



Newport Community Connectors

Summer News 2023

As we head towards warmer weather and lighter evenings, the Community Connectors continue to provide information, advice, and assistance to the residents of Newport.

We work with community groups, support services and organisations to promote community inclusion, involvement and to tackle loneliness and social isolation.

Community Connectors give face-to-face advice as well as on the telephone, by email or post.

If you would like information, advice, or are interested in joining a group, please contact:

Email: community.connectors@newport.gov.uk

Phone: **01633 235650**

Web: www.newport.gov.uk/communityconnectors and complete a request form.

Latest News

Chatty Café

Following the re-launch of Chatty Café it has been great meeting people of Newport again! We met with over 40 people who have enjoyed a cuppa and chat with the team and others.

Are you new to the area or looking to get connected with your local community? Why not pop in for a cuppa and a chat with a Community Connector.

The Chatty Café runs on the first Wednesday of every month, between 10am and 12pm at the Riverfront Theatre. You can find out what community groups and activities are available in your area and maybe even meet new friends!

Contact us for more information on

📞 **01633 235650**

✉ community.connectors@newport.gov.uk



Gwent Wellbeing College launches in Gwent

The Gwent Wellbeing College (Gwelcol) is an online resource where people can explore and build their own community wellbeing curriculum by choosing from a range of activities available within the Gwent area.

Gwelcol provides information about local wellbeing organisations, groups, individuals, clubs, services

and links to their social media pages and websites. Such services include health, fitness, arts, crafts, employment, training, life skills, social groups and much more.

The service is free to use and is open to anyone who wishes to improve their well-being and connect with your community. Find out more at

www.gwelcol.co.uk



Cost of Living Event

In April the Community Connectors attended Newport City Council's cost of living information event at the Riverfront Theatre.

Over 130 people attended, receiving information and advice on the cost-of-living crisis, from 32 organisations.

Organisations included Citizens Advice, Age Cymru, Newport City Homes, employment, Newport MIND, youth projects, Newport Transport, housing, aids and adaptation grants and many more.

The Connectors enjoyed meeting members of the public we spoke to and advised on the day.

If you would like a copy of our cost of living support directory please email or call via the contact details listed on the front page.

For more information on support and advice visit the council's website -

www.newport.gov.uk/support



Coronation Celebrations

The Gaer Community Centre celebrated the Coronation of King Charles III on 5 May. This was a very special occasion where children from Castle Kids Childcare celebrated the Coronation with the community group Music and Memories.

The event was funded by the Gaer Community Network and supported by Community Development Officer Lucinda Boyland from Newport City Council and the Flying Start Team of Castle Kids Childcare.

There were sandwiches, quiche, cake, games, singing, lots of smiling and lots of intergenerational fun. A big thank you for inviting us!



How did you celebrate the coronation?

Communities up and down the country celebrated the Coronation of King Charles III there were street parties, community parties and Newport was no different. We would love to hear your stories and see your photos which we could include in our next newsletter. Simply send them to us at our email address listed on the front page.



Green Bettws

We recently enjoyed a walk with Green Bettws, who are a group of volunteers campaigning and helping Bettws become a greener and cleaner community by holding litter picking sessions.

They also have a community garden growing space which is open to anyone. Volunteers of any age are always welcome so please pop by.

For more information visit:

www.facebook.com/greenbettws or contact a connector who can put you in touch.



Neil Griffiths from Green Bettws and a volunteer doing a litter pick

Newport Youth Academy

The Newport Youth Academy is an inspirational, life changing provision for the young people of Newport aged between 16 and 18 years old who are not in employment, education or training (NEET).

It is one of Newport's largest training providers delivering training to young people and supporting them into employment or higher/ further education.

While at the Academy, young people can earn up to £60 a week while gaining training, qualifications and all the support they need to progress onto the next stage of their career.

For more information visit
www.newport.gov.uk/nya

NEWPORT YOUTH ACADEMY



Cultural Club – supporting ethnic communities in Newport

The team has visited the Warm Bank in Newport providing information and support to BAME residents on a wide range of topics including, the cost-of-living crisis, carer's grants, social groups, housing, immigration, employment and volunteering opportunities.

