



WORKING TOGETHER FOR RINGLAND

Welcome to the fourth edition of the Ringland Newsletter bringing you the latest updates on the creation of the Ringland Campus; which includes the Health and Wellbeing Centre, the Shops Regeneration and the Hub.

With so much activity by a number of organisations, it made sense to combine it all into one place. We are keen to communicate any relevant information regarding the new developments but also shine a light on the fantastic work of organisations and community groups in the area.

If you are aware of, or part of a community groups, schools PTA or voluntary organisations and would like to share your successes with the wider area, please get in touch.



Lovells and Newport City Homes are responsible for administrating the Community Benefit process as part of the Ringland Developments. Community Benefit can offer monetary support, advice, information, and practical expertise that meets the needs of the community. We are looking to support the community in ways that will enhance the wider community. This could include, for example: buying small items of equipment; minor building works; help with activities, events, and projects; business development and start-ups; pilot projects. Newport City Homes we are keen to support community groups around the following themes:

- Providing employability support
- Promoting safer and more connected communities
- Financial Inclusion support
- Helping with Digital Inclusion
- Promoting Health and Wellbeing

To apply, or seek further information, please email: Meriel.gough@lovell.co.uk and communitybenefits@newportcityhomes.com the most relevant partner will get back to you and listen to your ideas. We can then support you by provide the information to apply for Ringland Community Benefits.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board





September 2024

19 HILLS HEALTH & WELLBEING CENTRE

Brought to you by Aneurin Bevan University Health Board, together with Newport City Council and our third sector partners, the Health and Wellbeing Centre will form part of a vibrant community hub which will be available to Newport East residents.



Services available will include:

- GP Services (Ringland Medical Practice & Park Surgery)
- Learning Disability Services
- Dental Services
- Memory Assessment Clinics
- Sexual Health Services
- Audiology
- Flying Start
- Health Visitors
- Dieticians
- District Nurses
- Speech and Language Therapy Services
- Wellbeing Support
- Podiatry Services
- Substance Misuse Services
- Diabetic Retinopathy
- Mental Health
- Abdominal Aortic Aneurysm Screening



In addition to medical services, the community hub will bring people together to support wellbeing, reduce loneliness and promote independent living, all in a welcoming environment.



September 2024

ABUHB & KIER UPDATE

Cladding and brickwork are nearing completion in the coming weeks around the outside of the building, and the scaffold on the main road will be coming down shortly. With the building now watertight, internal works are progressing well, with rooms formed. Over the next few weeks, we will be bringing in finishing trades, such as decorators, floor layers and installing furniture.



We have made progress on the external works, forming the patient car park and landscaped areas around the building.

Services will start to move into the Health and Wellbeing Centre at the start of 2025. Patients from Ringland Medical Practice and Park Surgery will receive correspondence from the Health Board notifying them of when they will be moving into the centre.



To find out more about the development, including a list of FAQs, visit: [Newport East Health and Wellbeing Centre - Aneurin Bevan University Health Board](https://www.nhs.uk/newport-east-health-and-wellbeing-centre-aneurin-bevan-university-health-board) ([nhs.wales](https://www.nhs.uk)).

Work in Ringland: Parking update

Newport City Homes (NCH) and Aneurin Bevan University Health Board (ABUHB) are both carrying out a lot of work in the Ringland area.

NCH are building 158 new homes and rebuilding the shopping centre, and ABUHB are building the new 19 Hills Health and Wellbeing Centre.

Shopping centre car park

Newport City Homes is working with contractor Lovell, demolishing the vacant shops, to make way for building the new homes and shopping centre which will start later this year.

The shopping centre car park is now closed, for the demolition and rebuilding work to take place safely.

Alternative parking is available at the lower car park near Cot Farm Circle. Specific alternative parking arrangements have been made for residents of Milton Court.

We know closing this area might cause some inconvenience, and we're grateful for your patience while we carry out our work to transform Ringland.

Contractor vehicles

We know that having lots of contractor vehicles in the area can impact on-street parking, and we're working closely with contractors and local people to minimise the disruption as much as possible.

Lovell are providing an area within the site, specifically for their staff and contractors to park, to mitigate the impact on the local community. You can see this, as well as other designated areas of the site in the map provided.

