



OLDFORD VOICE



Dec/Jan 2008-09

Powys Communities First Conference *Stronger Communities Through Partnership Working*

On 20th November 2008 all three of the Communities First areas in Powys held the Powys Communities First Conference at Hafod a Hendre, in Builth. Supported by the Communities First Link Officer, Susan Morley, Powys County Council and the Local Health Board. The day was a great success with over 90 people attending!



Delegates heard from each Communities First Area in Powys and also from the people who work with these areas. This year representatives from PAVO, Coleg Powys and the Mid and West Wales Fire and Rescue Service signed a commitment to support the work of Communities First in the three areas of Oldford, Bro Ddyf and Ystradgynlais.

The Oldford Communities First staff would like to thank everyone who helped in the run up and during the conference. A special thank you to Brendan McWhinnie of the Clwyd Alyn Housing Association who spoke on behalf of the Oldford Communities First staff and Partnership.

Right:
Representatives from PAVO, Mid and West Wales Fire and Rescue Service and Coleg Powys all signing the commitment.



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If you would like a large print or Welsh language version of this newsletter, please contact the Communities First Office on 556648

Os hoffech dderbyn copi o'r cylchlythyr hwn mewn print bras neu yn Gymraeg, cysylltwch â Swyddfa Cymunedau'n Gyntaf ar 556648

Oldford Communities First Partnership AGM

Wednesday 17th December
Starts at 11am
Welshpool Town Hall.

Come along and hear about the successes of the Oldford Communities First Partnership during 2008 and join us for lunch.

Free crèche on request.
For more information or to book a place, please call us on 556648.



'Be a Savvy Shopper this Christmas'

Powys County Council council's Trading Standards Service has provided some tips on Christmas Shopping:

- * Shops don't have to take things back unless there's something wrong with them but often help out of goodwill. Ask before you buy
- * Check if the shop has special arrangements for unwanted Christmas presents. Ask for a gift receipt
- * If you need to return anything, proof of purchase is very important. Keep receipts in a safe place as soon as you start shopping
- * Check presents before wrapping them. This will avoid disappointment on Christmas Day and allow you to sort things quickly with the shop
- * Think about using a credit card for goods costing over £100. You get extra protection if things go wrong, for example if the goods turn out to be faulty
- * Be very careful with seasonal 'Christmas Shops' and one-day sales that appear overnight. They may disappear just as fast once Christmas is over
- * Always stick to age warnings on toys and look for safety marks like the Lion Mark. Make sure younger children don't get hold of toys made for older ones
- * Check all toys for loose parts or sharp points. Don't be tempted to buy cheap fakes as they're likely to be poor quality and could be unsafe



Potty Potato

Fruit & Veg Co-op

Remember to order your Christmas fruit and Veg on 11th December to be collected on 18th December!

Every Thursday

Oldford Infants School - 2.30pm - 3.30pm

Robert Owen Credit Union

at Clwyd Alyn Housing Office - 4pm - 6pm

Pay and order a week in advance for fresh and seasonal fruit and veg!

£3.00 each full bag

£2.00 each half bag

Free range eggs - £1.50 for 12 and 75p for 6

Young Driver's Course Pass Plus Cymru.

Are you aged 17 - 25 and just passed your driving test?

Here's how it works...

You'll focus on:

- Heading off on the motorway
- Driving techniques and hazard awareness
- Getting around at night
- Coping with busy towns and cities
- Driving on rural country roads
- Thinking ahead – just like you're doing now

What do you get from it?

- Better driving skills
- More chance of lower insurance*
- Less chance of a collision or injuring yourself, friends and others

Pass Plus Cymru could be right up your street. It's a short, expert-led higher driving course designed for young people to develop road techniques and to widen experience.

Courses available so far:

- Newtown Fire Station – 11th December
- Llandrindod Wells Fire Station – 7th January
- Newtown Fire Station - 12th February

The cost of the whole course, to each individual, is £20.00. The Road Safety Unit, through funding from the Welsh Assembly Government, will pay the remaining £100.00.

For more information, please contact Sarah Morris on 01597 826637. Alternatively, you can book a place on your chosen course by ringing 0845 050 4255 or visit www.dragondriver.com.

Computer Course

The course is suitable for absolute beginners to those who want to brush up on their existing IT skills.

Emerald House, Oldford Infants School

Time: 1.00 - 3.00

Dates: 12.01.09 - 23.03.09

Cost: Free

All courses are certificate.



