



No 1: March 2021 — Rhif 1: Mawrth 2021

RHYMNEY AREA WELLBEING LLES ARDAL RHYMNI

Welcome to the first IWN wellbeing e-bulletin for the Rhymney 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 (IWN) areas across the Caerphilly County Borough area, including 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.

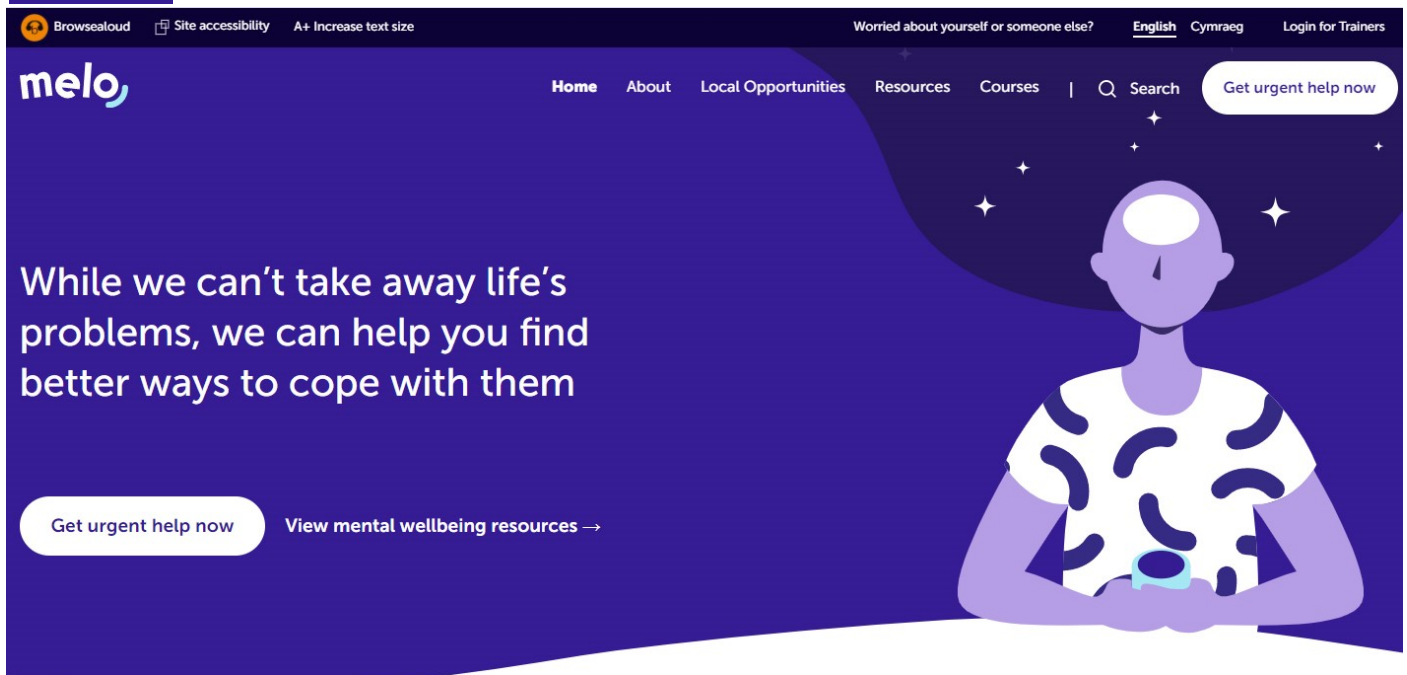
In the meantime, we hope you enjoy the features in this ebulletin. So please, find out more and get involved. It's your area, your community, your wellbeing.

