

funded by



communities first cymunedau yn gyntaf

OLDFORD VOICE

Merry Christmas & Happy New Year



Dec / Jan 2010



Monday 21st December
12pm ~ 4pm
Oldford Infants School

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- * **Adults Christmas Table Decoration Workshop**
- * **Visit Father Christmas in his Grotto**
- * **Children's Christmas Card workshop**
- * **Watch Professor Humo perform a Magic Show starring pet rabbits, guinea pigs and mice!**
- * **Carol Singing**
- * **Mince pie and refreshments included**

Tickets cost £1.00 per person/child.

Tickets must be purchased prior to this event and will be on sale at the Oldford Communities First Office and through Oldford Infants School. Contact us on 556648



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

Oldford Communities First Partnership AGM

Thursday 17th December
12.30pm
Welshpool Town Hall


We would like to invite you to our AGM to celebrate what we have achieved together over this past year. The meeting will last for an hour and include short presentations on some of the year's successes. After this, afternoon tea will be served.

Please could you RSVP to Oldford Communities First, Oldford Infants School, Oldford Lane, Welshpool, Powys, SY21 7TE. Or contact us on 556648.


Please let us know if you have any childcare, dietary or access requirements.



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



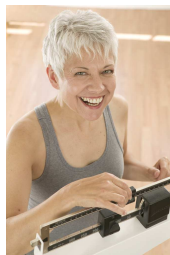
PULSE & PULSE 50+



Pulse and Pulse 50+ (for mature adults) is an affordable community based fitness club offering the opportunity to improve and maintain your fitness level in a sociable and supportive atmosphere.

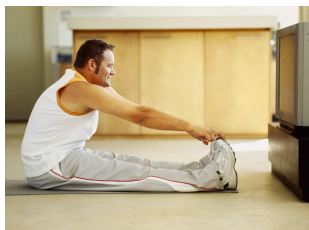
The program includes weekly exercises classes which are designed specifically for individual groups. Members will have the opportunity to be weighed in private and have their BMI (body mass index) checked every time they attend. Participants must complete a Health Questionnaire before they take part in this activity.

Once you have become a member you will be given your own personal weight record card which will be updated every time you visit.



Healthy Lifestyle Library

Come and access the 'Healthy Lifestyle Library' with a great selection of: Healthy Eating, Low Fat Cooking, Fitness, Exercise and other health related books and DVDs. This library will be available to all members of the community of Oldford, so why not come and borrow books and DVDs which will give you a variety of helpful and easy to follow guidelines on leading a healthier lifestyle.



If you are interested in joining the group give the Communities First Team a call on 01938 556648 or call in to our office at Oldford School. Classes will start in the new year so register your interest now!



Careers Wales advisers can provide individual, confidential appointments in Welshpool.

If you are a recent school or college leaver and are looking for advice about work, training or courses we can arrange for you to have a chat with one of our advisers.

We also provide a free service for adults of all ages who may be facing redundancy, looking for a career change or want help with their CV.

Give us a call on 01686 626959 and we will make an appointment to see you in Welshpool.



The Welshpool Neighbourhood Policing team would like to highlight some of the issues brought up by the community at a recent PACT meeting:

Can all cyclists please use lights when riding through the town centre at night and avoid cycling on the pavements to avoid any possible accidents with pedestrians and motorists who won't see you until it is too late.

FREE Postcode marking on bicycles

Sunday 3rd January, 10am - 2pm

Welshpool Police Station, Please bring your postcode with you.

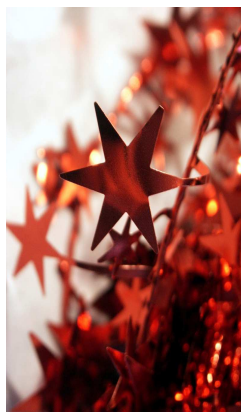
For more information, please contact 101

PLAY MONTGOMERYSHIRE TOY LIBRARY

Every Thursday
2pm - 3pm
Oldford Infants School
Come and get your arts and craft
materials at very reasonable prices.

Great for stocking fillers and
Christmas craft activities

Call 01938 555269 for more details



Living Nativity

Thursday 17th December

6.00pm - 7.30pm

in the beer garden at the Talbot Inn

Welshpool Baptist Church are holding a 'living nativity' with a real life Mary, Joseph & baby Jesus & we hope a real donkey!

Carol singing to live music and the children of Oldford Infants dressed up as angels and shepherds and singing a couple of carols. Come along for refreshments and hot food and a good old sing along!



Communities First Trust Fund

The Communities First Trust Fund (CFTF) aims to support any type of activity that involves local people, through small community organisations, that benefits their community. Applications are welcome from a range of community projects including music and the arts. The activities must provide some measure of economic, environmental, social or cultural benefit for people living in a Communities First area.

