Welcome to the autumn edition of the Community Connectors newsletter.

We have had a very busy year, setting up community groups, planning events for carers week and making preparations for the annual 50 plus information day.

Our role is to tackle loneliness and social isolation by providing information, advice and assistance to people who live in the Newport area. We give face-to-face advice as well as by telephone, email or post. We work to improve a person’s confidence, wellbeing and social circle so that they can become more involved in community activities. As everyone is different and has varying interests we will have a conversation with you first to find out what matters to you.

Connectors have a wide range of knowledge and we can provide you with information about local groups, support groups and networks, BME specific groups and carer services. You can visit the DEWIS website where you can browse anything from arts and crafts, exercise classes, friendship groups, mental health and wellbeing groups, carer support and learning difficulty services.

If you would like to join a community group, are thinking about taking up a new hobby, need information on maintaining your role as an unpaid carer or want to be signposted to a support service please get in touch!

Call: (01633) 235650 Monday – Friday between 9am-4pm

Email: community.connectors@newport.gov.uk

Drop-in: enjoy an informal chat at our social group at The Potters pub, Newport (by the bus station) 12pm till 2pm every Wednesday.

Web: www.newport.gov.uk/community-connectors

(Connectors Shabir, Sarra, Heena, Leigh, Katherine, Jessica and Rob with Cllr David Fouweather, Newport’s mayor 2017/2018)
Coffee and Chat social group

In February 2018, the community connectors set up Coffee and Chat, a social drop-in group held at The Potters pub by Newport bus station. The group meets every Wednesday between 12pm - 2pm and is open to anyone who would like to meet others, chat and make friends. Come along, everyone is welcome, read these comments from group members:

“I really look forward to coming here every Wednesday. This group has been a real lifeline for me, everyone is very friendly and welcoming.”

“The group and connectors have made my life happy and fulfilling and I have something to look forward to each week. I haven’t missed one yet and enjoy it immensely.”

“I found out about the Potters by accident. Very often in the past I’ve found the weeks are very long and lonely, but since finding the Wednesday group, it breaks the week up. I’ve made new friends so I look forward to it and best of all I get to enjoy a meal with company.”

Social meet-up

The social group at The Rising Sun pub, Rogerstone, meets on the last Thursday of the month at 10am. Why not pop along? For further information please contact community connector Kathryn Thomas on (01633) 235650

Carers Week

Carers Week took place from 11 June 2018 and we organised a number of events including a cream tea, breakfast, art and craft taster session and drop-in sessions in the community. Welsh Assembly member Jayne Bryant attended a drop-in session at Central Library to show her support.

Rainbow Newport LGBTQ conference

The Newport Rainbow conference took place at The Riverfront Theatre where issues facing the LGBTQ+ community were discussed. Rainbow Newport is run by a group of volunteers with the aim of making Newport a friendlier city for the LGBTQ+ community.

“I found out about the Potters by accident. Very often in the past I’ve found the weeks are very long and lonely, but since finding the Wednesday group, it breaks the week up. I’ve made new friends so I look forward to it and best of all I get to enjoy a meal with company.”

Rainbow provides services for bisexual men and women, lesbians and gay men, those having difficulties coming to terms with their sexuality, transgender people and those identifying as the opposite sex, as well as older and younger people and those with a disability.

Rainbow Newport holds a monthly social group, there is no age limit and everyone is welcome though some venues may have an age restriction. Rainbow try to ensure that all of their events are accessible to everyone. Please email rainbownewport@outlook.com

Armed Forces & Veterans Breakfast Clubs

Veterans breakfast clubs

The Crowns Nest, Llanyrafon on the second Saturday of each month. For further information visit www.afvbc.net/club/torfaen/ or phone 07887566048

Events

Over the last few months the community connectors have attended many events in Newport.

Check www.dewis.wales and keep an eye on social media to find out what is happening in your community during the year.

Dewis Cymru

Have choice and take control

Dewis Cymru, which was launched at the end of July, is an online resource that provides information and advice about your well-being, social activities and support services in your community.

Well-being doesn’t just mean your health, it includes where you live, how safe and secure you feel, getting out and about, and keeping in touch with family and friends. Dewis Cymru has information that can help you think about what matters to you and can provide information about people and services in your area.

For more information about using Dewis Cymru including how to add information about your community group please visit www.dewis.wales.

Interfaith Conference

We attended the Onyx Link Foundation-Wales Interfaith Conference titled ‘Getting together upon our shared values’ at the Future Inn Hotel, Cardiff Bay. Community connectors work with multi-faith communities in Newport as it is important to understand and acknowledge similar themes of peace and love between all religions.