To save a place and/or enrol
Contact Annie Evans 0845 4086 276

Merry Christmas and a Happy New Year from Oldford Nursery and Infant School

2008 was a very good year for Oldford School we:-

- * had a new school nurse – Kelly Pearce
- * our PTA raised hundreds of pounds for children to go on trips and have new outdoor toys
- * we had lots of students training in our school from universalities an colleges
- * we worked with Gungrog school on a cookery course for parents
- * we changed the time of our parents and toddler group to Tuesday and Thursday mornings and have a better attendance
- * we visited museums and libraries in Welshpool and beyond
- * we had 3 successful family learning programmes with parents and children
- * we met with parents to talk about how their children were doing in school on 3 occasions
- * we took part in many events in Welshpool including the carnival, St David's day and Christmas celebrations
- * we made a digital story DVD with our VIP OAPs who come for lunch the last Thursday every month
- * we ran 2 parenting courses in conjunction with Barnados
- * we ran an after school tennis club
- * we worked with Maesydre to set up their free breakfast service as our healthy eating initiative was modelled as good practice
- * we had joint fun day with community first and all the Welshpool schools and children's services
- * we had a fantastic promotion of reading and £1000 worth of new books from Usborne



Negative

- We had to close for strike action and extra training days
- We lost our governor Mrs Maggie Morgan
- We were not satisfied with end of year 2 standards and are working even harder to help children achieve their potential

We look forward to the challenges of 2009

We love working with the community. Come and see what we can offer

Heddlu Dyfed – Powys Police



Neighbourhood Watch

As part of their drive to reduce Crime and Anti-Social behaviour, Welshpool Neighbourhood Policing Team would like to encourage people to actively take part in Neighbourhood Watch Schemes.

Neighbourhood Watch is all about people getting together with neighbours and working closely with Police in a bid to make our neighbourhoods a safer place to live. A scheme works effectively when there is a strong relationship with the local police.

Schemes have an important role to play in sharing information with the police about suspicious activities in their neighbourhood such as bogus callers, anti-social behaviour or vandalism.

Similarly, the police can share information about recent crimes in the neighbourhood so that members can stay vigilant, and have the opportunity to take appropriate precautions to avoid becoming victims themselves.

If anyone is interested in setting up a Neighbourhood Watch Scheme in their area and would like to make an appointment to know more then please contact:

Welshpool NPT on 0845 330 200 ext 753461 or via email on welshpooltownnpt@dyfed-powys.pnn.police.uk



Tel: 01686 626234
info@cwmharrylandtrust.org.uk

Wondering how you'll cope at Christmas?

Turkey, stuffing, spuds, sprouts, cake, pudding, pies. 'Enough!' you cry. 'Not another crumb more, or I'll burst.'



Don't despair! Cwm Harry's here. We'll take all you can't eat, won't eat. We'll make good use of it – keep it out of landfill – turn it into compost and put it back on the land to help grow... more SPROUTS!

It's a really good idea – we think so, anyway.

Please put out your food-waste over Christmas. Even if you don't usually bother we'll be happy to pick it up. Just set out your green bin on rubbish day. Short of bags? Ring and tell us, and we'll bring you some.

A HAPPY AND MERRY CHRISTMAS TO YOU ALL

Coming Soon.....

Oldford's New Youth Shelter

With support from the local Neighbourhood Policing Team, the Oldford Tenants Association, Clwyd Alyn and many other organisations, the Community Safety Partnership has awarded two youth shelters like the one in this picture on the left to Oldford. They will live in the Oldford Play Area and will be a safe place for young people to sit and chat. A few weeks ago the young people on Oldford were invited to help choose a colour for the shelter. **For more information please call 556648**



Thinking £ money



I'm dreading Christmas this year because we are really struggling to pay the bills and there's no cash to spare for cards, presents and so on. What can I do?

Follow our key tips to help stretch your budget and make sure you have enough to pay the bills in the New Year:

- **Plan ahead.** Work out how much you can realistically afford before you start spending, taking into account what you need to keep back for your essential bills like rent or mortgage, council tax, gas and electricity.
- **Set a limit** on how much you are going to spend and stick to it.
- **Remember that Christmas is an expensive time of year for everyone.** With some close friends and adults in the family you may be able to make a 'no presents' pact. Or agree to exchange only token gifts with a fixed limit on what you spend.
- **Try shopping with cash only** - that way you can't spend more than your budget.
- **Shop around**, you may find it cheaper elsewhere.
- **Try not to feel pressurized by children** into buying expensive toys or other items you can't afford. Explain the situation to them.
- **Don't run up an overdraft unless you have an arrangement with your bank** the interest you have to pay will be punitive.
- **Get advice** as early as possible if you do run into debt problems. Don't ignore them and hope they'll go away - they won't. See the Citizens Advice website www.adviceguide.org.uk for advice on how to tackle debt and contact details of your nearest CAB for free, confidential, independent money advice.