For further information, please contact Newport City Homes on 01633 381111.



Find out more about the 19 Hills Health and Wellbeing Centre from Aneurin Bevan University Health Board

www.abuhb.nhs.wales



Find out more about the new homes and shopping centre from Newport City Homes

www.newportcityhomes.com



September 2024

LOVELL & NEWPORT CITY HOMES UPDATE

The Ringland Regeneration project is progressing well as we move into the second phase of work. We are currently installing foundations and holding-down bolts in preparation for erecting the steel frame in October 2024.

During Milton Primary School's summer break, we successfully completed the drainage diversion on Hendre Farm Road. We appreciate your patience and understanding during this time. Work has also begun on the expansion of Milton Court garden, which is expected to be completed by the end of September 2024.

Lovell's Community Update

Health and Safety Presentation at Ringland Primary School



On 20th June 2024, we visited Ringland Primary School to deliver talks to 93 students. The session covered the machinery used in the Ringland Regeneration development, the importance of safety gear, and site hazards. Children tried on safety equipment and learned about the roles of a Site Manager and Labourer.

We also emphasised cycling safety around the construction site. The session included discussions on environmental efforts and encouraged children to share their own eco-friendly practices. Each child received a Lovell sports bag, and a Health and Safety Booklet was distributed to reinforce site safety in a fun, engaging way.



September 2024

LOVELL & NEWPORT CITY HOMES UPDATE

The Partnership team gathered on site to launch the official commencement of the development.

James Duffett, Regional Managing Director at Lovell, said: "We are delighted that work has now commenced on the next phase of the Ringland Regeneration scheme and that we can start delivering positive change to the local area."

"We know that this project will transform the Ringland area into a sustainable and vibrant place that people will be proud to live and work in. After our successful completion of the Cot Farm development in 2021, we are looking forward to working with Newport City Homes and Cardiff Capital Region once again on this exciting endeavour."

Matthew Davies, Executive Director of Development at Newport City Homes, said: "We are extremely pleased to be continuing our work with Lovell to deliver the next phase of our transformation of Ringland. Having successfully delivered 55 homes at Cot Farm with Lovell, these next phases will make an even greater impact for the community with the transformation of the shopping centre. The regeneration will not only provide a much more accessible and attractive retail offer but also help us continue towards our goal to address the housing crisis and provide much needed housing for this area."



"We are pleased to be working with our partners Lovell again on this development of low-carbon, energy efficient affordable housing and we also wish to recognise the ongoing support and contribution that Welsh Government and Newport City Council have made in the progression and delivery of this transformative development."

Cllr Andrew Morgan OBE, Leader of Rhondda Cynon Taf County Borough Council and Portfolio Lead for the Housing Viability Gap Fund said: "I'm looking forward to seeing the Ringland Regeneration project enter the next stage of development and begin to deliver a positive impact in Newport. Our Investment from CCR's Housing Viability Gap Fund will help to transform the area by regenerating the Ringland shopping centre and supply affordable, energy efficient housing to the local community."

Cllr Dimitri Batrouni, Leader of Newport City Council, adds: "I'm pleased that this exciting regeneration project has officially commenced construction in Ringland. By developing the project in consultation with residents, the scheme will hold the community at the forefront of development and deliver real, sustainable change to the local area."



September 2024

LOVELL COMMUNITY UPDATE

Hands-on Experience for Ringland Primary School Students

Seven children from Ringland Primary School assisted Leigh Reardon, a bricklayer from Millisan, in a hands-on bricklaying session. They helped build a BBQ, learning valuable skills and gaining practical experience.



Planting Sunflower Seeds at Milton Primary School



We engaged with 44 pupils at Milton Primary School in three 45-minute sessions to plant sunflower seeds as part of a food and fun event by Olympic Planting on 30th July 2024. We provided gloves, tools, pots, soil, and seeds. As a result, the children learned about gardening and community engagement whilst fostering a sense of responsibility and teamwork.

Considerate Constructors Scheme

On 21 May 2024, the Ringland Regeneration project received an excellent score of 45/45 from the Considerate Constructors Scheme (CCS). This high rating reflects the project's commitment to the highest standards in community engagement, environmental protection, and worker welfare. The recognition underscores the project's dedication to positively impacting the Ringland area and setting a benchmark for future developments.





