

Newport Community Connectors

Welcome to the winter edition of our newsletter where we will be updating you on what the Community Connectors have been up to.

The Community Connector's role is to tackle loneliness and social isolation by providing information, advice and assistance to citizens who live in Newport area. 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 an information request form.

Latest News

Out and about in the community

We've been busy getting out in the community over the past few months. In August we attended the Families Love Newport event organised by GAVO and the Union parents and carers campaign at Tesco in May.

We met with members of the public and professionals and provided information and advice on local community groups and services.



Carer Friendly Advanced Accreditation

Newport City Council is committed to providing a good service for unpaid carers and recently our Adult Services teams have achieved Carer Friendly Advanced Accreditation.

An independent panel evaluated how we support unpaid carers and stated that there is 'a lot on offer' for unpaid carers in Newport. They commented that the Carers Handbook and Carers Network Bulletins are a great resource for unpaid carers to access information in one place.

A presentation ceremony took place at our Carers Café during the summer and the Carer Friendly plaque will be proudly displayed at the Civic Centre.



If you are an unpaid carer and would like more information about the support we could offer you, please contact the Community Connector team.

You can also visit www.newport.gov.uk/carers

Carers Network Meetings

Public meetings for unpaid carers have restarted, due to popular demand, following a substantial break for the COVID-19 pandemic. The meetings, which will run 3 times a year, aim to provide unpaid carers with a range of information and the opportunity to meet experienced professionals.

Geraint from The Money Partnership and Amanda from the Newport City Council Community Occupational Therapy team joined us for the first meeting in September.

Unpaid carers learnt about how to future proof their finances and how technology can help to support independence and safety. The next meeting is planned for January 2023.

If you would like to receive meeting invites, monthly e-bulletins and regular information, you can sign up to the **Newport Carers Network**.

Please get in touch with the Community Connector team to find out more.



My Winter Health Plan

If you have a long-term physical or mental health condition, this scheme aims to help you and your carer to provide clear information to health and care staff who may need to visit your home in an emergency.

My Winter Health Plan will share some basic information with health and care staff making a home visit about:

- your condition
- the support you receive
- the advice you have been given
- your key health and care support contact details

Once the health plan has been completed display your plan where it can be easily seen by visiting health and care staff.

You can download the My Winter Health Plan template by visiting <https://111.wales.nhs.uk/livewell/lifestylewellbeing/winterhealthplan>

Alternatively, you can email SixGoals.UrgentAndEmergencyCare@gov.wales for a pack to be sent to you by post. If this is not an option for you, please contact the Community Connector team, where they can email on your behalf.



Windrush and a tribute to Queen Elizabeth II

Two community groups formed a partnership to celebrate “Windrush 2022.” Active Angels & Mynedd Clwb were funded by Welsh Government through Race Relations Cymru and featured many aspects of the Windrush Generation.

This was done through Caribbean food tasting, singing, dancing, elder talks and also a silent disco.

Following the death of Queen Elizabeth II the event paid tribute to the role the Queen played in honouring the Windrush generation.

For more information please contact:

info@activeangelsgroup.co.uk or clwbmynedd@gmail.com



Yemeni Welsh Festival

In August, people from all walks of life celebrated the second annual *Newport Yemeni Community Association (NYCA) Yemeni Welsh Festival*.

Supported by the National Lottery Awards, the festival - which first launched in 2021 - took place at Pill Harriers rugby club in Newport. It included food, live music by the Caldicot Male Voice Choir and the Yemeni Musical Group, with local young people volunteering to help.

The NYCA are involved with other projects such as helping elderly people with gardening, food bank with cultural appropriate food items and workshops with young people and youth forums.

For more information on the NYCA contact **07918 905209** or email **nyca1264@gmail.com**

Black History Month

October 2022 saw the celebration of Black History Month and was celebrated at St. Fagan's National Museum of History, Cardiff.

The annual event celebrates the culture, contributions and achievements of black people in the UK and across the world. More than 80 people from Newport ethnic minorities background joined others from across Wales.

This year, Black History Wales are launching Black History 365, which is a year-long programme aimed at continuing action to help tackle racism and ensure black history is explored and talked about all year round.

For more information visit
BlackHistoryWales.org.uk



Cost of living information

No one should have to choose between heating or eating. If you are experiencing the impact of the current rise in the cost of living please visit the Community Connector web page - www.newport.gov.uk/communityconnectors where you can find a directory of support available. If you would like a copy of the directory, please contact the Community Connectors.



ASDA- 'Winter Warmer' initiatives

Throughout November and December ASDA are offering people aged 60 years and over the chance to enjoy soup, a roll and unlimited tea and coffees for just £1 in selected cafes.

See the list of participating stores by visiting <https://corporate.asda.com/20221006/I-meal-deal-for-oaps-is-part-of-our-new-winter-warmer-initiatives>



Get digitally savvy with digital skills training

Do you know someone who wants to improve their digital skills? Newport City Council's essential digital skills course is perfect for those who are looking to gain the skills to use the internet to do things like shop, chat, find information and surf the web safely.

To register your interest, please email sam.ali@newport.gov.uk or samantha.turnbull@newport.gov.uk or phone/text **07796 793241**



Food Cycle Newport



Once a week Food Cycle uses the kitchen at Community House in Maindee where volunteers cook the fresh surplus food that has been donated.

The three course meals are completely free to anyone who would like one, with no referral necessary. Through using donated food, which would otherwise be wasted, the meals are also sustainable.

Local volunteers create a warm and welcoming atmosphere so that people can chat together comfortably over a shared meal – food for the body and the mind.

Our volunteer hosts will talk with interested guests around simple recipe ideas and veg prep.

Food Cycle also runs a free phone-based 'check-in and chat' service for anyone who would like to be told about other local services, or simply for anyone who would like to have a natter.

The team is passionate about reducing social isolation and building a sense of community as well as fundamentally filling bellies!



Chatty Café

Riverfront Theatre and Arts Centre, Newport

First Wednesday of every month

10am - 12pm

Come and have a chat!

Pop in for a cuppa and a chat with a Community Connector. Find out what community groups and activities are available in your area and maybe even meet new friends!



Tea and coffee available

To find out more contact **01633 235650** or email community.connectors@newport.gov.uk

www.newport.gov.uk/communityconnectors



The Chatty Café is back!

After a break due to the pandemic, the chatty café is back. Pop in for a cuppa and a chat with a Community Connector, find out what Community groups and activities are available in your area and maybe even meet new friends!

The Chatty Café takes place on the first Wednesday of every month at the Riverfront Theatre, Newport, between **10am** and **12 noon**.

If you would like to find out more, please call **01633 235650** or email community.connectors@newport.gov.uk



Introducing our new Directory of Community Groups

We will soon be introducing a new directory of community groups which will be packed full of useful information on the support and advice available in Newport. Information will include: community groups, carer support, groups for young people, health and support groups.

For more information on the directory, please email community.connectors@newport.gov.uk or phone **01633 235650**

