

Blaenavon Newsletter January 2022

Get fit for free!

During the Winter we have to make an extra effort to support our physical and mental health. We are very fortunate to have lots of free activities in Blaenavon..



FREE

MUMS & DAUGHTERS FITNESS

HAVE FUN AND STAY FIT TOGETHER

BLAENAVON ACTIVE LIVING CENTRE
WEDNESDAYS
6.15-7PM



WANT TO JOIN?
SOPHIE.JOHNSON@BLAENAVONTOWNCOUNCIL.CO.UK



Funded by: Blaenavon Town Council, Steet Games & Torfaen Sports Development.

The over 60s sessions are run by Torfaen Sports Development . You can take part in circuit it training with light weights and resistance bands. Exercises can be adapted to suit all needs and they are always accompanied by an amazing soundtrack, from the 60's. 70's and 80's.



**BLAENAVON
TOWN COUNCIL**



**OVER 60'S
EXERCISE GROUP**

**EVERY
WEDNESDAY
11.45-12.45**

Blaenavon Workman's Hall
For more information contact 07877849143
sophie.johnson@blaenavontowncouncil.co.uk



Torfaen Sports Development
Datblygiad Chwaraeon Torfaen
ACCREDITED - ACHWREDIDIG

Family club is a great way to spend quality time with your children and get fit at the same time. It's funded by Street Games and Blaenavon Town Council, so free to attend. Try different activities like football, dodgeball, basketball and Zumba.



Join
FAMILY CLUB

5PM FRIDAYS
IN TERM TIME

BLAENAVON ACTIVE LIVING CENTRE

BOOK
SOPHIE.JOHNSON@BLAENAVONTOWNCOUNCIL.CO.UK



Funded by: Blaenavon Town Council, Steet Games & Torfaen Sports Development.

Community Walks - Torfaen Take a Stroll

Walking is an ideal form of exercise, particularly for those that may feel excluded and disadvantaged. It's free and requires no special equipment for you to take part, it's accessible to all, easy to start doing, has all the benefits of activity with the added bonus of social contact and support. Contact us to join a group today or volunteer to lead one of your own!



Tuesday

Blaenavon Health Walk

12.00pm - Easy walk 1-2 miles - Meet at Blaenavon Heritage Centre

Blaenavon Progressive Walk

2.00pm - Moderate walk 3-5 miles - Meet at Blaenavon Heritage Centre

Join Connect Torfaen to search for all free activities in your area.



CYSYLLTU
Torfaen
CONNECT
Torfaen

Building resilient communities

The Building Resilient Communities Programme is targeted at supporting the most vulnerable people or communities within Torfaen. The project aim is to facilitate early intervention, provide support and to build resilience of families, children and adults. The programme offers a holistic wraparound provision for the Communities for Work and Communities for Work Plus employability projects.

PHYSICAL WELLBEING TIMETABLE



MONDAY	GYM SESSION HIGH ST GYM PONTYPOOL 10:30-11:30AM	
TUESDAY	GYM SESSION BLAENAVON HERITAGE SCHOOL 10:00am-11am	ZUMBA HIGH STREET FITNESS PONTYPOOL 1PM-2PM
WEDNESDAY	ZUMBA & PUMP & TONE WOODLANDS RD SPORTS & SOCIAL CLUB 10:00-12:30PM	
THURSDAY	GYM SESSION COLD BARN FARM GYM 10:00-12PM	

**RING KAY ON 07980 277157
FOR MORE INFORMATION**

Transport can be provided

 [buildingresilientcommunitiestorfaen](https://www.facebook.com/buildingresilientcommunitiestorfaen)
 brctorfaen@torfaen.gov.uk



Llywodraeth Cymru
Welsh Government

Budget recipe of the month

Ingredients Method Serves 4 • 8 sausages £1.99 (meat free or vegetarian sausages also work, can be made cheaper by using frozen sausages at £1 for 20) • 900g mashed potatoes (frozen mash works well for this as a time saver) 90p • 100g onion gravy granules

Method Cook sausages according to instructions. Cook frozen mash or boil 900g potatoes unpeeled but washed for around 20 mins (the smaller you cut them the quicker they will cook!) Make up gravy according to instructions on packet. Place sausages in casserole dish, pour over gravy top with mash. Place in an oven preheated to 180 and cook until mash is golden. Serve with frozen peas, tinned carrots or mixed veg.



TIP Swap the gravy for a tin of cheap beans (stir in a tablespoon of ketchup or brown sauce for extra flavour) Put cheese on the top of the mash