Opening of Aneurin Day Care

The new Aneurin Day Care facility has officially opened on the site of the Parklands Residential Home, Malpas, Newport, to offer day care for all adults aged 60 plus and specialising in dementia care. The centre was officially opened by the wife of the late Aneurin, in whose memory the centre is named, and Cllr David Fouweather, then mayor of Newport. The centre aims to create a familiar and friendly environment, providing high quality, person-centred care and support.

Currently open on Monday, Tuesday and Saturday, additional days are planned in the future.

For further information email aneurindaycare@gmail.com or visit www.aneurindaycare.org

Gwent Police - Behind the Badge

Gwent Police held their first Behind the Badge event with South Wales Fire and Rescue Service and Welsh Ambulance Service, showcasing the work of the emergency services across Gwent. Over 15,000 people attended the day and witnessed dramatic rescues. Gwent Police’s canine heroes and much more. The day raised over £3,000 for local charity All Creatures Great and Small.
**Pride in Pill**

Pride in Pill is a local community volunteer group, helping in and around Pill. They have regular group meetings and have carried out a number of litter picks in the area to make it a safer and cleaner community.

![Pride in Pill picture](image)

Read more information on their Facebook page [www.facebook.com/pamurpaol/](http://www.facebook.com/pamurpaol/)

**SOCIAL GROUPS IN YOUR COMMUNITY**

**Befriending**

FFrind i Mi / Friend of Mine is a befriending service for anyone who has felt alone, vulnerable or wished that they had more company. Isolation or feeling lonely can affect anyone at any age and at any time. FFrind i Mi / Friend of Mine social group meet on Mondays at 11am in St Julian’s Methodist Church hall, the session costs £2.50 if paying in advance or £3 for drop in – a taster session is free.

![Befriending](image)

**Movement to Music**

Movement to music is a friendly and very sociable group with elements of dance which includes strength, balance, cardio and agility. They meet on Mondays at 11am in St Julian’s Methodist Church hall, the session costs £2.50 if paying in advance or £3 for drop in – a taster session is free.

![Movement to Music](image)

**Storista**

The Storista group meets on Wednesdays in the former Maindee library building. They meet at 10am and 12pm. from around the world. We meet during term-time only on Wednesdays between 11am - 12pm at Central Library. If you are interested in coming along to the group and sharing in the delight of listening to reading aloud, you will receive a warm welcome!

![Storista](image)

**Newport Senegambia Community Group**

Newport Senegambia (NEWSA) is a community group founded by the people of Gambian and Senegalese origin. Drama, art and drumming are the main focus and the group took part in Mannedee festival and organised SeneGambia cultural weekend.

Chairman Mr Binako reports “Our involvement in the festival has given us an opportunity to meet and interact with people from different cultures and communities. It has also given us the opportunity to get involved in the community we live in as a way to form partnerships and build bridges between different societies that took in the festival.”

![Newport Senegambia Community Group](image)

**FORGET ME NOT CHORUS**

The Forget Me Not Chorus is a Newport choir supporting people with dementia and their carers via the joy of song. It is free to attend and sessions are specially designed for people with dementia and their families.

The choir meet every Wednesday at the Lysaght Institute. Corporation Road between 1pm and 3pm. For further information please contact Jane Czyrko (Project Manager Newport) on 07971730435 or email Info@forgetmenotchorus.com

![Forget Me Not Chorus](image)

**Sin City Comics and Games**

A new comic book store, Sin City Comics, has opened on Commercial Street. The store hosts a number of events throughout the year and there are games which can be played in store including Magic the Gathering, Dragonball and Yu-gi-oh.

For further information pop in store or visit [www.sinergeneek.com](http://www.sinergeneek.com)

**TocH**

The TocH group aims to provide members with an opportunity to make friends and share knowledge in a supportive environment. There are always home-made cakes and bakes to enjoy with a cup of tea or coffee. Occasional entertainment, activities and outings are arranged including singers, table top sales and theatre trips.

The group is always keen to meet new friends and welcomes anyone interested in attending.

They meet at Eveswell Community Hall on Tuesdays and Fridays. For further information call Carol on (01633) 667727 – evenings are better.

![TocH](image)

**Shared Reading**

Come and join our relaxed and friendly group to read, discuss and enjoy a selection of short stories and poems from around the world. We meet during term-time only on Wednesdays between 11am - 12pm at Central Library. If you are interested in coming along to the group and sharing in the delight of listening to reading aloud, you will receive a warm welcome!

![Shared Reading](image)
**Ageing Well**

BME community connector Shabir Hussain was recently interviewed by the Network Co-ordinator for Ageing Well in Wales, Older People’s Commissioner for Wales.