There is no minimum amount but £5,000 is the maximum you can apply for.

The closing date for applications is Friday 29 January 2010. There is still £5,626.00 still available for groups who carry out work on the Oldford Estate.

If you would like further details or an application pack please contact either the Communities First office on 01938 556648 or the Community First Helpline on **(0800 587 8898 help@wcva.org.uk)**

Bereaved Friends

'If you have been bereaved why not join us on Fridays 10-12. We can offer:

- * Warm friendship
- * A listening ear
- * Ways of coping with loneliness and stress
- * Signposting to other sources of help

Above all we offer UNDERSTANDING. All of us have been there. We aim to help each other.

Please contact Sheila 01938 555529 for details

Ponthafren Association
Longbridge Street,
Newtown, Powys, SY16 2DY
Tel: 01686 621586
email: admin@ponthafren.org.uk
www.ponthafren.org.uk



Ponthafren Association
will be starting

Welshpool Outreach Group
For people who have mental health
issues, who are socially isolated or
excluded.

This will operate Tuesday to
Friday at

The Enterprise Centre
42 Broad Street
Welshpool
Powys

We will also be working in partnership
with the Monday group at Bryntirion
Resource Centre.

Please come along and find out about the activities, support and information that Ponthafren Association can offer. For more info please ring 01686 621586.

(Registered Charity No: 1035326.)



OTA
Oldford Tenants Association
 Invite you to their AGM

Monday 7th December
7pm Oldford Infants School

Come along and celebrate what we have achieved in 2009 and help us to elect committee members for 2010. There will also be a presentation of past events that have been organised by the OTA. Refreshments will be available.

Please RSVP to Wyn Evans, 12 Wildwood Court, Welshpool, Powys. Or call: 01938 554702

Christmas Bingo

Sunday 13th December
Doors open 6.30pm,
eyes down 7pm
Oldford Infants School



50p entry to include entry in raffle and refreshments

Please come and support the OTA at the Welshpool Winter Festival on 5th December. We will have a Tombola stall.

All proceeds from the Bingo and Tombola are going towards future activities and events on the Oldford estate.

The OTA would like to thank the community member who helped with cutting the grass in the main play area.

We would like to thank all of the parents who helped at the Halloween Party especially the parent who carved such amazing pumpkins and also Christine Jones who baked the lovely fruit cake for 'guess the weight of the cake' which made £22.90 for MacMillan Nurses.

Nominations are now being received for new members and officers of the Oldford Communities First Partnership.

If there is anyone you feel could represent either the community or a local organisation, please contact us ASAP.



communities first cymunedau yn gyntaf



Parent & Toddler Group

Tuesdays & Thursdays

9.00am – 11.00am

Oldford Infants School Hall

£1.00 per week!

Squirrels is a friendly social group for mums-to-be, parents, carers, babies and toddlers offering:

- Refreshments and snack area
- Toddlers' toys
- Crafts and activities
- Colouring in and reading

Newcomers welcome, there is no need to book just come along! For more information please contact 556648

Do you have any of the following that you would be happy to donate to the Squirrels:

- * Any ride on toys
- * Dolls & dolls clothes
- * Toy Prams
- * Dressing up clothes

Please contact us on 556648

Halloween Party

This was organised by a group of parents. We had a fancy dress competition, pumpkin carving, craft activity, face painting and free refreshments. Around 50 children attended! This was followed by a parade around the estate.



The next Oldford Voice deadline is:
Monday 25th January 2010

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

Active Community Group

Would you like a say in which events and trips your community can enjoy?

This group will meet to chat about what events and trips that the community could benefit from. The group is open to all community members and will have the support from one of the Communities First Team.

The meetings will be informal and friendly and everyone will get their say.

Contact Julie on 556648 or pop into the Communities First Office.

Oldford Voice

This newsletter has been going for a number of years now and was originally set up to be a newsletter for the community produced by the community.

However the number of community members who come forward with news and stories are getting fewer and fewer and we always need help with its production.

Would you like to have your say on how the Oldford Voice is produced. You do not need to have skills in design, IT or creative writing to get involved, but you can learn all of these skills and more once you are involved which will look great on your CV!

You know what you and your friends and family want to read and see in the Oldford Voice so why not come forward and offer your ideas and suggestions!!
Call or text us on 01938 556648 or visit our Facebook group.



IT classes are continuing to be run by Coleg Powys at Ty Emeralt /Emerald House

Thursday 1.00 - 3.00pm and 3.00-5.00pm
Friday 2.00-4.00pm.