The Cultural Club, organised by Zimbabwe Newport Volunteering Association and funded by Newport City Council and GAVO, offers a safe heated space to go and provides activities including:

- Well-being and health checks led by Active Angels
- Multicultural food bank provided by Zimbabwe Newport Volunteering Association
- One to one and group sessions with Psychological Health Practitioner Afshan
- Chess and board games led by Newport chess club
- Knitting club led by Mynedd clwb
- Head Massage provided by Bahai Faith community of Newport (Munis Abbas)
- IT hub and internet café
- Dance sessions by Active Angels
- Saturday lunch club led by Mynedd Clwb

To find out more about the club email
zimnewport@yahoo.co.uk



Volunteers, Afshan Morgan, Robert Muza (Connector), AM John Griffiths at the Warm Hub in Clarence Place

Africa Day



On Sunday 28 May, members of the African community will come together from across South Wales at a celebration events at Rodney Parade.

The event is the third one to be held in Newport and will focus on celebrating African cultures and communities.

Organised by our Connector for Ethnic minorities Robert Muza and local charity, Zimbabwe Newport Volunteering Association, more than 300 families will be treated to African food, music, cultural dancers, poetry, story tellers and much more.

Member of Parliament for Newport East, Jessica Morden said: *"It is a wonderful way to bring together the community. The food is fantastic, and the music is great. It's a hugely popular and colourful event that keeps getting bigger and bigger".*

All communities are welcome to celebrate Newport's diversity.

For further information, please contact
zimnewport@yahoo.co.uk



Your Newport. Your Wellbeing



Your Newport is a free online map that connects you to everything that can help your mental and physical wellbeing in your local area.

You can use this free map to find things to help you and your family enhance your health and wellbeing, providing information on everything from clubs and activities, to groups and organisations,

You will find all the information you need to take part in activities or to ask for help, which you can use to start improving your well-being.

If you are a community group or organisation and would like to be added to the online directory and interactive map, please email info@yournewport.co.uk

Tackling loneliness and isolation in Newport through the power of reading

Newport libraries are helping residents reduce isolation and loneliness with a new reading group called **Reading Friends**. Reading Friends is a free group bringing people together using reading to get everyone chatting and meet new friends.

The first meeting of the group will be on 15 May from 2pm – 3pm at Malpas library and will run on the third Monday of every month. There is no need to book, you can just turn up on the day.



Look out for our new Community Directory

A directory of community groups has been produced which will be packed full of useful information on the support and advice available in Newport.

Contents include information on community groups, carer support, groups for older and younger people, and health and support groups.

To order a copy of the directory email community.connectors@newport.gov.uk or phone 01633 235650.



Council services recognised in the Social Care Accolades 2023

The Community Connectors attended the Social Care Accolades award ceremony at City Hall in Cardiff on 27 April 2023. They were 'Highly Commended' finalists in the *Supporting Unpaid Carers* category.

The judges said, *"The Newport Community Connector service has done such a lot for unpaid carers; they've really gone above and beyond. The judges felt the staff were passionate, dedicated and they liked the whole team approach."*

The project was praised for the way it included ethnic minorities and groups and how they helped address digital exclusion by providing unpaid carers with access to technology".

Rebecca Wilford, NCC's Carers Officer, collected the award certificate on behalf of the Connector service. Team Manager Sandra Trimarco commented, "It was fantastic for the team to receive this award in recognition of their dedicated work and, importantly, the film showed the valuable role Newport's unpaid carers have in supporting their loved ones".



A big congratulations to Oaklands who won the award for the *Building Brighter Futures for Children and Families* category.

Oaklands is a Newport City Council respite service for children with additional needs, offering families a break from their caring role. The judges feedback spoke about love in the care system and how the staff showed this in abundance.

The Accolades recognise and celebrates excellence in care and the afternoon was a wonderful celebration of the dedication shown by Newport City Council staff for unpaid carers and families.

Carers Network Meeting

During our recent Carers Network meetings for unpaid carers in Newport, we enjoyed listening to Ellis Redman, Wellbeing Ambassador at Newport Live, where he discussed what sports and activities offer to support wellbeing. We also listened to Damian Lines from Rubin, Lewis, O'Brien Solicitors discussing the importance of later life financial planning and offering advice on complicated matters such as power of attorney.

