

You may be thinking what is Oldford Communities First???

Oldford Communities First has been here for over three years now and we are keen to see more people getting involved. You may be thinking 'what is Communities First?' It's a Welsh Assembly Government flagship scheme which aims to help improve peoples lives. We really want to get local people who want to make a difference to Oldford involved. We aim to do a number of things including building the confidence of local people and making Oldford a safe place to live, work and play.

We will be facilitating a few events and we would love you to join in! We would also like to make you aware of our Partnership meetings which are held monthly and which you are welcome to attend.

The next one will be held on Wednesday July 19th at the Enterprise Centre, Broad Street, Welshpool at 9.30am.

Here is an up and coming event...

'Clear Up Oldford Day' – 29th July 2006! – Come along and pick up freebies that could save you money and help the environment! Look out for further news!!!

Here is information on one of the events that we have helped to happen on Oldford over the last couple of months...

World Environment Play Day

Tuesday 30th May saw over 30 children come and join in the Open Access Play Day which was held on Oldford. Lots of fun activities took place and a great time was had by all.

Fairtrade Coffee Afternoon

This was held at Oldford Infant School and people came and had free Fairtrade tea, coffee, biscuits and cake. This event gave us the opportunity to see what events you would like to happen at the 'Clear Up Oldford Day'.

Thanks to all those who came and well done to Ethel who won the free raffle prize, which was a Fairtrade bottle of wine and some Fairtrade chocolate biscuits!

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Does anyone have a **trailer** for the 29th July that we can use/borrow for a clean up on the estate?? If there is anyone out there with access to a trailer that we can use please let us know on 556648 asap. **Thankyou**

Deadlines for Oldford Voice:

- 25th August 2006
- 20th October 2006
- 1st December 2006



Do you ever go shopping and realise you haven't got a £1 coin for the trolley. Well, hopefully those days have now gone!

Oldford Communities First has attached a free 'Pound for Life' key ring, also known as the trolley token key ring to this newsletter for you so that you never have to search for that £1 coin again! Simply attach fix the key ring to your keys. Then when in need of a pound coin, detach the token and insert into your shopping trolley, gym locker, etc. Once you have finished, remove the token and reattach it to your keys, ready for use when you need it again!

The Get Going Gang

The Get Going Gang will be running this year from the **Scout Hut** not Maes-y-dre, we will be running from Tuesday 25th July up to Friday 25th August each week day. We are open from 10am to 3pm at £2.50 per day for children aged 4 to 15 years. Trip days are extra and have different times which will be displayed in advance for your information, also workshops and the cinema will be extra. We work on a first come first served basis no booking required and have up to 50 places per day. We do insist that a parent/carer or responsible adult accompany each child on the first day of attendance to fill out registration forms, without these forms being completed and signed by a responsible adult we cannot take any child.

Activities include – trips and outings, cinema, professional workshops, arts & crafts, sports & games, fancy dress, karaoke, treasure hunts and much, much more.

Look forward to meeting new children and existing users in the summer holidays.



**For more info
contact – Liz
on 01938 555269**



CONGRATULATIONS !!!

Liz Gannon was entered into the 'Outstanding Achievement in Participation' awards by resident Sian Parry. The TPAS Cymru awards were open to the whole of Wales and Liz Gannon came first for all her voluntary work in the community.

Congratulations Liz on your outstanding achievement.

CAN YOU HELP???

We need VOLUNTEERS!!!

Would you like to take part in some **FREE MANUAL HANDLING TRAINING?**

This training will be running soon and will only take an evening of your time.

**For this you will get a
certificate in
Manual Handling.**



We need volunteers to help with our 'Clear up Oldford Day' to carry out a number of tasks from litter picking to collecting items and putting them in a skip. Please contact us on 556648 if you would like to help in any way and look out for further information!

OLDFORD FUN DAY SUNDAY 30TH JULY

All being well—you can come and join in the fun on Oldford Estate at Powis Court and Sqwar Heulwen on Sunday 30th July (weather permitting) 11am – 4pm.



The Youth

Committee are trying to organise this event and they would really appreciate any offers of help setting up and manning the stalls

They're hoping to have 5 a side football, BBQ, bouncy castle, tom bola, face painting, raffle, stocks, cake making competition, cake stall, karaoke 1pm-3pm, sponsored sit in tub of custard plus your own stalls at £3 for tenants/residents of Oldford and £5 for any other stalls.