GET GOING GANG 2008

Altogether 108 children registered with the Get Going Gang over five weeks of the Play Scheme. There was a variety of activities which boosted the children's confidence and self esteem. There were also plenty of handmade crafts to take home to their parents!



There was a lovely surprise on the first day as we were joined by Pudsey Bear from Children in Need. During the five weeks there were professional workshops including jewellery making, dance, African drumming and more. There was a trip to the cinema and a fun tour of Welshpool Town Hall where the children acted out a court room scene with Cllr Alan Crowe. Other trips included archery, quad biking, forest school, Cadburys World and many others.



Liz Gannon, Team Leader, would like to thank all of the children who attended and their parents for their support. Thanks also to the Scheme's funders and all of the donations received. Lastly, a big thank you to all of the paid staff and volunteers for their time and dedication.

For more information call 555269.

Oldford Tenants' Association AGM

**15th December
7.00pm start
Oldford Infants School**
Come along and have a drink and a mince pie and see what we have achieved this year.

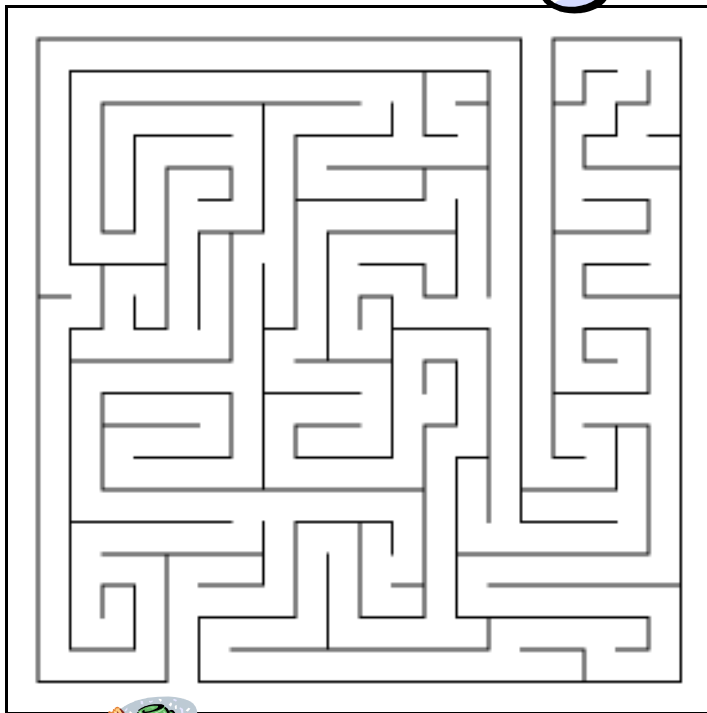


CALL US IF YOU'VE GOT A PROBLEM OR WOULD LIKE TO VOLUNTEER

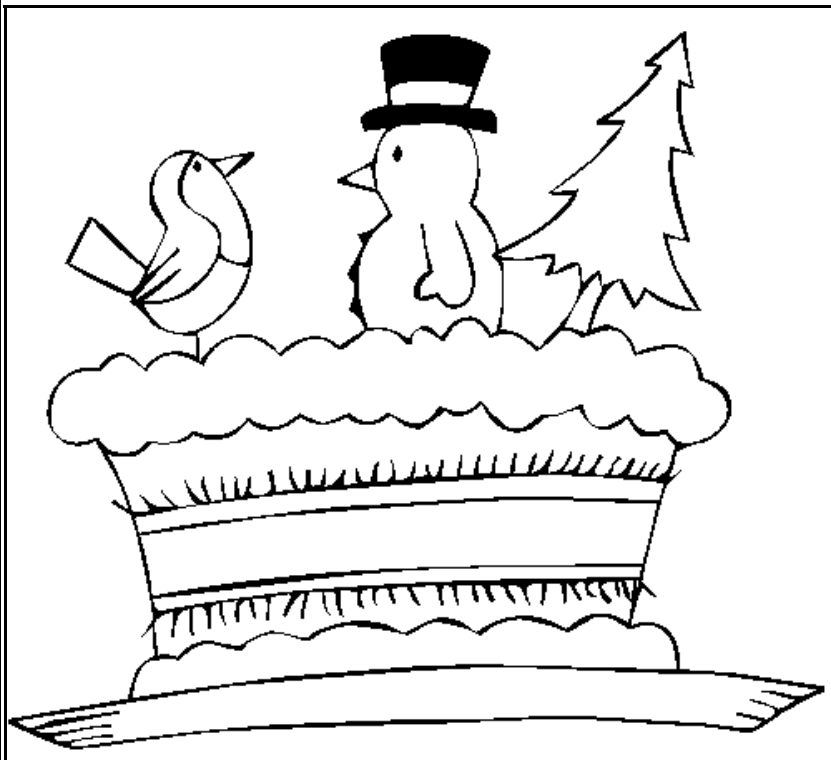
Free, independent, confidential and impartial advice -

Powys CAB 0845 6018421
Tues – Fri 10am – 2.30pm
Online information at:
www.adviceguide.org.uk

Can you help these two little friends get together to exchange Christmas presents?




