



Cysylltu Connecting Torfaen

The Connecting Torfaen Delivery Group is established as a mechanism for partnership delivery of Torfaen's Community Wellbeing Strategy and Community Operating Model

It reflects our shared vision and commitment to working alongside our communities and each other to create environments in which people can live healthy, fulfilled lives.

The 4 partners are:

- ABUHB Integrated Wellbeing Network Programme
- Torfaen CBC
- Torfaen Voluntary Alliance Strategy
- Bron Afon

Our monthly newsletter will share activities available in the community to help them stay happy, healthy and well.



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e:info@tvawales.org.uk
connecttorfaen.org.uk

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Wellbeing friends are a way of making sure everyone, especially those who aren't on line has easy access to wellbeing information. We would like our wellbeing friends to share what's going on with friends and neighbours.

"To share health and wellbeing information and give everyone in Torfaen access to information that will help them stay happy, healthy and well."

The wellbeing Friends newsletter will be produced bi monthly and shared with health professionals and community hubs.



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Jo Lloyd Health & Wellbeing Engagement Officer

My role is promoting and championing the Third Sector at a wide range of planning groups and partnerships on a local, regional and national basis ensuring the contribution of the sector is maximised. I play an active role in engaging a linking with key partners across all sectors, professional and the community to act as a point of contact supporting the voluntary/ community sector.

I have been working alongside IWN on the Wellbeing Friends initiative and engagement of services available in the Torfaen area without the need to access a GP appointment.

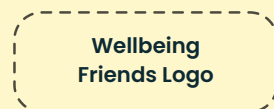
If you have any concerns or identified gaps in your community please contact me.
jo@tvawales.org.uk



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Wellbeing Friends Good News Story

The Cwmbran United Reformed Church members wanted to extend their existing coffee morning to enable the community to have a safe, warm, and sociable environment where they can order light meals and take part in self-led activities. Church members worked with their Community Capacity Builder to develop Thingamabob Thursday which can be accessed every Thursday, 10am–2.00pm at Cwmbran United Reformed Church. At present this group has gone from strength to strength attracting an average of 20 members of the community each week. This group is helping to tackle loneliness and isolation by providing a diverse space where new friendships can be formed.



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Victoria Village Hall

Discussed the idea of a new carers group in the north of Torfaen, it was felt there was a need after speaking to residents.

Provided support, advice and guidance all the way through the planning stages, the community resilience support officer suggested they contact TVA for guidance on constitutions. Which is underway.

Also, introduced to all the carers groups throughout the borough to see best practise, share ideas and look at how they can take the group forward. The group was then advertised throughout various social media platforms and also on flyers and the first session was run this month with a good attendance and will be run every week going forward.



West Cwmbran

Community Capacity Builder Kate and Resilience Officer Sophie have built a good working relationship with TLC church in Two Locks Cwmbran finding out about their Wellbeing and Food Share support. They highlighted to us that some people who come in for food support don't even have access to an oven to cook.

This prompted an idea for some partnership work with them and we have developed a plan to run an air fryer cookery course in the New Year. After Christmas we will work with qualified Chef James at TLC to plan and run several cookery sessions that will provide ingredient and a recipe card to make healthy air fryer meals to take home on the day and at the end of the course the participants will be given the air fryers funded by the Levelling up Funding to take away with them.

As part of our partnership working with the Torfaen Adult Carers Officer Louise Hook, we have set up the 'Draft Busters Project'. Thinking creatively we have approached several of our community sewing and craft groups and Coleg Gwent in Torfaen and funded them to make traditional handmade draft excluders that can be given to unpaid Adult Carers as part of an energy advice and support package that is being planned



Kate Noyes – Community Capacity Builder West Cwmbran

ILS Students from Coleg Gwent, Torfaen Learning Zone making the community draft excluders for the forthcoming Carers energy event roadshows



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Community Connectors

Bringing **you** and the
community together

CASE STUDY

AM was referred to the Community Connectors, as AM was feeling lonely and isolated. He hadn't been out of his home for 3 years and was anxious about going out. AM had no close family or friends to call on and felt alone.

AM wanted to get out of his home to join groups and activities, such as walking groups and bowls clubs where he could meet people and make friends. After a few home visits to build trust, a few local short walks were made to build his confidence in the community. While out in the community AM would stop and have a chat with people walking past.

Once AM was ready, he was introduced into a walking group and bowls club, local to him. AM settled well into the groups and after a few introductions, AM now attends on a regular basis independently and enjoys meeting up with his friends.

communityconnectors@torfaen.gov.uk

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Blaenavon Befriending Film Club

Blaenavon Town Council, in partnership with Torfaen Community Connectors, run a monthly film club at the historical Blaenavon Workmen's Hall on the last Friday of every month.

