fun as well as more serious and constructive. It will become normal to have your say.

Another obviously important feature will be the Who's Who - the **Directory** of organisations, groups, and traders serving Bargoed, which, with the public's help, should become truly comprehensive. This is where we can all find out what's going on. If there is anything in particular you want to publicise this will be the equivalent of a leaflet drop. The potential is there for us all to exploit.

Before the website is launched, we want to be able to demonstrate it and get feedback so – watch this space. In the meantime, to help fill out the pages - do I have your permission to include your organisation's details for **the Directory**?

If so, would you **send them** to me please via - melippard@gmail.com

A big thank you

CWTSH CREATIVE WELLBEING

CWTSH APRIL 2021 TIMETABLE		
WEEK 1	April Foolery! Improv with Karen Steadman	Thursday 1st April 19:30-20:30
WEEK 2	Boomin' Buckets: Bucket Drumming with Wayne Beecham	Monday 5th April 18:00-19:00
WEEK 3	Latin Dance for Wellbeing with Pili Pala Arts Wales	Wednesday 14th April 19:00-20:00
WEEK 4	Expressive Arts and Doodling Workshop with Alice Smith	Thursday 22nd April 18:00-19:00
WEEK 5	Fun Singalong with Sarah Campbell	Thursday 29th April 18:00-19:00
SIGN UP FOR FREE NOW AT CWTSHWALES.EVENTBRITE.COM		

CWTSH is a creative network to support community wellbeing across the Caerphilly County Borough area.

We are continuing to put on online events for free at the moment as the COVID restrictions continue - you can access the timetable and details by clicking on the images opposite.

We look forward to supporting you to put on and establish more creative activities in actual venues once we are able to.

In the meantime, we want and need to find out what you want to see happen and develop creatively in the area as we move forward.

We want you to shape the opportunities going forward. You can contact Beth Ryland at rylanb@caerphilly.gov.uk to get involved.

CAERPHILLY SINGS! - CAERFFILI'N CANU!



Members from choirs right across the Caerphilly county borough area, including **Bargoed Male Voice Choir** and the **Melody Makers**, now based down at Lewis Girls School in Ystrad Mynach, came together to sing in a fantastic online event to celebrate St David's Day.

The event was streamed as live on the Cwtsh Facebook page with people grabbing a cuppa and joining in. You can relive the moment and sing along again at www.youtube.com/watch?v=iNCF5ph3UeM

Throughout the pandemic, many local choirs have stayed in touch with each other via online meetings. Nerys Porch of Caerphilly Male Voice Choir, which sparked the original idea, worked with social enterprise RecRock to put the event on, which was supported by the Integrated Wellbeing Network and Arts Development at Caerphilly CBC.

People in choirs understand how singing and being creative can support our health and wellbeing and we hope we can work together with the choirs going forward, especially once they are able to meet back together in person.

BARGOED DEMENTIA FRIENDLY COMMUNITY

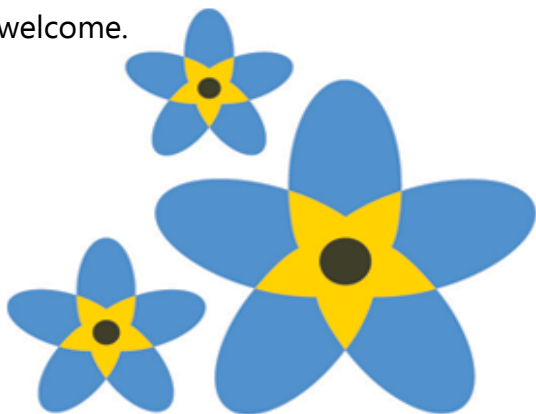


At the March IWN meeting, it was agreed with great enthusiasm to continue work to make **Bargoed, a Dementia Friendly Town and Community**, Along with the other emerging opportunities, this will be a big boost for wellbeing in the area.

Already a follow-up has been held. Amongst the things that need to be done are:

