



NEWSLETTER

Series 2 Issue 3 - Autumn/Winter 2011-2012

Inside this issue:

'Living in Bro Ddyfi' Welcome Packs	2
'Feeling the Pinch' information event	2
Workshop for Prospective Business Women	2
Message in a Bottle & Grid Reference	2
Funder of the Quarter	3
Paediatric First Aid Course	3
Credit Union Outreach service in Bro Ddyfi	3
New Dyfi Travel Guide	3
Special Feature - Keep Well this Winter	4
Upcoming Events	4

'Hwyl yr Hydref - Play at Y Plas'

A Hwyl yr Hydref - Play at Y Plas' event took place on the 24th October at Y Plas Machynlleth. This event which attracted a number of local families was organised by Communities First Bro Ddyfi in partnership with Community Focused Services and Dyfodol Powys Futures.

The day provided parents and other adults who look after children with low cost play ideas, including a 'Making something out of nothing' workshop and an outdoor play session. The aim being to encourage adults to play with children, but at the same time to give the child a lead role. Exhibitors included: Machynlleth Community Childrens Project (MCCP) ~ Community Focused Services, Dyfodol Powys/R2 Play Team ~ Play Montgomeryshire ~ Menter Iaith ~ Play in Powys.



Machynlleth & Cadfarch Residents contribute to the 'Peoples Collection'

Following successful events at both Llanbrynmair and Glantwymyn, the Bro Ddyfi Communities First /Dyfi Biosphere Heritage group organised their third Heritage event at The Plas, Machynlleth on the 20th of October.

The event provided residents of the Machynlleth and Cadfarch area with an opportunity to digitise their old photographs, documents etc for inclusion on the 'Peoples Collection Wales' website. The day again proved a big success with over 300 items scanned.



All three collections totalling over 500 items can be viewed on: www.peoplescollection.org.uk/User/dyfi-heritage-group



Anyone wishing to find out more about how they can contribute to the project are welcome to contact the Communities First office on: 01654 700315

Putting Bro Ddyfi First

Welcome Packs

Bro Ddyfi Communities First have designed and produced Welcome Packs for new residents of the Bro Ddyfi area. The aim is to increase their understanding of the area, its people and its language, as well as providing useful information on ways of becoming involved in the local community.

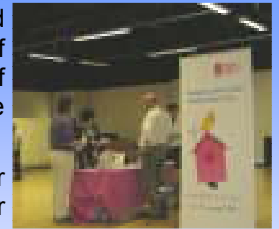


This Bilingual Pack includes a 'Living in Wales' book, produced by the Welsh Language Board, the CF Community Directory, the Dyfi Travel Guide and the 'Choose Well' leaflet. In addition, we have produced leaflets such as: 'An Introduction to the Welsh Language', 'History and Culture' and 'Useful contacts'

The Packs will be given out to new residents by local Estate Agents, Mid Wales Housing Association and Powys CC Housing Department as well as being available from the CF office.

Feeling the Pinch

A 'FEELING THE PINCH' information event, organised by Communities First, was held on Wednesday 5th of October to provide advice to local residents on ways of reducing their energy bills whilst at the same time keeping warm this winter.



Powys county council promoted their private sector landlords interest free loans which are available for energy efficiency property improvements.

Officers from the Welsh Government 'Nest' scheme were at hand to provide advice to those who either own or rent their homes. This scheme is aimed at helping to making homes warmer and cosier by offering a package of energy improvements to those that qualify.

Other exhibitors included, Communities First Bro Ddyfi, ecodyfi, Centre of Alternative Technology, Bro Ddyfi Advice Centre, PAVO, and the Rural housing enabler.



Pick up a copy of this FREE energy saving handbook from the Communities First Office.

The handbook is full of useful tips to help you save money and energy in your home, including: finding the best tariff, summary of electricity use per electrical appliance, benefit checking and income maximisation

and much more.....

FREE Workshop for Prospective Business Women

Chwarae Teg, working in Partnership with Bro Ddyfi Communities First, held a free Workshop at Canolfan Hyddgen, Machynlleth on the afternoon of Wednesday 12th October. The workshop was for Women wishing to find out more about starting their own business.



Chwarae Teg supports individual women, businesses and organisations to realise opportunities that enhance personal and workforce development. Central to everything they do is their expert knowledge and understanding of economic and workforce development, which they use to break down barriers and create opportunities for women.

For more information on the support available from Chwarae Teg visit <http://www.chwaraeteg.com/>

Message in a Bottle Update

Free Bottles, including full instructions on using this life-saving scheme are now available from the following locations



- Bro Ddyfi Communities First
- Machynlleth Health Centre
- Glantwymyn Health Centre
- Rowland Pharmacy, Machynlleth
- Glantwymyn Post Office
- Cwmlinau Post Office
- Bro Ddyfi Leisure Centre

- CAMAD Machynlleth
- Bro Ddyfi Advice Centre
- Llanbrynmair Shop
- Y Tabernacle, Machynlleth
- Y Plas, Machynlleth
- Pennal Shop
- Corris Institute

Grid Reference

Pinpointing isolated properties by grid reference can save time and lives compared to just a post code. So don't forget to call in at the Communities First Office, Yr Hen Siop, Bryn y Gog Machynlleth to obtain a personalised Grid Reference card to keep by your telephone in the event of having to call the emergency services.