The group is free of charge and open to all. Each month we come together to enjoy a feel-good film, a cup of tea or coffee and plenty of cakes and biscuits!

It is a fantastic way to catch up with old friends or make new ones!

In December we hold a special Festive Film Club with a Christmas film and enjoy lunch together afterwards.





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Torfaen's Building Resilient Communities Team have been busy working with The Salvation Army in Pontypool to increase the activities on offer. So far, they have collaborated to develop a free Craft Club on Friday mornings, 10am-12 midday. This is a very friendly space where you can use the art materials supplied to create whatever you would like or bring along your own craft and enjoy a sociable friendly Friday morning. The Salvation Army do lots of work to reduce loneliness and isolation, and this new group is another lovely offering to help support local people.





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Torfaen Works

Torfaen Works comprises of the UK Government funded Shared Prosperity Projects CELT plus and Multiply, as well as Welsh Government funded programme Communities For Work Plus. This summer a team of Celt Plus participants summited the tallest mountain in Wales, Yr Wyddfa. The group over the spring and summer had developed their confidence and fitness in the mountains of Bannau Brycheiniog National Park. They then worked together to reach their goal of summiting Yr Wyddfa, followed by an overnight camp next to Llyn Padarn.

"I went out of my comfort zone doing something new, I'm proud of myself for achieving this goal".

"There was just a good atmosphere all round, I feel I have achieved something a first for some time".

For individuals enrolled in the Torfaen Works employability projects the menu of wellbeing activities includes things such as mountain hikes, yoga, Zumba, gym sessions, cold water therapy, counselling, mindfulness and much more.

TorfaenWORKS Health & Wellbeing Activity Menu

Gym Sessions	Mountain Hikes	Kundalini Yoga
Zumba Classes	Walking Groups	Mindfulness
Cold Water Therapy	Kettlebell Classes	Pilates
Wellbeing Workshops	Coffee Mornings	Healthy Cooking Course
Befriending	Meno Fit	Pram Exercise

Eligibility criteria apply.

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The Building Resilient Communities team works closely with the CFW & CFW + to provide a package of wrap around support. This includes practical and emotional support to help individuals and families to overcome the challenges that difficult events in life can present.

Criteria for Intervention and Counselling are:

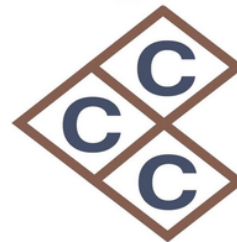
For the residents of Torfaen who are Isolated from their communities, and facing barriers to get out into the community, such as mental health, bereavement or disability amongst other barriers. Anybody who meets the above criteria can be referred in, whether they are in work or not. The criteria is that they would like to get out in their community, as isolation is impacting their wellbeing.

The Resilient Officers will usually meet with those referred in, they will work on a short term basis on a one to one basis, looking at interventions for confidence building, routine making and looking at what would make a difference to that participant getting out in the community. Then once they have engaged with participant, they will consider if counselling would be appropriate or they will signpost to Melo, whichever the participant would find more useful.

The counselling consists of 10 sessions, and will look at coping strategies and techniques to help participants to improve their emotional wellbeing. After counselling participants can then be signposted back to the intervention officers or the community connectors to support them going to groups or other community events.



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Cwmbran Community Council
Cyngor Cymuned Cwmbrân

We are pleased to be partnering with Torfaen Sports Development to bring you two new fun free classes for all the family this January. What better way to kick start the new year than being active together!

Mother & Daughters Fitness Sessions will be starting Wednesday 17th January at Cwmbran Stadium 6pm-7pm. This class will offer a variety of different disciplines each week such as Pilates, Pump, Circuits & Exercise to music. We hope to provide a safe space for Mothers, Nans, Daughters & Aunts to have fun and exercise together.

Family Club Starting Thursday 18th January at Cwmbran Stadium 5pm-6pm. Each session will be a mixture of sports and fun games for all the family to take part in, all activities can be adapted to any level and all ages welcome!

We can't wait to see you there!

**MOTHER & DAUGHTER
FITNESS SESSION**

FREE

WEDNESDAY (TERM TIME ONLY)
6PM - 7PM
AT CWMBRAN STADIUM

BOOKING ESSENTIAL

Cwmbrancc@cwmbbran.gov.uk
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**FREE
FAMILY CLUB**

BE ACTIVE TOGETHER

THURSDAY (TERM TIME ONLY)
5PM-6PM
AT CWMBRAN STADIUM

BOOKING ESSENTIAL

Cwmbrancc@cwmbbran.gov.uk
Stephanie@cwmbbran.gov.uk
01633 849070



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For any enquiries regarding projects or referrals please contact

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or

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