



## SOUTH CLUSTER COMMUNITIES FIRST PRE-SCHOOL COOKING PROJECT

As part of South Cluster Communities First Food and Nutrition Project we have been working with Richard Shaw – 'Cooking Together Wales' to provide several cooking sessions to all 6 Pre-schools within our area, with an aim of promoting healthy eating.

Some of the lovely recipes made by the children were vegetable soup with cheese and chive scones, leek and cheese tarts and fruit kebabs.

This project has benefited over 90 pre-school children and Communities First hope to support the Pre-schools by providing further sessions in the New Year.

South Cluster Communities First are working hard to promote healthy eating and basic cooking skills for all ages throughout the cluster.

We are looking to provide a range of adult and family cooking classes in local community venues, if you are interested please contact **Rachel** on: **01443 690178**



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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.**

## Kettlebells for Beginners

Communities First set up a 10 week Kettlebells for Beginners course at Fir Tree Drive Community Centre.

Communities First wanted to provide an opportunity for local residents to sample a free exercise class in order for them to improve their fitness and health.

An average of 16 women attended the weekly class.



## Riverside Site Visit

Pupils in years 5 & 6 from Ysgol Rhyd-Y-Grug visited Project Riverside for a plant day.

The pupils were given a presentation on the different types of machinery that are used on a construction site.

The pupils were then able to go outside to have a closer look at some of the machinery that is being used on Project Riverside and each of them had the opportunity to sit in a digger and have their photo taken.



All the pupils who took part will receive badges, certificates and photos to remember their day.

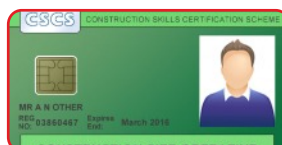
## Congratulations!

Congratulations to all our participants from the South Cluster who were successful in their applications to Marks and Spencer and are currently taking part in training ready for the new store to open in Cyfarthfa Retail Park.

Congratulations to those who gained work-related qualifications over the last few months in Food Safety, Manual Handling and Emergency First Aid.

Also to the participants who gained their Construction Site Certification Scheme cards.

**Well done!**



## Afon Taf High School Eco Schools Kitchen Gardens

This is part of a 'field to fork' programme supported through Communities First and Come Outside Project.



A concrete area has been cleared and is ready for a chicken pen. The plastic bottle greenhouse has been strengthened, moved and measured up ready to be clad and installed with a roof.

The plan is to build a fence around the pond, install raised beds/lasagna beds and develop a composting bin. There are plans to use the top end of the garden as an outdoor classroom.

This area could then be used to concentrate on studying mini bugs, conduct mammal surveys and be a place to experience some greenery for the pupils.

## Community Career Clubs

Our friendly Community Career Clubs run every **Wednesday morning (10:00 – 12:00) in Treharris Boys and Girls Club** and every **Wednesday afternoon in Aberfan Library (13:00 – 15:00)**.

During these sessions you can come and have a chat with one of our staff about the support we can give you to apply for jobs, create a great CV, gain work-related qualifications and meet the conditions of any income-related benefit payments you receive.

There is no need to book an appointment, just call in and see what we can do for you.

For more information call **Hannah on 01443 690178**



# ACTIVE PRAMS. ACTIVE MAMS

The "Active Prams, Active Mams" project was established after a consultation exercise with a local parent and toddler group.



The participants had identified a need for a local fitness group which they could attend with their children.

Communities First took this suggestion on board and with the help of a local personal fitness instructor came up with the 'Active Prams, Active Mams' project.

The project initially ran every Wednesday morning from Treharris Boys & Girls Club for 10 weeks.



The hour long fitness class included speed walking and a range of exercises which included either the pram for support or acted as part of the exercise.



## Trinity Childcare & Family Centre

Trinity Childcare & Family Centre, Aberfan are delighted to be celebrating 4 years in the former Ynysowen Nursery School, Aberfan.

An award winning Community facility that delivers a range of childcare.

Now employing 24 staff, delivering quality childcare across Merthyr.

A key partner within the Community First delivery plan, currently delivering two projects. 'Supporting Transition into Nursery' and 'Playing and Learning together', an opportunity to learn whilst playing, meeting

new friends, not only for the children but parents and carers too!

Check us out at

**Trinity Childcare Aberfan** on Facebook

Web: [www.trinitychildcare.wales](http://www.trinitychildcare.wales)

Tel: **01443 693777**



**Celebrating  
4 Years of Business**

## Have You Heard About Skills Clubs?

### SKILLS CLUB VENUES

**Monday**, 9am – 12pm at ICC Pentrebach

**Tuesday**, 9am – 12pm at Trinity Chapel Merthyr Vale

**Wednesday**, 1pm – 4pm at TTEC Treharris

### Why Skills Clubs?

- You can learn new skills or brush up your skills.
- You can work at your own pace in a friendly informal environment.
- You can join at any time.
- One to One support is available when starting.

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

## Trinity Child and Family Centre, Aberfan

Our annual 'Community Christmas Magic' will be held on **Sunday 29th November, 11:00 till 4:00**. Come along meet the man himself, Santa and of course his reindeers!!

Letters to Santa, magic reindeer food, arts and crafts and lots more. Contact Trinity on Facebook or telephone.





Merthyr South Cluster

October 2015

# Newsletter

communities *first* **cymunedau yn gyntaf**

## Learning Kick Starts September 2015

Communities First are supporting local residents to take part in a wide range of courses, held in the day at various community settings within the Southern Cluster. The courses have been organised to meet the needs of local residents with something for everyone.

Courses include; IT for Beginners, Prepare to Care, Sugarcraft, First Aid, Food Hygiene and Manual Handling.



The variety of community based learning courses have provided local residents with the opportunity to not only learn new skills and gain qualifications but to also make new friends along the way.



Communities First are continuing to develop opportunities for local residents in a variety of topics.

So if you are interested in trying something different and learning new skills in a relaxed and informal setting contact **Claire** on **01443 690178**

## Meet The Team

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## Contact Details

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Welsh Government



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County Borough Council  
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