Why not colour in this Christmas Cake?



Fun Christmas quiz.....

Can you answer all these questions?

1. How many reindeer does Santa have to pull his sleigh?
2. Where does Santa live?
3. What is this bird called? 
4. What kind of pie do you eat at Christmas?
5. What plant can you kiss someone under?
6. What colour is the Grinch?
7. Name a famous Snowman?
8. Which reindeer has a red nose?
9. What is the day after Christmas Day called?
10. Guess what the missing word is in this poem - 'Twas the night before Christmas and all through the house, not a creature was stirring, not even a

Write your answers on a piece of paper and ask someone to check that they are right!

Ho Ho Ho !!!



What's white and goes up?
A confused snowflake!

What do you call an old snowman?
Water!

Knock knock!
Who's there?
Snow.
Snow who?
Snow use - I've forgotten my name again!

What do you get if you eat Christmas decorations?
Tinselitus!

How does Good King Wenceslas like his pizzas?
Deep and crisp and even!

What often falls at the North Pole but never gets hurt?
Snow!



The next Oldford Voice deadline is:
Monday 26th January 2009

If you would like to share you news or story with Oldford, ring us on 556648

Sweet Christmas Treats....

Stained Glass biscuits...

- Follow a basic biscuit recipe and cut shapes out of the biscuit mixture.
- Lay these biscuit shapes on baking paper on a tray. Cut smaller shapes out of the centre of the biscuit and fill with crushed hard boiled sweets.
- Make a small hole in the top of the biscuit to allow for ribbon if using as tree decorations.
- As the biscuits bake in the oven the sweets will melt. Once cooked allow to fully cool. Then gently peel from baking paper.



Ginger star biscuits....



Ingredients:

65g/2oz butter
50g/2oz soft brown sugar
4 tbsp golden syrup
150g/5 1/4oz plain flour, sifted, plus extra for dusting

1 tsp ground ginger
1/2 tsp bicarbonate of soda

To decorate: tube ready-made white icing
(available in the baking sections of most supermarkets)
edible silver balls (optional), silver ribbon.

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. For the biscuits, beat the butter and sugar together in a bowl using an electric whisk until pale and fluffy.
3. Add the golden syrup, flour, ground ginger and bicarbonate of soda and beat together to form a dough. Wrap the dough in clingfilm and chill in the fridge for at least 30 minutes.
4. Roll the dough out on a floured work surface to about 0.5cm/1/4in thick. Cut into star shapes using cookie cutters, working from the outside edges of the dough into the centre, cutting as close together as possible. Re-roll the trimmings and continue cutting out stars until all the dough is used up.
5. Place the stars onto baking sheets lined with baking paper.
6. Transfer the tray to the oven and bake for about eight minutes. Remove from the oven and allow to cool for a few minutes on the tray, then transfer to a wire rack to cool completely.
7. Ice the biscuits and top with edible silver balls, if you

ENJOY CHRISTMAS

... with Tamat Valley Coaches

Frankfurt Christmas Market - Birmingham

Friday 5th & Saturday 6th December
Adult - £12 Child - £9

Mystery Christmas Lunch

Friday 12th December
Adult - £23 Child - £19 inc

Christmas Lunch at Bridgemere Garden World

Tuesday 16th December
Adult - £27 Child - £24 inc

Birmingham Sales Shopper or National Sea Life Centre

Monday 29th / Tuesday 30th December
Adult - £12 Child - £9
(Sea Life £5 extra)



01691 780212

Notices...

Merry Christmas
From Robert Owen
Credit Union

Merry Xmas and Happy
New Year from
Get Going Gang

Wishing you Merry
Xmas and Happy
New Year
From Potty Potato
Food Co-op

Merry Christmas and
Happy New Year
From Oldford tenants
Association

Merry Xmas
and Happy New Year
from the staff at
Oldford Communities First

Happy Birthday Jake

Wow 10 years old
on 15th
December!
Love from all your
family xxx

Happy 1st Birthday Maddie

Love from all
your family
xxx