To find out more about Integrated Wellbeing Networks
Contact david.llewellyn@wales.nhs.uk

Image above: Moonlight over the upper Rhymney valley —based on Idris Davies' poems — by Robert Alwyn Hughes

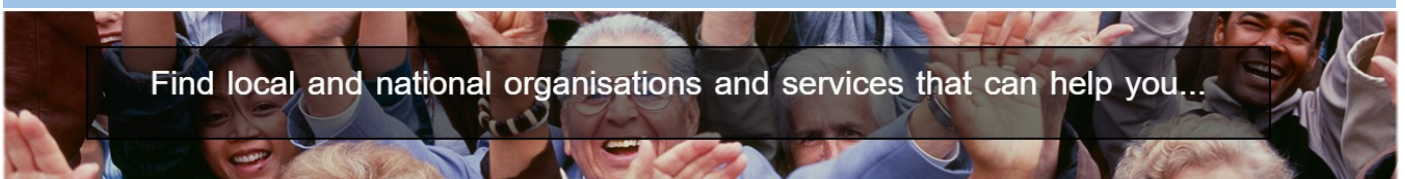
SUPPORTING YOU TO SUPPORT YOUR WELLBEING

melo 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 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?



Find local and national organisations and services that can help you...



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

IMPROVING WELLBEING IN THE AREA?

In a series of open community meetings in Rhymney and Fochriw at the start of 2020, prior to the COVID pandemic and restrictions, people gave their views on what they would like to see in the area to support and improve wellbeing.

These are some of those views and ideas - what are your thoughts?

- There are activities bringing old and young together - a positive view of young people in the community
- Event(s) where everyone comes together (Party, festival, carnival)
- Improved living skills in the community – cooking, sewing, money management
- Community participates and looks after their own health and wellbeing – staying healthy
- Community centres are vibrant focal points for activities and information and open in the evening.
- Public/community transport is good allowing people to access services and activities
- More and better information and communications as to what is on for people to access.
- Community groups are connected and empowered to “self-run in free spaces”
- Local opportunities and activities are easy to find out about
- Community assets are well used
- Individuals are empowered and informed such that they make wiser choices re their own health and wellbeing
- Transport links have improved
- Local business are flourishing
- There is less inequality
- Food banks are no longer needed
- There is a vibrant high Street with incentives to improve it
- People are proud of living in Rhymney and the neighbouring communities
- People have been incentivised to return to the area by more being available in the area to retain and return, especially those that have left for university etc.
- Rhymney is no longer perceived as ‘picked on’ and seen as a ‘dumping ground’
- More kids activities with increased skills and pride
- The place is busy with a strong friendly, community spirit
- The environment is treated with pride and respect; litter-free, ‘electric’ environment
- The local countryside is used for activities to improve health and wellbeing.
- Technology is embraced
- The place is better connected with walking and cycling routes that are safe
- Housing is safer, there is less crime and place feels friendlier
- The town centre is busy with a thriving, well visited High Street
- Rhymney is a safe “social town” where groups come together and sociable neighbours

WALKING IN THE AREA: TRAMROAD TRAILS



The wellbeing benefits of walking, cycling and being physically active are well known. Even a short burst of 10 minutes' brisk walking increases mental alertness, energy and positive mood, whilst regular activity can increase self-esteem and reduce stress and anxiety. We are lucky in the area and indeed across the valleys with the stunning opportunities on our doorsteps where not only can we see and hear nature, but also discover much more about our unique and fascinating history and heritage. Already there is a great community walking group based out of Upper Rhymney Primary School who will feature in our next edition!

The Tramroad Trails in the Rhymney area are a mix of walking and cycling routes that allow you to do that, no matter what your age or ability. The trails take in some of the area's most historic settings and follow in part, the old routes used by ironmasters and coal mine owners to transport goods.



The stunning painting above, painted by Merthyr-born artist Penri Williams just under 200 years ago shows the old Bute Ironworks in Rhymney. whose tramroads linked to the routes used by the Union Ironworks further up the valley by Llechryd. In the picture, you can see people on horse following the routes. To find out more about the Tramroad Trails and how to discover them, click [here](#). Get walking!