“Living in Newport and coming from a BME background I’m aware of some of the issues that these communities can face. I really enjoy meeting many different people and getting involved with different groups. As a connector I get to work with people face-to-face, and make a real difference to people’s lives”.

Shabir has been working with a Pakistani male social group which focuses on providing social interaction. Shabir helped to put together a constitution for the group and has introduced them to various organisations which can provide support.

“While it’s important to be able to let people know about what’s going on around them, sometimes people don’t feel confident enough to get involved on their own. We can help by offering to go with them to groups for the first time”.

**Cultural awareness**

Connector Robert Muza recently delivered a cultural awareness information session for 27 police recruits at Vantage Point House as part of Hate Crime Week.

**Superbowl, Friars Walk**

**Newport 50 Plus Forum**

The Newport 50 Plus Forum (previously the Newport Senior Citizens Forum) has been very busy this year with a change of committee members with Peter Walters replacing Shirley Evans as Chair. Shirley had been the dedicated Chair for over 20 years and a public voice of the older population and remains a committee member.

The Forum holds quarterly public meetings in the Castle Room of the Newport Centre on the second Monday of January, April, July and October from 2pm to 3.30pm. Everyone is welcome, no need to book, just turn up. The group discuss local issues and invite a variety of interesting speakers to talk about topics such as new projects, grants and adaptations available from the council, sensory loss services, bequeathing bodies etc. The Forum is looking for new committee members, if you would like to join why not pop along to the next public meeting on 8 October.

**50+ Information Day**

Every year the Newport 50 Plus Forum work with Newport City Council and local and national partners to organise the 50+ Information Day which provides information, advice and workshops for people aged over 50 years.

This year’s 50+ Information Day will be held at the Newport Centre on Saturday September 29 between 10am and 3pm with a free lucky dip raffle and refreshments – all welcome.

Members of the 50 Plus Forum executive committee
(from left: Margaret Roberts, Jan Cox, Ruth Knight, Shirley Evans, Raza Hancock, Bobby Conway, Peter Walters, Graham Moore, Rev Clive Hard, Mohammad Shabbir, Keith Wood)

**50+ Information Day...**

Last year the former Mayor Cllr. David Fouweather opened the event with Cllr. Paul Cockeram and John Griffiths AM, Forum vice-chair Clive Hard, council officer Sandra Trimarco and Shabir Hussain community connector. Also in attendance were Jessica Morden MP, Paul Flynn MP, Jayne Bryant AM, Police and Crime Commissioner Jeff Cuthbert and members of the Older Persons Commission.

Stalls included Age Cymru, Care and Repair, University of the Third Age, Gwent Police, fire and rescue services and many more.

Gwent Police crime prevention

Vision mobility

Osteoporosis Society

Malmo Hearing

Older Persons Commissioners Office

SSFA Armed Forces

interests and hobbies, finance and legal matters, housing adaptations, care and support.

29 between 10am and 3pm with a free lucky dip raffle and refreshments – all welcome.
Disabled Sports Association.

Newport City Council’s carers development officer met with Colin Faulkner, the Newport County Disability Access Officer. Colin and his team are on hand to ensure the club provide the best possible experience for disabled supporters and carers.

Colin advises: “The DSA understand there are a number of people who are nervous about attending football matches. The DSA are committed to creating an environment for everyone to enjoy football matches at Rodney Parade. If you are nervous about attending a football match, please don’t hesitate to get in touch with the DSA so they can discuss your worries, needs and concerns with you. The DSA can help form a plan with you so that you can attend the game and enjoy it fully! Stalls included Age Cymru, Care and Repair, University of the Third Age, Gwent Police, fire and rescue services and many more. There truly is nothing better than singing and cheering at Rodney Parade.”

Contact the DSA on 07757 768252. This number is only active five hours before kick-off and 30 minutes after full time. There is no guarantee of a response to anyone leaving a message outside these times. You may also email ncafcdsa@gmail.com.

Ask SARA

Ask SARA is a new online information service, ideal for older, disabled people and their carers.

The self-help/self-assessment guide gives information about screened products that can help with personal tasks such as bathing, and aids for the home.

There are three easy steps:
1. Choose from a list of topics
2. Answer some questions
3. Receive a personalised report with impartial advice and relevant product suggestions

For more information visit https://www.asksara.dlf.org.uk

Digital Eagles

If you’re looking to get more from the internet, Digital Eagles from Barclays Bank can give practical and helpful advice:

• Learn with their online courses
• Find practical guides to help you do more online
• Book sessions in branches with our Digital Eagles

For further information pop into your local Barclays Bank.
Newport Food Festival

The Tiny Rebel Newport Food and Drink Festival takes place this year on Saturday 6 October in and around the city centre, Newport Market and High Street.

