



NEWPORT/TREFDRAETH WINTER 2019 NEWSLETTER

This is the third Newsletter produced by the Community Forum because we have received a small grant from Age Cymru to help combat loneliness and isolation in the Newport area.

For the last 10 weeks the Forum has supported **Newport Time Bank** and **Arts Care Gofal Celf** to run **“Steps to Health”** easy exercise sessions (mostly seated) in the Maes Ingli Sheltered Housing Sitting Room, once a week. These have been extremely well received by those who have attended, who have found the exercises to music helpful for all sorts of aches and pains, or just relaxing whilst keeping fit. So, the Forum has decided to use the Age Cymru grant to help this group to continue for a further 10 weeks as **“Newport Friendship and Fitness Club”**. We will now meet in the Memorial Hall Garden Room at 2pm every Monday for an hour or so, followed by tea and light refreshments for those who would like to stay. The cost is £3 per head. If you don't think this is for you, perhaps you know of someone else who could benefit? Maybe, you can help that person get to and from the Hall, when you will be welcome to stay as well, if you wish.

Newport Needs and Assets Survey. The **Survey** is going well, thanks largely to the enthusiasm of Tina Shevlin who is working part time for the Community Forum for 3 months as Newport's Engagement Support Officer. If anyone would like to talk to Tina, go through the questionnaire with her, or ask her to come to collect your answers from your home, please telephone 07538642928.

Publication of **Newport Handbook** is delayed whilst awaiting agreement of some groups to the text that the Forum has drafted. Thank you to all those who have already responded, especially those who translated their entries into Welsh for us.

The Forum's **Newsletter** grant from Age Cymru is to reach older people, but according to the Welsh Government, the biggest increase in loneliness figures is amongst **young people**: almost 10% of people aged 16 to 24 are "always or often" lonely - the highest proportion of any age group - more than three times higher than amongst people aged 65 and over. It may be that increasing loneliness among young people is driven by social media and the "digital world". There is half the percentage of the population in this age group in Newport, than the average for the whole of Wales. If anyone has any ideas for ways to tackle this problem, please get in touch.

Other News

The new Chairperson of the Community Forum is Vicky Moller, and Vice Chairperson, Gaynor Davies

Newport Canolfan Croeso /Welcome Centre Long Street SA42 0TN, is now leased from Pembrokeshire Coast National Park Authority by Newport Town Council for 30 years at the peppercorn rent of £1 p/a, and occupied by Newport Community Library and Newport Visitor Centre.

Newport Community Library (NCL) is already happily installed. Congratulations to Newport Library Working Group for a well organised move by library volunteers with the help of PCC library staff and Town Councillors. NCL now looks forward to becoming more of a community hub with exciting projects in the pipeline such as a Homework Club and a transport scheme, possibly in cooperation with Newport Time Bank, to convey those who cannot get to the library themselves. If you would like to help, contact Philly Morrall **T:** 01239 820839 **E:** philly.morrall@icloud.com

Newport Visitor Centre has held its first meeting to sign up volunteers. There was a fantastic turnout. Early in the New Year there will be a meeting of those who offered to be on the Working/Steering Group. They will establish a programme of meetings, decide what they want to be called, and roles in the group, and start working with PAVS to set up the new Charitable Incorporated Organisation (CIO). They will also be getting the volunteers together to meet again and start working together. Volunteer training sessions with National Parks and the Visit Wales "Community Tourism Ambassadors" scheme will be scheduled. Some employees who used to run the Visitor Centre have kindly offered to give advice, which will be invaluable.

If all goes well, it is hoped that a basic service will start from March 2019. "We don't want to rush things - we want everyone to enjoy being a volunteer". All volunteer support, however small a role, will be vital to the success of the Visitor Centre and will form a sound base from which a Centre can be built that will do Newport proud. If you wish to volunteer in this exciting project please don't hesitate: contact Jano Williams
E: janowilliamsntc@icloud.com T: 01239 821266

It is with regret that **Carningli-Newport WI** have taken the decision to close. "*Pembrokeshire Federation of WIs wants to send their best wishes and thanks to all the loyal members in the local area who helped to ensure that last year's 50th anniversary celebrations were spectacular. Queries regarding the closure of this WI should be directed to Pembrokeshire Federation of WIs T: 01437 768674 E: wihouse@btconnect.com*"

Again, after a hugely successful year, including the opening of the Mediaeval Kiln to public view, and conversion of the Garden Room, **Newport Memorial Hall** is looking for a new Chairman so that Reg Atkinson can step down as he has been trying to do for 18 years. Contact Reg T: 01239 820889 if you would like to join the Committee. Contact Siobhan to join the **Friends of the Kiln** E: siobhanash@btinternet.com

Some Diary Dates (By no means comprehensive)

Every Monday from 7th January **Friendship and Fitness Club/Steps to Health** gathering in Newport Memorial Hall Garden Room at 2 pm £3 per person Contact: Sandra T: 01239820889

Every Friday U3A (Newport 'general studies' group branch of Cardigan U3A) meets at 10.30am – 12.30pm in the Old School Unit 3, Lower St. Mary St. Contact Jane Villiers T: 01239 821241 for details.

11th January Art Film "*New York 1951 – Bright Lights – Brilliant Minds*"; 18th January "*Music: The Americas*"; 25th January "*Book: Philip Pullman - Grimm Tales*"; 1st February "A TV Programme discussed"; 8th February "*A figure from 19th Century you would like to meet*"; 15th February "*The Slave Trade*"; 1st March "*Music: The British Isles*"

13th January **Hen Galan - New Year** is celebrated in the Gwaun Valley, according to the old Julian Calendar.

Thursday 7th February **Newport and Area Carers Group meeting** in Tabernacle Chapel Vestry 10.30 am Contact T: 01239 821129 Ros McGarry

Thursday 17th January **An amazing Evening with a Medium** Karen Wilson at LLwyngwair Manor. Tickets £10.00 available from Newport Pharmacy. Proceeds go directly to the Junior Football Club 🏈 Contact Denise T: 07968 086012 or Char T: 07531433832

THIS NEWSLETTER IS AVAILABLE IN WELSH TRANSLATION

Please send comments, and suggestions for future Newsletters, to Sandra Bayes, Secretary, **Newport Forum** 01239 820889 sandrabayes1@btinternet.com Next Newsletter will cover February – June 2019

For help with transport to and from any of the above activities from **Country Cars** contact **RVS** T: 0800 783 1584 whilst Ken and Gaynor are away, otherwise T: 01239 820090