COVID UPDATES - more information at www.iwngwent.wales

The COVID vaccination programme is the largest scale vaccination campaign in the Health Board's history with a huge amount of work involved.

A total of 228,843 vaccines - a combination of 1st and 2nd doses - had been given in the Health Board area by March 8th.

GPs surgeries are now vaccinating eligible people within priority Group 6. This group includes adults aged 16 to 64 with underlying health conditions that put them at higher risk of serious disease and mortality, as well as relevant unpaid carers. To date, nearly 47% in the group have received first doses. Huge thanks go to all those working at the mass vaccination centres and our local GP surgeries at **Cwm Rhymni** and **The Lawn** for their fantastic efforts.

Up to date figures with newsletters can be found by clicking the image opposite or at <https://abuhb.nhs.wales/coronavirus/covid-19-vaccine/>

**Diweddariad am y brechlyn
Vaccination Update**

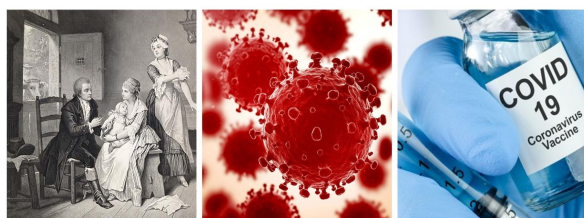
Weekly Progress (1st - 8th March)
We have now given a total of 228,843 vaccines (a combination of 1st and 2nd doses) across our Health Board area.

Total number of Covid-19 vaccines given across our Health Board area (combination of 1st and 2nd doses)
228,843

Total 1st dose 190,444
Total 2nd dose 38,399
(up to 08/03/2021)

VACCINATION FIGURES
(up to 08/03/2021)

Age 80 years and over	94.5%
Age 75-79 years	95.1%
Age 70-74 years	95.3%
Age 65-69 years	91.8%
Group 6	46.6%



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

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 misinformation 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 & 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

CWTSH - CREATIVE COMMUNITY WELLBEING

CWTSH MARCH 2021 TIMETABLE

Week One

**Weave Your Own Basket
With Rhian Anderson**

Tuesday 2nd March
11:00-12:00

Week Two

**Puppet Creation and
Crafts with PuppetSoup**

Saturday 13th March
14:00-15:00

Week Three

**Expressive Arts
Workshop with
Alice Smith**

Thursday 18th March
11:00-12:00

Week Four

**Light: Creative Writing
with clare e. potter**

Tuesday 23rd March
19:30-20:30

SIGN UP FOR FREE NOW AT [CWTSHWALES.EVENTBRITE.COM](https://www.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 would like to see happen and develop creatively in the area as we move forward.

To take part with your views and ideas, contact Dave Chamberlain at chambd@caerphilly.gov.uk

CAERPHILLY SINGS! - CAERFFILI'N CANU!



Members from choirs right across the Caerphilly county borough - including Rhymney's two own fantastic choirs: Rhymney Silurian and Rhymney Millennium Chorale - 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