September 2024

Over 50's Network at Y Sied



Botox & Bangs
Hair & aesthetics
07522465860

Wash, cut & blow dry/set	£30
Restyle (over 2 inches)	£35
Dry/wet cut	£10-£15
Wash & blow dry/set	£20
FH colour	£40-£50
Root regrowth	£30
FH foils	£50-£70
HH foils	£40-£50
Capped hi/low lights	£40
Toning service	£15
Perm	£40

All services include a cut, wash & blow dry (cut if required)
Other services available upon request. For aesthetics message for price list and offers

Y Sied Salon
Treberth Crescent,
Newport,
NP199P



FREE
MONTHLY PROGRAMME
of activities, exercise and companionship...

...for those in later life with mobility or health challenges or who just want to make new friends

Sessions Held The Last Wednesday Of Every Month

Part of the **balanced lives programme**

Gentle movement
Basic Health Advice
Learn new life skills

Meet people of similar age and interests
Plus some suggestions to improve your overall health and well-being



In partnership with



POBL



Join us after gentle exercise for:

Reminiscence Activities

Helping older adults feel more confident in their abilities and providing them with the opportunity to talk about what holds meaning for them.

Location - Y Sied, Treberth Crescent, Newport, NP19 9TG

10.30am until 11.30am - Gentle Exercise
12pm until 1pm - Reminiscence Activities

50+





For further details contact us on:
03033 030 132
Email us at: info@actionforelders.org.uk
www.actionforelders.org.uk
TEXT COMMIT to 70085 to donate £3

Your text donations will be added to your next phone bill, plus your standard network text charge.
Action For Elders is a registered charity relying solely on donations.



balanced lives
physical, mental & social wellbeing

The community group is very active in Y Sied and the Treberth area, “offering social events for residents and the local community, with activities ranging from coffee mornings, bingo, breakfast clubs, to social supper nights and community trips to name but a few.

These activities have directly contributed to improving the wellbeing of residents, some of whom say they ‘didn’t even have anyone to have a cuppa tea with before’.

This has all being made possible through the dedication and hard work of key leaders in the community, both old and new, who have come together, supported and welcomed one another and together are a force to be reckoned with, achieving great things!” (POBL, 2023)

Tuesday 1pm - Bingo

Wednesday 10am - 12pm - Breakfast Club

Thursday 11am - 1pm - Community Coffee Morning

Friday 10am - 12pm - Breakfast Club

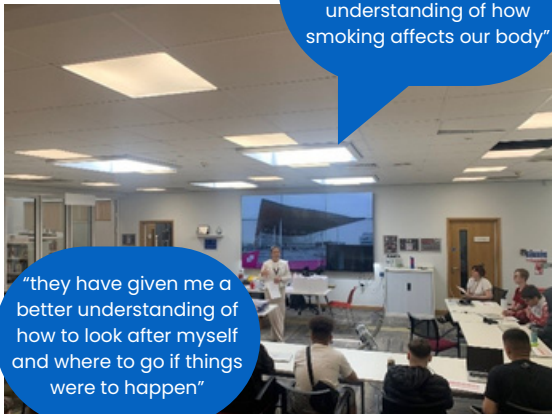


Newport Youth Academy

The **Newport Youth Academy** is an inspirational, life changing provision for the young people of Newport aged between 16 and 19 years old not in employment, education or training (NEET).

The academy is one of Newport's largest training providers with over six years of experience delivering training to young people and supporting them into employment and higher/further education.

"I enjoyed the smoking awareness workshop as it gave me a better understanding of how smoking affects our body"



"they have given me a better understanding of how to look after myself and where to go if things were to happen"

Newport Youth Academy has recently welcomed many interesting interactive workshops for the learners including NHS Sexual Health, Senedd Guest Speaker and Polisol.

Newport Youth Academy learners across both strands have recently completed Essential Skills Qualifications in both Literacy and Numeracy. As well as working towards the 'Customer Service and Professional Development-Level 2' qualification. Learners have completed courses in Alcohol and Smoking Awareness gaining both vital knowledge and a recognised qualification.