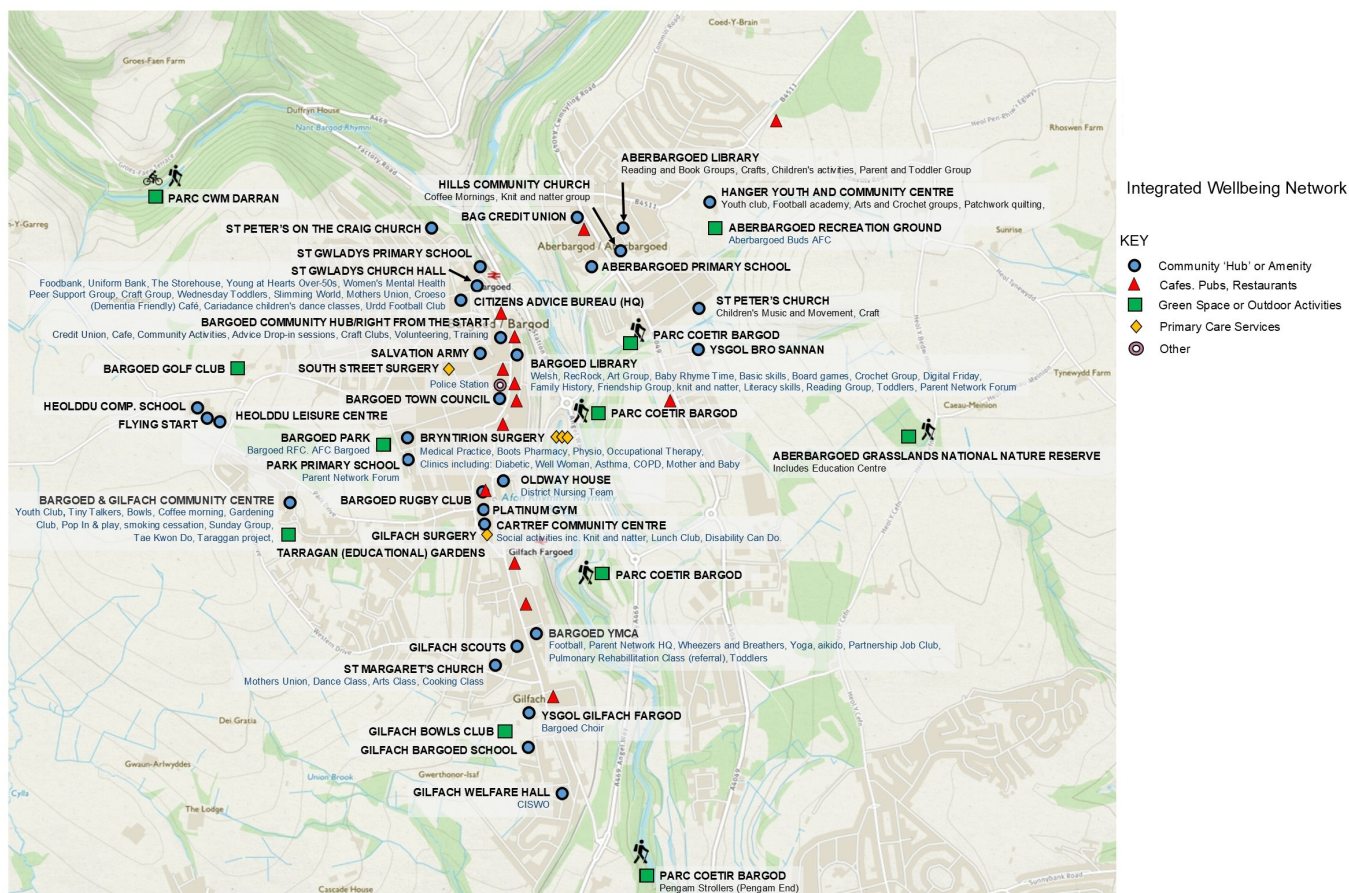
- ♦ Identify **CHAMPIONS** to drive forward the work to support Bargoed to become dementia friendly.
- ♦ Create a clear plan to raise AWARENESS about dementia in key local organisations and businesses within the community to support people with dementia and ensure a better understanding and appreciation.
- ♦ Develop a **STRONG VOICE** for people with dementia living in the community.

There is a follow up meeting on **April 6th** to prepare an action plan to make this happen. If you feel you can or want to contribute in any way, please contact us and come along - you'll be very welcome.



Working to become
**Dementia
Friendly**

WHAT'S STRONG IN THE AREA?



BARGOD - BARGOED : GILFACH : ABERBARGOD - ABERBARGOED

As well as public services, normally loads of community groups, activities, businesses and public spaces contribute vitally to the health and wellbeing of people in the Greater Bargod area as the map above shows. You can view the map in greater detail online on our website by clicking [here](#). Unfortunately, many activities are not operating at the moment because of COVID restrictions. We are inviting you to help us all to work together to connect and strengthen those activities in the coming year. So please get in touch and be part of the network.



PARC COETIR BARGOD - BARGOED WOODLAND PARK

One of the area's superb green spaces for wellbeing! Find out more [here](#)

BARGOED WELLBEING: MAKE AND SHAPE IT!



Before the pandemic struck, we held three public meetings in the Bargoed area between November 2019 and February 2020.

In those, people explored what were the assets of the area and how we can support and strengthen those to improve wellbeing.

As part of the sessions, people worked through what they thought would improve wellbeing and health in Bargoed. These were some of the things people wanted to see:

- ♦ **Intergenerational opportunities are bringing people of all ages together.**
- ♦ **Men's wellbeing improved through safe supportive spaces with healthy activities.**
- ♦ **Young people are valued and have opportunities**
- ♦ **Green spaces are better used for activities.**
- ♦ **There are festivals and cultural events bringing people together.**
- ♦ **Community centres and resources are being better used.**
- ♦ **People with arts skills in the community are running their own community events.**
- ♦ **People are interacting and socialising with each other in 'befriending cafés'.**

What do you think?

YOUR INVITE TO GET STUCK IN

If you live or work in the Bargoed area, you can shape the future of wellbeing of people living in the area. You don't have to be a leader or a member of a group. We need more people to get involved - why not become a local wellbeing friend for example? You can find out more on the IWN website: www.iwnwgwent.wales

Over the next year we want the communities in the area to tell us your schemes to support and improve wellbeing. There is some funding to support these through our IWN community wellbeing fund. The ideas supported will be those in the community, decided by the community.

The NEXT IWN meeting is Thursday May 6th - contact us to get an invite.

We'd love you to be there. For more information, contact david.llewellyn@wales.nhs.uk