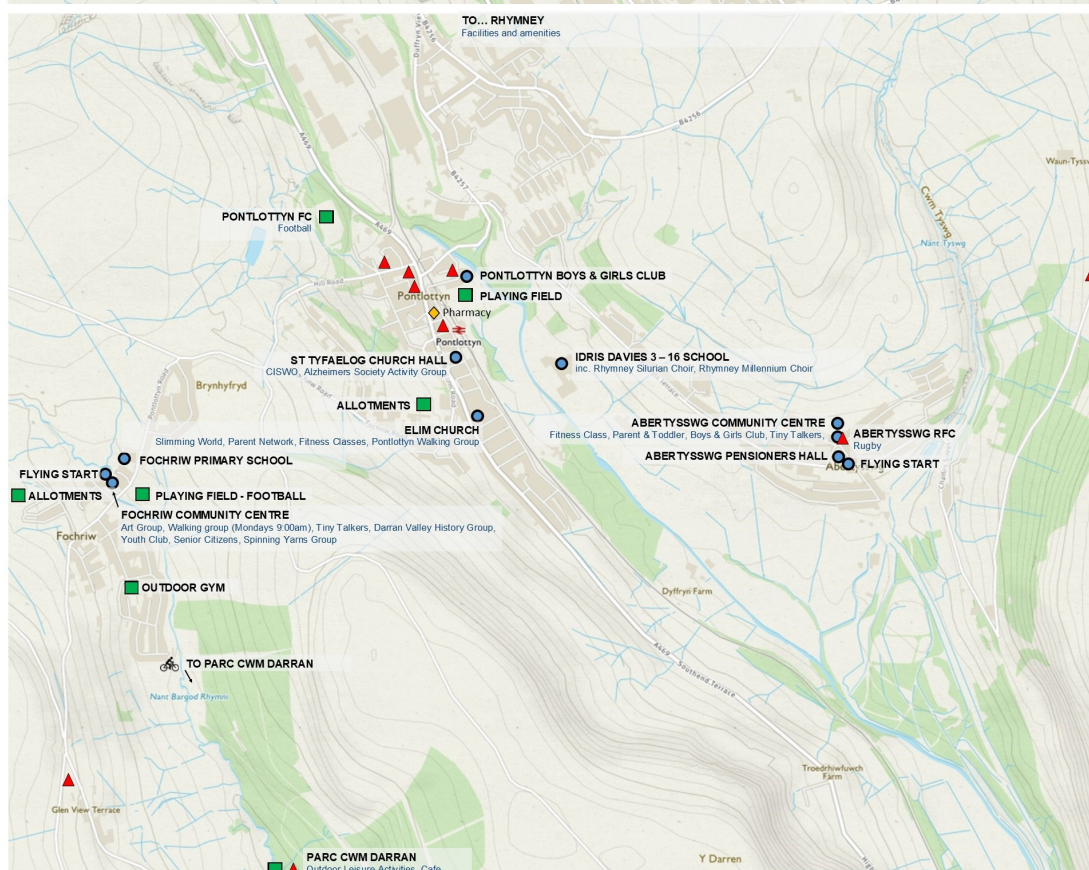
Throughout the pandemic, many local choirs have stayed in touch with each other via online meetings. Nerys Porch of Caerphilly Male Voice Choir, which sparked the original idea, worked with social enterprise RecRock to put the event on, which was supported by the Integrated Wellbeing Network and Arts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

WHAT'S STRONG IN THE AREA?



Integrated Wellbeing Network Map



Integrated Wellbeing Network Map

As well as public services, normally loads of community groups and activities contribute vitally to the health and wellbeing of people in the Rhymney, Abertyswg, Pontlottyn and Fochriw areas as the maps above show. You can view these maps in greater detail online on our website by clicking [here](#). Unfortunately, many 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.

SUPPORTING YOU AND THE COMMUNITY...

Communities For Work

Unemployed and looking for work?

Free support based on your needs



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

Or email: communityregen@caerphilly.gov.uk

@CaerphillyRegen



Working in partnership with communities and jobcentre plus

cyfrifiad census 2021



The census is coming.

By taking part, you can help inform decisions on services that shape your community, such as healthcare, education and transport. Without the information you share, it'd be more difficult to understand community needs and to plan and fund public services. [Click here to find more.](#)



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.