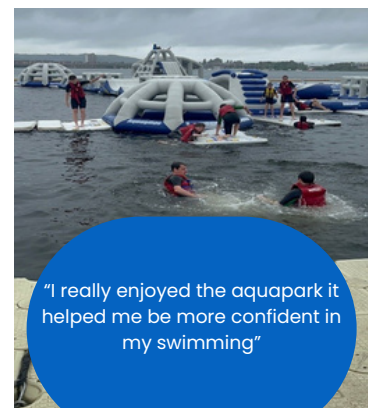
Also, many learners have been on job placements across local Newport businesses, allowing them to gain both personal development and the ability to further skills in their chosen sectors. This also allowed them to put time back into the local community.

Newport Youth Academy have also been able to take learners on a recent enrichment trip to Aquapark in Cardiff Bay, allowing learners to enjoy an unforgettable experience.

"I really enjoyed the aquapark because how we all bonded and had fun"



"Newport Youth Academy has been a game changer for me. It provided me with the skills and support I needed to progress and secure a job at JD Sports. The guidance and opportunities offered by the academy have truly paved the way for my success. I am grateful for the valuable experiences and knowledge gained through their programs, which have been instrumental in my professional growth and development"
(learner testimony, 2024)



"I really enjoyed the aquapark it helped me be more confident in my swimming"



September 2024

Ringland Community Centre

Men's social group

Date: Monday afternoons between 16 September and 21 October 2024
Times: 1:30pm - 3pm
Venue: Ringland Community Centre

Our community engagement team will be running a social group for men over the age of 18. Come along and meet others, have a chat, socialise, take part in card games and sports.

For more info email matthew.rees@newport.gov.uk



Through funding secured from the UK Government's Shared Prosperity Fund, GAVO and Newport City Council are inviting community groups and charities to apply for up to £5000 to help deliver community driven activities and hubs that supports people during the winter months through Warm Hub Sessions.



Full guidance and criteria are available [here](#), GAVO is more than happy to discuss project ideas before committing time and resources to writing an application. An informal chat can be arranged by emailing our [Community Development Officer](#)



September 2024

Integrated Wellbeing Network

Ringland Collaborative



Are you interested or already provide support and activities for residents of Ringland?

Are you a resident of Ringland, who would like to be more involved in what is happening in your community?

Did you know that a network of partners meet bi-monthly to discuss all the support and services available for the area?

The Integrated Wellbeing Network has a Ringland Collaborative group that wants to remain community led and share good work that may be happening in the area. We can only do this with the input from those who live, work and know the area.

We are actively looking for community members, voluntary organisations, community group members and community champions to join the Ringland Collaborative.

This is an opportunity for those who may want to become more involved in how services are delivered and also a chance to shape the future community opportunities, by bringing your skills and local knowledge to the table.

A range of partners and organisations are already involved including Aneurin Bevan University Health Board, Newport City Council, Newport City Homes, Gwent Police, Natural Resources Wales, Gwent Wildlife Trust MIND and many more.

If you, or someone you know, is interested in joining, please email info@yournewport.co.uk with your full name and contact number. We will then add you to our mailing list and send a formal invite to the next meeting.

info@yournewport.co.uk

www.yournewport.co.uk



Women and Girl's Health Survey

Your health needs are unique.

The Integrated Wellbeing Network in partnership with Newport City Council are looking to gather your views on women's and girl's health, to help shape the way we plan and deliver services.

“Inequalities in health outcomes exist between both men and women and between different groups of women in Wales”
(Women's Health in Wales, 2022)

Click [HERE](#) to complete the survey

Please share
with your
colleagues,
teams, family,
friends and
networks

Scan to access the
women's health survey

Available in 18
languages





September 2024

THE ONLINE CONNECTION TO YOUR COMMUNITY

Your Newport, Your Wellbeing.

A **free** wellbeing map to help you find **wellbeing services, activities & organisations** in Newport.

yournewport.co.uk

casnewydd
eich lles



your newport
your wellbeing



With everything from clubs and activities, to groups and organisations, you can use this free map to find things to help you and your family enhance your health and wellbeing.

You'll find all the information you need to take part in activities or to ask for help, which you can use to start improving your well-being today!

If you are a community group or organisation and would like to be added to the online directory and interactive map, please send us an email to: **info@yournewport.co.uk**.



 info@yournewport.co.uk

www.yournewport.co.uk