Full details here
http://www.newport.gov.uk/newportFoodFestival/en/Newport-Food-Festival.aspx

Belle Vue Park Food and Craft Market

Held on the last Sunday of the month in Belle Vue Park’s Parc Pantry tea rooms. Come and enjoy a range of craft and food stores.

International Guild of Knot Tyers /Urdd Rhyngwladol y Clymwyr Clymau

Saturday 6 October, 10.30am. The International Guild of Knot Tyers provides hours of entertainment through skill and dexterity with ropes and cordage. Knots can engage everyone’s interest as there are so many things that can be made such as mats, coasters, handbags, nets and even jewellery. Come along to the Ship Centre and try your hand.

Looking after Museum Collections

Newport Museum and Art Gallery, 8 November 2018. Find out how Newport Museum and Art Gallery cares for the collections at this informal lunchtime talk. 1pm in the Discovery Zone on the Museum mezzanine for approximately 45 minutes.

Black History Month

Launches Monday 15 October 9.30am - 4.30pm at The Riverfront. All welcome, for information please call 07758 291 018 / 07838 360 979

You are invited to the launch of Black History Month in Newport. BHM is a month-long celebration across Wales of the contributions made by people of African descent in Wales.

Bark in the Parc

Belle Vue Park’s Parc Pantry tea rooms, October 28 from 10am.

Bark in the Parc is all about celebrating our four legged friends while raising money for charity. The day will include a sponsored walk, food and drink and lots of events.

Newport Park Run

A Saturday morning 5km run in the grounds of Tredegar House at 9am. You must register before attending, registration is free. Many runners meet for a post run coffee at Brewhouse Cafe in the main courtyard of Tredegar House.

DATES FOR YOUR CALENDAR

It can be very hard for someone with a disability to have a social life. The aim of Eclipse is to change that, by offering a monthly club night for adults with additional needs, their friends and family. Come dance and sing the night away in a safe and friendly environment at The Courtyard. As well as singing and dancing we also encourage our patrons to take part in the night by joining in our DJ workshop and dance fitness classes.

The next date is Sunday 9 September, 6.30pm at The Courtyard, 46 Cambrian Road, Newport.

Eclipse - club night for adults with additional needs

Buy tickets online via
https://www.fatsoma.com/mista-ifsta-presents/ vjuuputi/eclipse-additional-needs-clubnight
or in The Courtyard/Kama Lounge
for £2 per person.

** Volunteers are welcome, if you’d like to volunteer please get in touch

Eclipse - club night for adults with additional needs

Newport Park Run

INTERNATIONAL GUILD OF KNOT TYERS

Saturday 6 October, 10.30am. The International Guild of Knot Tyers provides hours of entertainment through skill and dexterity with ropes and cordage. Knots can engage everyone’s interest as there are so many things that can be made such as mats, coasters, handbags, nets and even jewellery. Come along to the Ship Centre and try your hand.
Carers Rights Day
22 November 2018 at The Riverfront
Theatre from 10 am until 2pm with speakers, information stands and refreshments.
Sign up to the Carers Newsletter for up-to-date information on services to carers, grants and trips.
Contact Jessica Holmes on (01633) 235650.

Newport Christmas Market
This year the Newport Christmas Market is being held on 30 November from 5pm where you can see the Christmas light switch on and browse stalls.

Talk: Remember when…
Fancy a chat about Newport past and present? Why not join museum volunteer Peter Brown and share your memories of growing up in Newport. Explore Peter’s collection of images and information relating to Newport, every Tuesday at 2pm on the Museum mezzanine.
Sign up to the Carers Newsletter for up-to-date information on services to carers, grants and trips.
Contact Jessica Holmes on (01633) 235650.

NEON
Newport Neon, Clarence Place, hosts a number of events from film screenings to live shows.
A full list of upcoming events can be found at https://www.theneon.co.uk/product-category/sports-dance/ or contact 01633-533666.

Why not try a new group or social activity?
Remember, we can help you find a group or even come with you to your first session.
If you would like your group or event to feature in a future newsletter please contact the community connectors on (01633) 235650 (Monday – Friday between 9am-4pm) or email community.connectors@newport.gov.uk.

The Older People’s Commissioner for Wales
The Older People’s Commissioner for Wales, Helena Herklots, is an independent voice and champion for older people across Wales.
The Commissioner and her team visit groups in Wales to discuss their work and listen to the experiences of older people. For more information please visit: http://www.olderpeoplewales.com.