Funder of the Quarter

Keep Wales Tidy Community Group Grants: Community groups working to improve the environment can apply for free group public liability insurance and grants of up to £300 from Keep Wales Tidy.

The charity, which has an officer in each Welsh county, works to encourage local action to protect and enhance the environment of Wales.

For more information contact Sue Newham, Tidy Towns officer for North Powys on 07766 757145 or sue.newham@keepwalestidy.org

Paediatric First Aid Course

A Paediatric First Aid Course funded through Bro Ddyfi Communities First was held at the British Red Cross Day Centre, Machynlleth on Saturday 19th November 2011.

This training was provided by the British Red Cross and participants were able to learn about Emergency life support for babies and children, learn key life-saving skills, and gain an awareness of treatment for shock and significant blood loss. Six people successfully completed the course.



Credit Union outreach service in Bro Ddyfi

Due to funding issues ROMCUL have for the time being ceased to provide an outreach service in Bro Ddyfi. Members have received a letter advising them of the current situation.

ROMCUL however, remain committed to providing credit union services in Machynlleth and the Dyfi Valley and are currently in discussions with the Welsh Government about future plans and the best way forward to offer credit union services across a wide rural area.

In the meantime members are advised that:

- Credit union leaflets are available from the Communities First Office
- If you require advice then please contact the Newtown Office
- Paypoint cards are available which enable members to pay into their credit union account anywhere where the paypoint sign is displayed.

Address: ROMCUL, 26 Market Street, Newtown, Powys, SY16 2PD

Tel: (01686) 623741

Website: www.romcul.co.uk

Dyfi Travel Guide

The new January 2012 special edition of the Dyfi Travel Guide is partly funded through Communities First Bro Ddyfi.

The guide tells you all about car-free travel in Machynlleth and the Dyfi Valley. You'll find loads of great travel tips plus a handy summary of bus and train times. Copies can be picked up from the railway station; Communities First; Y Plas, Lloyds Coaches, Co-op, Dyfi Crafts & Clothing Machynlleth and from libraries, post offices and information centres.



Equipment for loan to Community Groups (Free of Charge)

The Equipment listed here is available for loan to groups, organisations and associations who make a contribution to community life in the Bro Ddyfi area.



Simultaneous Translation Equipment



Portable Hearing loop System



Digital Cameras



Digital Personal Listeners

For more information, check availability and book any of the equipment shown here please contact Bro Ddyfi Communities First:

Address: Yr Hen Siop, Bryn y Gog, Machynlleth, Powys, SY20 8HL

Phone: 01654 700315

E: commfirst.brodydyfi@powys.gov.uk

Website: www.commfirstpowys.org.uk



Gazebos



Exhibition Boards



Projector Screen



Digital Projector

Special Feature - **Keep Well This Winter**



The Keep Well this Winter campaign aims to provide help and advice to those aged over 60 to ensure they maintain good health during the winter. These top tips are some of the best ways to keep your home warm, keep on top of our bills and keep healthy.

Keep Well

Flu jabs are free for people aged 65 and over and can prevent or lessen the effects of flu – ask your doctor for an appointment. It is especially important in the winter to eat healthily and stay as active as possible.

Keep Warm

Set your heating to the right temperature (between 18°C and 21°C,) and you can keep your home warm and lower your bills. Nest is the Welsh Government's fuel poverty scheme. Nest provides free, impartial advice on saving energy, money management, benefit entitlement and whether you're eligible for home improvements at no cost under

the scheme. If you're worried about the cost of heating your home, you can call 0800 512 012 free from a landline or 0300 456 2655 from a mobile phone. www.nestwales.org.uk.

Keep Safe

Avoid slips and trips in the home by using stair rails and keeping passages well lit. Fire Safety is especially important during the Winter. Your local Fire and Rescue service will carry out a free home fire safety check for you and fit smoke alarms if you do not already have them. Call them on 0800 169 1234 for more information.

Keep an eye out for any older people who may need your help during the cold weather.



For further information about the Keep Well this Winter campaign contact Age Cymru on 029 2043 1555



Keep Well this Winter Website: www.kwtw.org.uk

Call in at the Communities First Office, Yr Hen Siop, Bryn y Gog, Machynlleth for a **FREE Room Thermometer**

Bro Ddyfi Communities First

Yr Hen Siop, Bryn y Gog,
Machynlleth, Powys,
SY20 8HL

Phone: 01654 700315

Fax: 01654 703506

E-mail:

commfirst.broddyfi@powys.gov.uk.com



Upcoming events

Date	Event	Time and Location
15/02/12	Keep Safe & Well Day	Bro Ddyfi Leisure Centre 10.30 — 2.30
01/03/12 to 04/03/12	Bro Ddyfi Festival to Celebrate St Davids Day & Welshness	Events & Activities will be publicised nearer the time

If you would like a large print version of this newsletter, please contact us on 01654 70 0315