

MAERDY NEWSLETTER SUPPLEMENT

HEALTH & WELL-BEING DAY

WEDNESDAY 26th OCTOBER – 10.00 a.m. to 1.00 p.m.

FERNDALE COMMUNITY SCHOOL

(Organised by Maerdy Communities First, Health & Well-being Sub Group & Rhondda Housing Association)



Housing Association
Cymdeithas Tai

*Don't miss out on this exciting **FREE** event that could lead you to a happier and healthier lifestyle.*

FREE Demonstrations and Tasters • FREE Information & Advice
FREE Children's Activities • FREE Swimming • FREE Yoga Sessions • FREE Reflexology
FREE Massage • FREE Aerobics • FREE Indian Head Massage • FREE Homeopathy
FREE Sports/Activity Taster Sessions

Please note that all under 8's must be accompanied by a Parent/Guardian/Responsible Adult



QUICK TIPS FOR HEALTHIER MEALS
FIND OUT ABOUT SPORTS OPPORTUNITIES
FUNDING INFORMATION
ADVICE FOR CARERS
RAFFLE, QUIZ and much, much more



Everyone Welcome – bring your swimming costume!



MAERDY COMMUNITIES FIRST CELEBRATES SUMMER OF FUN

During the Summer break, local volunteer staff, Seion Chapel, Maerdy Communities First, Kids 'R' Us, Valleys Racial Equality Council and RCT Youth Offending Team all joined forces under the umbrella of Maerdy Communities First Partnership to deliver 30 days of SUMMER FUN activities for young people.

In all, forty local residents gave up their time for free to ensure our young people had plenty to occupy them.



The Communities First Partnership was delighted that Cllr Emlyn Jenkins, Mayor of Rhondda Cynon Taf and Cllr Annette Davies were able to join our volunteers to celebrate their achievement.



Young people from Maerdy benefited from a wide variety of activities

Carers' Group Update

On September 5th, the Carers' Group met at Teify House to listen to an information talk about the Care & Repair Service. Lorna Davies came along to give an overview of their work and explained how to access their services.

If you would like a confidential appointment to discuss your needs, please ring **Care & Repair Rhondda Cynon Taf on 01443-755696**
The next Carers' Group meeting is on Monday, 7th November 2005 at Teify House between 10.30 a.m. and 12.30 p.m. - everyone is welcome !

DATES FOR YOUR DIARY

WHEN	WHAT	TIME	VENUE	ORGANISERS
Tuesdays	Senior Youth Session (11+ years old)	6.30-8.30 p.m.	Community Centre	Maerdy Communities First
Thursdays	Junior Youth Session (There will be a special Halloween Session during half-term)	6.30-8.30 p.m.	Community Centre	Maerdy Communities First
Monday 24th October 05 then weekly	Counselling and Support for Cancer Patients and their families	1.00 – 3.00 p.m.	Seion Chapel	Community Cancer Services
Tuesday 25th October 05	Kids 'R' Us Play Scheme (5-10 years old)	10.30 a.m. to 12.25 p.m.	Community Centre	Maerdy Communities First/ Kids 'R' Us
Tuesday 25th October 05	Senior Youth Activities (11+ years old)	1.30 p.m. to 3.30 p.m.	Community Centre	Maerdy Communities First/ Kids 'R' Us
Wednesday 26th October 2005	HEALTH AND WELL-BEING DAY	10.00 a.m. to 1.00 p.m.	Ferndale Community School	Maerdy Communities First Health Group/ Rhondda Housing Association
Thursday 27th October 05	Kids 'R' Us Play Scheme (5-10 years old)	10.30 a.m. to 12.25 p.m.	Community Centre	Maerdy Communities First/ Kids 'R' Us
Thursday 27th October 05	Senior Youth Activities (11+ years old)	1.30 p.m. to 3.30 p.m.	Community Centre	Maerdy Communities First/ Kids 'R' Us
Friday 28th October 05	Spectacle Theatre perform Dumb by Paul Smith (a play for teenagers)	2.00 p.m. to 6.00 p.m. (including workshop)	Community Centre	Maerdy Communities First and Arts Council of Wales Night Out Scheme Tickets available 755687 at 50p each
Tuesday 1st November 05	Health & Well-Being Coffee Morning and Cookery Demonstration	10.00 a.m. to 1.00 p.m.	Teify House	Maerdy Communities First/ Rhondda Housing Association/ Age Concern
Thursday 3rd November 05	Maerdy Communities First Environmental Group	6.00 p.m.	Teify House	Maerdy Communities First
Monday 7th November 05	Carer's Support Group	10.30 a.m. to 12.30 p.m.	Teify House	Maerdy Communities First Health Group/ Rhondda Housing Association
Saturday 12th November 05	Table Top Sale	10.00 a.m. to 12.00 noon	Ex-Servicemen's Club (<i>The Shot</i>)	Maerdy Communities First Health & Well-Being Group
Wednesday 30th November 05	Make-Over Evening	7.00 p.m. to 9.00 p.m.	Teify House	Maerdy Communities First Health & Well-Being Group



Maerdy Newsletter is funded by Maerdy Communities First

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