



Blaenavon Newsletter September 2022

What is a wellbeing friend?

Wellbeing friends are a way of making sure everyone, especially those who aren't on line has easy access to wellbeing information. We are hoping you can share what's going on with your friends and neighbours.

5 Ways to Wellbeing



There are 5 ways to wellbeing and in the newsletters and coffee mornings we will be sharing activities we attend or know about in order to help our community live healthier, happier lives for longer.

What's On?

We often hear that not everyone is on line, so we are doing our best to keep the What's on board up to date in the resource centre, just as you enter Blaenavon Medical Practice. Let us now if anything is missing.

We also have a Healthy Blaenavon Website, though to keep the What's on section up to date with changes in times and days has been difficult. There is however, loads of information on how to eat well and move more in Blaenavon.

You can find us here:

<https://healthyblaenavon.co.uk/>

Connect Torfaen is where we are aiming to get all events, classes etc on line. You can help by signing up, if you are on line and spreading the word.

<https://connecttorfaen.org.uk/>



CYSYLLTU
Torfaen
CONNECT
Torfaen

What's New?

Heritage youth project

Save our History!

The Heritage youth theatre runs on a Friday night 6-7.30 at Singing Stars on Broad street.

The theatre group are also working on a project to help clear the graves at St Peter's church. With over 31,000 people buried there and most of the graves covered with brambles this is a massive project which needs more volunteers.

CAN YOU HELP YOUR LOCAL CHURCH BLAENAVON.

DO YOU ENJOY THE OUTDOORS?

HAVE YOU BEEN WANTING TO SOCIALISE IN A SAFE ENVIRONMENT SINCE THE COVID-19 PANDEMIC?

WOULD YOU LIKE TO INTERACT WITH NEW PEOPLE?

CAN YOU SPARE A FEW HOURS OF YOUR TIME?

DO YOU ENJOY TEACHING OTHERS?

LEARN NEW SKILLS, TREE TYPES, PLANTING, GENERAL MAINTAINCE OF A CHURCH YARD AND GROUNDWORK, WEEDING, GRASS CUTTING, USE OF HANDHELD TOOLS. CHILDREN OVER 5 WELCOME.

*****PLEASE WEAR SENSIBLE FOOTWEAR*****

SUMMER DATES

IF YOU WOULD LIKE TO PARTAKE, Please Contact Claire Brewster on **07581350421.**

Saturday 23rd July 2022 (9:30am-2pm) (Lunch Included).
Sunday 31st July 2022 (10am-1:30pm) (Lunch Included).
Sunday 7th August 2022 (10am- 1:30pm) (Lunch Included).
Saturday 20th August 2022 (9:30-2pm) (Lunch Included).
Sunday 28th August 2022 (10am-1:30pm) (Lunch Included).
Saturday 3rd September 2022 (9:30-2pm) (Lunch Included).

MORE DATES TO COME...

Spotlight on

Blaenavon Workmen's Hall opened in 1895, and is the most iconic building in the town. It houses a cinema, theatre space, community museum and snooker room.



The cinema is run by volunteers with films shown most evenings and a matinee during the week. An adult ticket is £4.25 and concessions £3, with Family tickets being only £12! If you aren't on Facebook pop by the hall to find out about the latest film and some amazing volunteering opportunities.

Blaenavon Resource Centre

This building houses not only Blaenavon Medical practice Torfaen County Council Customer services and a pharmacy. Citizens advice work from the building several days a week and there are a full programme of services hosting drop ins throughout the week. See the current time table below.

Weekly Timetable	
Blaenavon Resource Centre Timetable > Healthy Blaenavon	
Monday	Citizens Advice Drop In 10.30am – 2.15pm <u>Pobl</u> (housing support) 12.30-2.30pm
Tuesday	Citizens Advice Drop In 10.30am – 2.15pm Torfaen Council Customer Care 9.30am-4.30pm (closed for lunch 1-1.30pm) <u>Building Resilient Communities & Communities For Work Plus</u> 9.15 – 11.15am
Wednesday	Citizens Advice Appointments Only 9.30am-4.30pm, call 03444 772020 Communities For Work 12.30-2.30pm Disability Employment Advisor, make an appointment at reception <u>Hafan Cymru</u> (housing support) 10am – 12pm
Friday	Platform (housing support) 9.30am to 1pm From 8 th July, energy advice from Citizens Advice, call 01633 876121 option 2 to make an appointment.

Join us for our first wellbeing friends coffee and catch up on Wednesday 7th September at 1.30, in the foyer at the Resource Centre.



**RHWYDWEITHIAU
LLES INTEGREDIO
GWENT
INTEGRATED
WELL-BEING
NETWORKS**



CYSYLLTU
Torfaen
CONNECT
Torfaen