In May, we welcomed Age Cymru discussing their Hope Advocacy project and South Wales Police informing us of their protocols and services they have in place to protect the most vulnerable in our communities. We also enjoyed listening to Katherine Hawkins from Newport City Council discussing Age Friendly Communities.

Our next Carers Network meeting will take place on Wednesday 27 September 2023.

If you would like to receive meeting invites, monthly e-bulletins and regular information, you can sign up to the **Newport Carers Network** at no cost.

The team also run a **Carers Cafe**, which provides professional and peer support. To find out more contact the Community Connector team.

Carers Week

This year's Carers Week takes place from 5-11 June 2023 where organisations, charities, services and individuals across the UK get together to show support for the unpaid carers in our communities.

The theme for 2023 is '*recognising and supporting carers in the community*' and is about coming together to make sure carers get the information and support they need.

For more information on this year's event and how Newport will be celebrating, follow Newport City Council's social media channels (Facebook, Twitter and Instagram), visit

www.newport.gov.uk/carers or contact the Community Connectors on community.connectors@newport.gov.uk or 01633 235 650.

Newport 50+ Forum

This year saw the relaunch of Newport's 50+ Forum. The Forum is a committee of elected members, and anyone can join for free. It provides a voice for the over 50s in Newport helping to improve the quality of life for older people by influencing the way services are planned.

Public meetings are held in January, April, July and October (towards the end of the month) from 2- 4pm at THE PLACE, Bridge Street.

Look for the dates in Grassroots in the Argus or via their Facebook page (search Newport 50+ Forum). Everyone is welcome, just turn up, get informed, get involved and share your views!



Dates for your diary

Wales National Armed Forces Day 2023

On Saturday 24 June Newport will be the host city for Wales National Armed Forces Day. The event will celebrate and acknowledge the contribution of those currently serving in the Armed Forces, veterans and volunteers.

A packed programme of events is planned, including a parade through the streets of the city centre, military displays and a concert. Key times are as follows:

10am	Military parade from High Street to John Frost Square
11am	Red Arrow fly past (weather permitting)
11:30am (approx)	The Tigers Army Parachute and RAF Falcons display teams (weather permitting)
4pm	Military concert

For more information on the day's events visit www.newport.gov.uk/armedforcesday or follow the council on social media

 Facebook: [@NewportCityCouncil](https://www.facebook.com/NewportCityCouncil)

 Instagram: [@NewportCityCouncil](https://www.instagram.com/NewportCityCouncil)

 Twitter: [@NewportCouncil](https://twitter.com/NewportCouncil)



Pride in the Port

Pride in the Port will return to the city on 2 and 3 September and will celebrate the LGBTQIA + community. The day will include a parade in Newport which will start from Friars Walk and make its way to Commercial Street, High Street, and Market Street, finishing at the Riverfront Theatre.

Find out more at
www.prideintheport.wales

Black History Month

In October we will be celebrating Black History Month. This is always an important occasion to recognise and celebrate black history and heritage in Newport. It is also an opportunity to inspire and empower future generations. Keep an eye on our webpage to see events we have on to celebrate this year.

Newport Food Festival



Newport's popular Food Festival will return to the streets of the city centre this autumn for a weekend of food and entertainment, including the main event on 14 October and a supper the evening before.

Information on what will be on offer will be available on the festival website soon -
www.newportfoodfestival.co.uk

Newport Rising Festival Returns

November's Newport Rising Festival returns in November and commemorates the Chartist Uprising of 1839.

The uprising was the last large-scale armed rebellion against authority in Great Britain and an important milestone on the road to modern democracy. Thousands of men marched to the Westgate Hotel fighting for the right to vote and for the common people to have their voices heard. The Chartists also hoped of securing the release of five of their men who were held under arrest at the hotel. Battle broke out which saw many injured and around 22 killed.

Join us this November and add your voice to the chorus!

Look out for more details on the festival at
www.newportrising.co.uk



community.connectors@newport.gov.uk



01633 235650



www.newport.gov.uk/communityconnectors