

'Awards for All Wales' grant for Oldford

Oldford Communities First have received a grant of £2,870.00 for an environmental project on the Oldford Estate. This grant is from the lottery-funded grants programme 'Awards for All Wales'.

This money will provide much needed litter and dog fouling bins for the Oldford estate, it will also provide funding for a series of Oldford Clear Up Days and an information coffee morning.

This is a really great boost for the estate. This money will really help us to work together to improve the environment in and around Oldford.



The photo below was taken at the Oldford Communities First Partnership AGM at the Town Hall, in December 2007. Lowri Jones, pictured on the far right of the photo, is the Community Regeneration Officer for the North of Powys, Lowri applied for and secured this funding. We would like to thank her for her efforts!



From Left to right:
Hannah Guntrip,
 Communities First
 Co-ordinator,
Liz Gannon, Chair of the
 Partnership,
Mark Kerr, Chief Executive of
 Powys County Council, **Mick
 Bates**, Liberal Democrats,
Lowri Jones, Powys County

For more information or to find out how you can help to improve the environment in and around Oldford, call 556648.

Action Plan Update...

In response to the Community Action Plan, the Oldford Communities First Partnership will be setting up the following sub groups:

- Facilities Sub Group
- Active Community Sub Group
- Education and Training Sub Group
- Young People Sub Group
- Environment Sub Group
- Crime and Community Safety Sub Group

If you or someone you know would like to be on any of these sub groups please do not hesitate to contact us on 556648.

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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

New Year's Resolutions...a New Year, a New You!

'I will give up smoking' - Each person will cope with this challenge differently, so don't worry if you struggle. Go and see your doctor who can prescribe nicotine patches and give you advice. Try getting a friend to give up with you and you may find the support very helpful.

Free NHS Smoking Help line: 0800 169 0 169 7 Days a week.

'I will get fit and become more healthy' - Start by focusing on one thing, try cutting out fatty foods; grapes and raisins are an alternative to sweets and chocolates. Join the Potty Potato food co-op to encourage you to eat more fruit and veg. The British Heart Foundation has an excellent '30 a day' campaign. Getting 30 minutes of exercise a day needn't be difficult; housework, walking to school or going up and down the stairs can all work for you! Try and put these actions into a routine. Call in to the Communities First Office to view a copy of their campaign plan!

'I want to take up a new hobby' - This is a great thing to do, but choose carefully, don't find a hobby that takes up too much of your time or you will lose interest very soon! There are many things to try, gardening, cooking, painting, cycling, model boat making, metal detecting, starting a friends' book club or just find something you want to start collecting. You may find that a new hobby gives you confidence and boosts your motivation!



Call for more info:
01938 555952

There are lots of fun activities to do at the Flash,

- Spinning classes
- Martial arts
- Aqua aerobics
- Badminton
- Kids swimming mania
- Mixed circuit training
- Body sculpt
- Gym
- Kids soccer skills
- And much, much more!

So give it a go and have fun and get fit!

Charity Night for Cystic Fibrosis In memory of Sally Watkin

Saturday 5th April at Welshpool Town Hall

7.30pm

Promise Auction

Hog Roast

Live Band

Disco

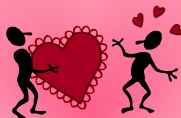


Tickets £12.00,

ring Liz on 555269 or Bev on 555520

Valentine's Day

Remember to book the flowers and the candlelight dinner because its Valentine's day on February 14th!



Did you know that, according to legend, Saint Valentine had his head chopped off by a Roman emperor on the day we celebrate as Valentine's day, which isn't very romantic at all. But his last note was to the jailer's daughter who he had fallen in love with and he signed it 'From your Valentine'. This phrase has stayed with us for centuries.

Montgomeryshire Multi-Cultural Event

Wednesday 13th February
At The Raven Inn, Welshpool
11am ~ 4.00pm

Free Refreshments, Information stands, Competitions, Games and Entertainment. This event signals the launch of a multi-cultural network to help breakdown barriers, reduce social isolation and promote integration in local communities.

Come and join us and learn about different cultures!!

Oldford Online

News

We would like to say a huge thank you to Mandy for all her hard work to make Oldford Online such a success. Oldford Online will continue in to 2008 and we hope that if you are not already a member, you will come along and get involved .

The Homework Club will begin on 21st January, and the sessions have changed and will now be on: Monday - 4pm to 6pm and Tuesday - 4pm to 6pm.

Currently all 8 to 16 year olds can go on either day and please note there will not be a homework club on Wednesdays.

Open access sessions will begin on 30th January. These will take place in the Clwyd Alyn Community Room at 10 am to 12 pm and a later session from 6 pm to 8 pm.

A Digital Photography Course will start on Monday 28th January and will run for 10 weeks. This will take place from 1.00 pm to 3.00 pm at Emerald House. Booking is essential.

An Introduction to Computers Course will start on Friday 1st February and will run for 10 weeks this will take place from 10.00 am to 12.00 pm at Emerald House. Booking is essential.

For more information or to book on to one of our courses please call 556648.

The After School Club continues to run at the Scout Hut every Wednesday from 3.45 pm to 5.30 pm. All 4 to 15 year olds are welcome.

For more information call Liz Gannon on 555269



Welshpool Integrated Children's Centres

Interested in becoming a childminder? Call Stephanie Dempsey on **01874 624331**

Working in Childcare? Find out about courses available, call Catherine Wilson on : **01597 826058**

Welshpool Integrated Children's Centre is a network of organisations offering child care, play and training for families in Welshpool. Call **07794319388**