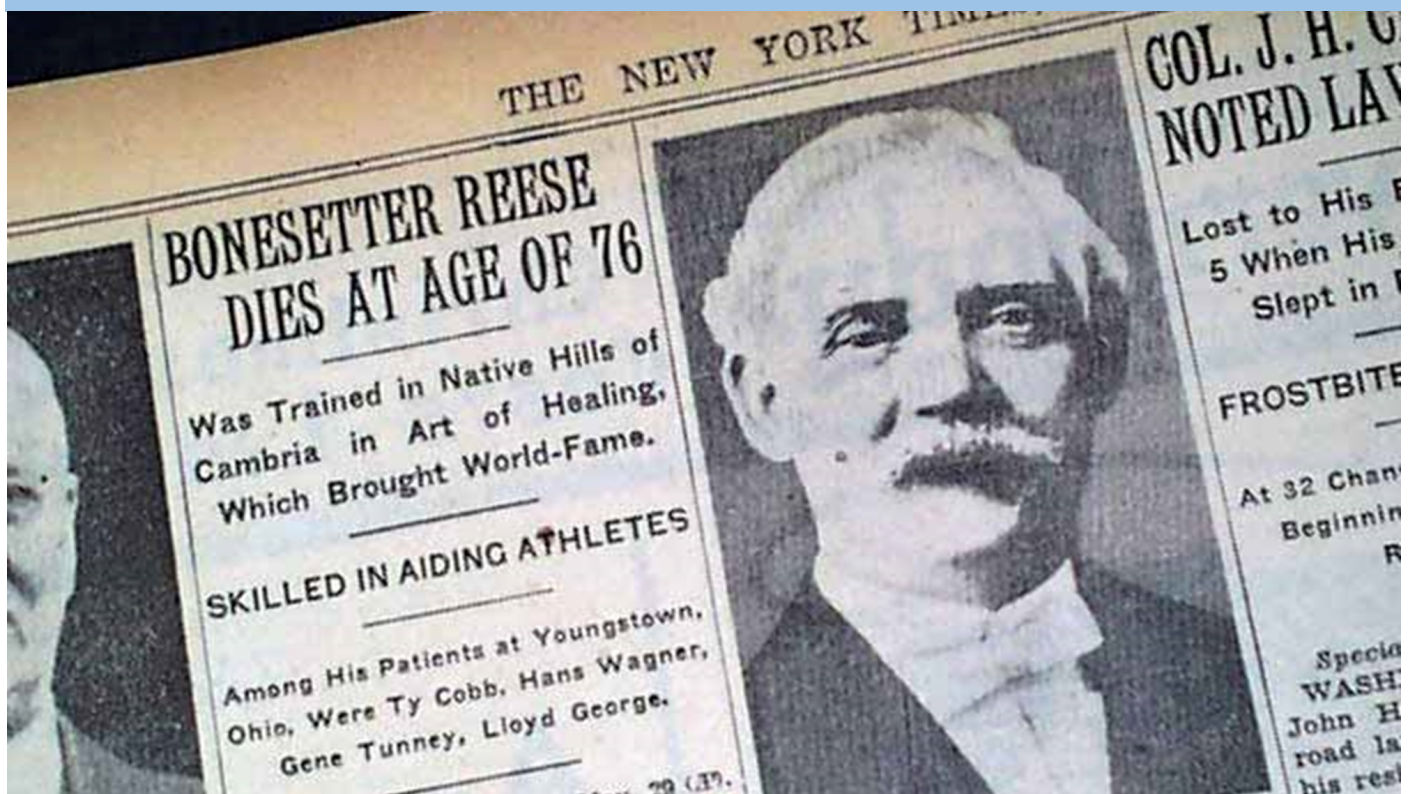
If you are an employee of CCBC, ABUHB, PHW, Ambulance Service, you can save directly into a credit union account from your wages.

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.

BONESETTER REESE: A RHYMNEY HERO



Bonesetter Reese. Who was he? And why should people in the area know more about this famous person and what he did so remarkably? He certainly deserves to be much better known. He changed how the professional sports world deals with wellbeing and health. All of this stemmed from how a group of people in the Rhymney area - the Bonesetters - looked after the wellbeing of their workmates in the Ironworks. John Reese lived in Jerusalem Street and worked in the Bute Ironworks before emigrating to the US. Could we create a new set of modern Bonseteers in the Rhymney area? Find more about him [here](#).

LOOKING FORWARD - JOIN US

If you live or work in the Rhymney 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?

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. So please get involved.

For more information, contact david.llewellyn@wales.nhs.uk