



Blaenavon Newsletter November 2022

Community connectors

Would you like support to attend new activities and meet new people?

Torfaen Connectors support and enable people to find suitable activities, groups and networks that join like minded people who may have similar interests. This helps encourage participation and engagement in the community and builds self-confidence, resilience and well-being.

If you or someone you know would like support to join in activities please contact the team on 01495 742397 or email communityconnectors@torfaen.gov.uk

Community Connectors run a cinema club at Blaenavon workmen's hall, the last Friday of every month at 10.30. If you would like to book a place call or email the team.



Library



Ever stopped to think about what a public library brings to a community? Where else can you get all this?

FREE TO JOIN!!

Use of computers and WIFI.

IT support sessions for tablets, smart phones, PCs etc.

Support for job seekers including Job Clubs, Bridges into Work2...

Fantastic stock of books and talking books.

Expert advice and information from staff.

Library at Home service for those unable to get to a library.

Shared reading sessions in the community.

Printer and photocopier.

Family History sessions plus FREE access to ancestrylibrary.com.

Health & Wellbeing Support Officer.

Health & Wellbeing multi-partner events.

Baby Rhymetime, Under 5s Story & Craft, School holiday activities.

Reading challenges.

Regular events including Fun Days and Special Book Nights (e.g. Harry Potter)

Outreach Children's activities including school visits.

Free printing for children's homework.

Free printing for job applications and CVs (limited to 3 per day)

Reading Ahead - project to support adult literacy.

Reading Groups for Adults and Children.

Knit & Natter.

Lego Club.

Ebooks and Emagazines free for library members.

Free access to Driving Theory Pro in the library.

Local groups meeting in our Community Rooms inc Torfaen Textiles, University of the 3rd Age, Welsh Discussion groups...

Well-equipped Community Rooms for hire.

Fully Accessible buildings.

Your local library is situated in the Heritage centre on Church Road

Call 01495 742333

How to look after your wellbeing in the winter months.

Our bodies use water to help maintain our core body temperature. Dehydration can cause our core body temperatures can drop. Therefore, the benefits of staying hydrated in winter are two fold. We stay hydrated and we keep warm when it's cold outside! Make sure you drink 6 to 8 glasses of water a day.

Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count. It helps to eat foods with a high water content like soup.

You might not be able to spend so much time outside with the shorter days so think about ways you can use your time productively inside instead. Why not learn a new skill or practice an old one.

**Get outside and get some exercise if you can. A simple daily walk to the shop can break they day up and get some extra steps in. Try not to hibernate.
Get plenty of sleep.**

Be a wellbeing friend

Look in on vulnerable neighbours and relatives

Check on older neighbours and relatives, and those with heart or breathing (respiratory) problems, to make sure they:

are safe and well

are warm enough, especially at night

have stocks of food and medicines so they do not need to go out during very cold weather

If you're worried about a relative or elderly neighbour, contact your local council or call the Age UK helpline on 0800 678 1602 (8am to 7pm every day).

If you're concerned the person may have hypothermia, contact NHS 111.

If you are concerned about or unable to pay your bills Citizen's advice can offer advice and refer for support.

Call:-

03444772020

Common Ailments scheme

You may need to show the pharmacist some form of identification before you can use the service, but this will depend on whether you are known to the pharmacist.

The pharmacist will check to confirm that you are registered with a GP Practice in Wales. Your consultation will always be with a qualified pharmacist. If your pharmacist agrees that you need a medicine or product to treat your symptoms, they may give it to you free of charge.

If you do not wish to register with the service the pharmacist will provide you with advice but will not be able to supply any free medicine. It's always advisable to phone your local Pharmacy first, prior to your visit. Some Pharmacies also offer video consultations. The following conditions are covered by the scheme

**Acne
Athletes Foot
Backache (acute)
Chickenpox
Cold sores
Colic
Conjunctivitis (bacterial)
Constipation
Dermatitis (dry skin)
Diarrhoea
Dry Eye
Haemorrhoids
Hayfever
Indigestion
Intertrigo
Ingrowing toenail
Mouth Ulcers
Nappy rash
Oral thrush
Ringworm
Scabies
Sore throat
Teething
Threadworm
Vaginal thrush
Verruca
Head Lice**

<https://abuhb.nhs.wales/healthcare-services/pharmacies-chemists/>

You may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to.

NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you're not sure what to do The sooner you get advice, the sooner you are likely to get better.

With the cost of living rising the wellbeing friends newsletter will share a budget friendly healthy recipe each month.

Costs 54p per portion based in the current cheapest options at Asda.

Baked Oats

- the perfect start to the day -

Ingredients

Makes 6 servings

- 240g Oats
- 100g frozen mixed berries
- 50g spoon sugar
- One egg
- 600 ml milk

Mix all the ingredients together in an oven proof dish and bake for 35 mins.

To make the recipe cheaper on a budget reduce or leave out the berries.

