



## FANTASTIC TASTER SESSIONS AT COMMUNITIES FIRST

*In partnership with the WEA we ran a number of our Fabulous Friday Taster Sessions.*

### SUGARCRAFT

The first one on Friday 17th July was a well-attended **Sugarcraft Session** with the very talented Martyn Watkins.

Next up on Friday 24th July was **Flower Arranging** and **Creative Textiles**.

### FLOWER ARRANGING

Using greenery from a local garden, supermarket flowers and a plastic cup these lovely arrangements were made.

It's amazing what you can create when you know the tricks of the trade.

### CREATIVE TEXTILES

Beautiful fleece backed mini patchwork cushions were machine sewed up in only a couple of hours.

Some of our participants were absolute beginners who had never used a sewing machine before.

### COURSES

A full 30 hour course in **Sugarcraft** and **Creative Textiles** will be starting in September.

To book your place contact **Claire** on **(01443) 690178**. Places are limited so please book early to avoid disappointment.



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## LOOK OUT FOR

more information in the **South Cluster**

**Communities First**

column in the Merthyr Express, or view our



Facebook profile page at **South Cluster Communities First**.



## BUSINESS ADVICE

- **GOT A BIG IDEA?**
- **NEW TO BUSINESS?**
- **LOOKING TO GROW?**

**EFFECT Merthyr Tydfil** is here to provide free and confidential business support to new and existing businesses.



- **DO YOU HAVE A BIG IDEA?**
- **ENERGY?**
- **PASSION?**

Maybe it's about taking that first step and talking to someone.

**EFFECT Merthyr Tydfil** can help.

**Jared Green** is your Enterprise Facilitator.

Call him to see how he can help you and your business on:

**07730 283 812**

or e-mail him on: -

[jared.green@merthyr.gov.uk](mailto:jared.green@merthyr.gov.uk)



## AFON TAF HIGH SCHOOL



This past quarter, our Family Key Liaison Officer, **Beth Evans** has been working on a transition activity getting the year 6 pupils in primary school ready to transition into starting Afon Taf in September.

She has been facilitating SAP sessions (Student Assistance Programme) in both Edwardsville and Bedlinog Primary school on a weekly basis.

Some of the children that she has been working with have required one to one sessions as well as the group sessions as they need extra help and support.

Beth also attended the Afon Taf transition evening. At the event she was able to talk to the parents about what her job role entailed and about the type of help that she is able to give them in September when their children starts school and any enquiries that they had before the schools broke up.



Beth has also completed an ELSA qualification which allows her to work with children with specialised needs on a one to one basis using a variety of tools and techniques to be able to engage with them.

She continues to work closely with the wellbeing unit in Afon Taf high school and is looking forward to resuming the relationships she has already made when school starts back in September.

## TRAINING

Congratulations to all our participants who completed employment-related training with us over the last 3 months.

Community members have taken part in CSCS training (Construction Skills Certification Scheme), Food Hygiene, Manual Handling and First Aid.



Our training courses are **FREE** of charge and take place in community venues within the South Merthyr area.

Our experienced trainers deliver courses in a relaxed environment and offer help and support



to assist participants through the information and examinations.



If you are looking for employment and need to up-skill in order to progress with your career, please get in

touch to see if we can help you.

For more information please contact **Hannah** on **01443 690178**



## MONEY MATTERS

- Are you struggling with debt?
- Finding it difficult to manage your money?
- Always trying to decide which bills to pay first?



Communities First offer group sessions to help you gain the skills you need to create a household budget that you can stick to.

Our sessions are run in community venues and are interactive and informal.

You won't be asked to disclose any personal information during the session.

If you would like to book a one to one session with Citizens Advice Bureau we can arrange a confidential appointment for you.

If you are interested in taking part in a budgeting session or would like a confidential appointment with CAB, please get in touch with us.

For more information please contact **Hannah** on **01443 690178**



## ROCK UK

Summit Centre is pleased to announce that our newest activities are now open for business!

Have a go on the Aerial Adventure - an exciting, high level ropes course where you can test your balance, skill and agility.

Available for individuals to "pay and play" for a go on Saturday afternoons (noon til 6pm, with last entry at 5pm), this exciting new course includes stepping stones, cargo nets, swinging logs and a Burma bridge – all 8.5 metres above the ground!

Don't worry, we'll provide the harness and instruction, you just need to be over 1.2m tall and up for the challenge!

For more information please call **01443 700190**



## JOB CLUBS

Are you looking for employment?

Communities First run several Job Clubs throughout the South Cluster area.

At these informal sessions you can chat with staff about the support you need to find employment.

We offer training in various employment related subjects including food hygiene, manual handling and first aid and also CSCS.

We can help you to improve your chances of being successful in interviews with confidence building workshops, interview skills training and mock interviews.

Please call us on **(01443) 690 178** to find out the details of the job club nearest to you.



## SKILLS CLUB

Are you interested in brushing up on your English and Maths?

Why not pop along to one of our skills clubs:

**Tuesdays**, 9:00am – 12:00 noon at **Trinity Chapel, Merthyr Vale** and

**Wednesdays**, 1:00pm – 4:00pm at **TTEC, Treharris.**

For more information, contact **Claire** on **(01443) 690178.**



# newsletter

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## MERTHYR VALE FOOD CO-OP

Lovely fresh produce supplied for only £3 a bag, every Friday at Communities First Office.

If you would like to order a pack, please call into Communities First Office on Tram Road, Merthyr Vale before 11.00 am on Wednesdays to make your order and pay for your pack.

Your products are then ready to pick up on Friday mornings between 9.30am - 10.30am.

For more information please contact **Rachel** on **01443 690178**



## MEET THE TEAM

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Cluster Manager

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## CONTACT DETAILS

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