A variety of courses are on offer such as Word processing, PowerPoint and Desktop Publishing.

For further information and to discuss courses available please contact Kath Jones on 01686 614210.

Don't go crackers this Christmas, be a smart shopper says Powys Citizens' Advice Bureau

the charity for your community



Jayne Wynn co-ordinator of the Financial Capability Forum for Mid and South Wales is urging everyone to avoid a debt hangover and become a smart shopper as Christmas approaches.

Citizens' Advice bureaux always see a surge in new debt enquiries after the Christmas Festivities are over. The main problems last year were with arrears on loans and hire purchase, catalogue and mail order debts, credit card debts and overdrafts – and people looking for help to go bankrupt.

TOP TIPS

- * Plan early for Christmas
- * Don't forget the everyday bills
- * Don't bank on an overdraft
- * Keep things simple
- * Shop around
- * Buy safe to be safe
- * Read the small print
- * Do your own credit checks
- * Be organised
- * Start planning and saving for next Christmas



For more information contact: Powys Citizens' Advice Bureau Telephone advice line: 0845 6018421 or for leaflets, call Jayne on 01686 628963

Notices...

Congratulations to Jayne and Jamie on the birth of their baby girl, Poppy.

From Liz, Dave xx and family xx

Merry Christmas & Happy New Year from the Communities First Team and Partnership

Merry Christmas & Happy New Year from the Potty Potato Food Co-op

Merry Christmas from the Get Going Gang

The OTA would like to wish everyone a Merry Christmas & Happy New Year

FREE to a good home
3x Computers
These are PC's with a monitor and tower.
Contact us on 556648

Turkey and Mushroom Cobbler

A great way to use your leftovers!

Serves: 4 Preparation time: 15 Minutes Cooking time: 40 Minutes
 Nutrition per serving: 653 cal, 27g fat, of which 15.6g saturated fat,
 Recipe taken from Sainsburys



Ingredients

- 100g butter
- 1 small onion, finely chopped
- 250g button mushrooms
- 650g cooked turkey, cubed
- 25g plain flour
- 568ml skimmed milk
- Freshly ground black pepper
- 125g self raising flour
- 50g low fat Cheddar cheese, grated
- 3 - 5 tablespoons cold milk, to bind

Method:

1. Preheat the oven to 190°C, 375°F, gas mark 5 For the filling: Heat 25g butter in a large pan and cook the onion and mushrooms for 3-4 minutes, stirring occasionally. Place the cooked turkey in an ovenproof dish with the onion and mushrooms. Heat 25g butter in the pan and stir in the flour.
2. Cook for 1 minute, then gradually add all but 5 tablespoons of the milk, stirring continually until thickened and smooth. Add some seasoning, then pour the sauce over the turkey. For the cobbler topping:
3. Sift the flour into a bowl and rub in the remaining butter. Stir in half the cheese and add 3-4 tablespoons of the reserved milk to bind. Divide the mixture into 8 balls, flatten slightly and arrange around the edge of the dish. Brush with the remaining egg. Scatter the cheese over the surface. Bake in the oven for 35 minutes, until golden, covering the scones with foil to prevent over browning if necessary. Serve immediately.



8.3 million tonnes of food is thrown away by households in the UK every year.

Reducing food waste is a major issue and not just about good food going to waste; wasting food costs the average family with children £680 a year and has serious environmental implications too.

For great tips on cutting food waste by learning how to properly store food and understand food labels, plus some great leftovers recipes visit

www.lovefoodhatewaste.com

Who are your flu friends?

Flu friends collect medicines, food and other supplies for you if you get swine flu, so that you do not have to leave home.

We recommend that you identify up to five flu friends to ensure someone is available to help you at all times.

1. Identify your flu friends and check that they are happy to help you.
2. Make a flu friend list now and keep it in a safe place e.g. on the fridge or by the phone

What should I do if I think I or someone I know has Swine Flu?

If you or they have flu-like symptoms stay at home. You can check the symptoms by calling the swine flu information line on **0800 1 513 513** or by visiting the NHS Direct Wales website at www.nhsdirect.wales.nhs.uk

Flu is an unpleasant illness but most healthy people, including children, will get better after a few days if they follow these steps:

1. **Stay at home and rest**
2. **Drink plenty of fluids**
3. **Take medication such as paracetamol to control fever and pain**

Please do not go to your GP surgery, A&E, or other healthcare premises as you may pass the infection on to other people who are at a higher risk of complications if they get the virus.

If you are concerned – perhaps your symptoms are severe or continue to get worse – or you are in a high risk group then you should phone your GP for further advice and, if necessary, antiviral treatment.

For general advice, you can also contact NHS Direct Wales on 0845 46 47.