THEY WOULD ALSO APPRECIATE ANY **DONATIONS** OF RAFFLE

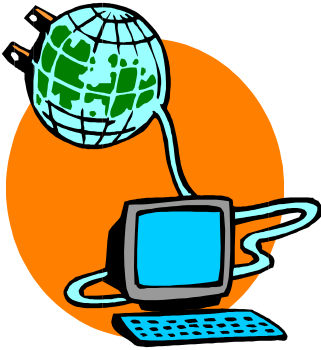


PRIZES, PRIZES FOR THE TOMBOLA,
AND FOOD FOR THE BBQ ...
E.G. SAUSAGES, BURGERS, ROLLS,
ONIONS, SAUCES, CHARCOAL



**FOR ANY OFFERS OF FOOD, PRIZES OR
TO HELP IN ANY WAY PLEASE
CONTACT LIZ ON 555269 OR
ELLEN ON 07704540983**

**ENTRY FORMS FOR 5-A-SIDE FOOTIE
ALSO AVAILABLE FROM LIZ AND ELLEN**



ECDL – FREE COURSE

European Computer Driving License

Want to improve your computer skills?

The ECDL is as Europe-wide course, **suitable for those wanting to improve their IT skills.**

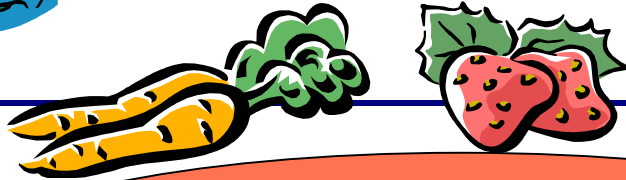
We have an ECDL course running at the moment which we'd like you to join.



It's from 12pm till 3pm on Thursdays at the Catholic Meeting Room.

If you'd like some more information please ring us on 556648 or email jonest@powys.gov.uk

It's very informal and you don't have to do all the modules – you may just want to study one or two of them, but if you complete all of the modules you can take the ECDL test. This will give you a European-wide, industry standard qualification, demonstrating your compe-



Please Note that:

Phoenix Furniture Telephone Number is 01686 623336

Community Vegetable Growing

Do you have green fingers?

Would you like to plant up some fruit and vegetables in pots?

They're easy to plant and maintain - you could grow herbs, carrots, potatoes, onions, tomatoes, strawberries or even sweetcorn. You don't need a large garden or vegetable plot to grow your own food – a small patio or garden will do fine.

For more information on how to be involved contact us on 556648 and keep your eyes peeled for more information!!!

It's for young and old – everyone can take part !!



Recycling Bags

Have you run out of recycling bags? Do you need some more? We now have stock of recycling bags at the Communities First Office at Oldford School. If you are up at the school and would like to call in and collect some then please do. If you would like us to arrange to drop some off at your house then get in touch on **556648** or email **jonest@powys.gov.uk**

It's time for a Real change

Your baby will have approximately 2,000 nappy changes a year

Just think – your baby could use 5,000 disposable nappies until potty trained!!

More and more parents are saying **no** to disposable nappies as they realise that cotton nappies are a natural, easy to use and cost effective alternative to disposable nappies – and they don't cost the earth.

Real nappies are:

Natural, easy to use, easy to wash, convenient, cheaper and fun! They come in a wide variety of designs and fabrics. With such a variety of styles available finding the right nappy to suit your baby and your budget has never been easier. Many real nappy companies offer nappy trial packs so you can 'try before you buy' and real nappy agents are on hand throughout Wales to give personal advice and support.

Want to know more?

For more information about cotton nappies contact:

Powys County Council Helpdesk – 0845 607 6060
The Sustainable Wales Real Nappy Advice Line 0845 456 2477
sustainablewales.org.uk
realnappies-wales.org.uk

www.

www.



Training Opportunities...

A Family learning week has been organised for local Welshpool families between 31st of July to the 4th of August at Oldford infants school. On offer will be art, crafts and courses throughout the week. The activities, which include, singing, circus skills, weaving, dance etc are being organised by the PCC lifelong learning department and Arts Connection. There will be a charge of £5 per family with concessions available. For further info, contact Sheela on 01691 648044.

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Learn a new skill and start a new business!

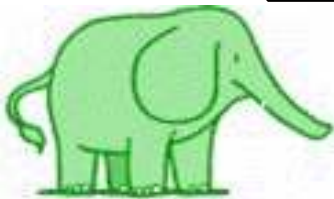
Communities First, Oldford and the Powys County Council Lifelong Learning department will be organising Craft Workshops for adults during the Summer holidays.

If you have any ideas as to what you would like to learn or would like further information on the project, please phone Sheela on 01691 648044 by Friday 14th July.

These workshops would provide an ideal opportunity to learn a new skill and perhaps start a locally based social enterprise scheme at Oldford. Advice on starting a new business will be on offer as well.

If you need to speak to us about childcare please get in touch on 556648.

If you would like to attend the sessions, please contact Hannah on 556648 or Sheela on 01691 648044 by Friday, 14th July



The name “**Emerald**” was chosen as the ‘**Competition Winner**’ for naming the new **Integrated Children’s Centre** at Oldford School. The winning entry won a book token and it was by **Jamie Dockerty**.

“If you want to recapture your youth , just cut off his allowance”.

AL BERNSTEIN

HAPPY BIRTHDAY TO LAURA ON 14TH JULY
FROM MUM, DAD, JAYNE, SHARON, SARAH AND CARL

XXX

