



Croesyceiliog and Llanyrafon Newsletter October 2022



Connect and keep active!

Building resilient communities Hub

Wednesday
Wellbeing Hub Drop-In
10am-12:30

Woodland Road Sports & Social Club
Cwmbran NP44 2DZ

NEW

FREE

Zumba Class
10am -10:45am

Gentle Circuits
11am-11:45am

Have a chat with us about:

- Your Health
- Benefits
- Finances
- Future Plans
- Support

For more information contact:
cfwplustorfaen.co.uk
01633 648312/07980277157
@cfwplustorfaen

Cymunedau am Waith
Communities for Work

Llywodraeth Cymru
Welsh Government

Building Resilient Communities can help you access support services that are available in your area. Supporting families and individuals building resilience and enabling people to return to the world of work. They promote positive mental and physical health through a range of support and activities. Every Wednesday they are at Woodland Road Sports and Social club with a range of activities and support.

Take Notice



The Mill is one of the few surviving triple stone water mills left in the country. The 17th century mill, cared for by The Friends of Llanryafon Mill, houses many historical artefacts from the area. It stands at the bottom of Llanryafon Way and often goes unnoticed, but this is actually open to the public upon request.

The Friends of Llanryafon Mill was set up in 1995 to conserve Llanryafon Mill in the hope that it will become a working tourist attraction. Admission free.

Give

Volunteering has been proven to improve our health and well being.

Would you like to become more involved in the restoration of the Mill? Then why not join the Friends group, a local community group who share an interest in the heritage of the local area.

Car parking is available and the site is accessible to disabled visitors. Call 01633 482780 or email marmill@marmill321.plus.com for information on visiting.

Keep learning



Melo Cymru is a website created by Aneurin Bevan University Health board. It is designed to support the mental wellbeing of people living and working in Gwent. It gathers available resources such as apps and websites in one place and offers free on line courses.

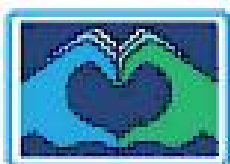
Be Mindful: the only digital course of Mindfulness-Based Cognitive Therapy.



NHS-assessed and trusted for over a decade, this accessible web-based digital therapeutic course is proven effective by published clinical studies to significantly reduce levels of stress, anxiety, and depression, and often delivers life-changing results for participants.

In just 4-weeks, you can expect to noticeably improve your mental health and wellbeing and gain the skills and knowledge to maintain good mental health long-term.

Sign up by visiting www.melo.cymru/free-online-courses/



**RHWYDWEITHIAU
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WELL-BEING
NETWORKS**



**CYSYLLTU
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Cost of Living support

Croesy Foodshare Hwb helps local residents who need a little extra help with food supplies. Residents may be furloughed or on a low income or facing challenging times. A referral isn't needed. We take a few details for our records only. Situated at Woodland Road sports and social club



Victory Grocery Store has been established to help local families who are being hit-hard by the sudden rise in costs. Members can shop twice a week, for as little as £4 and this includes everything you need to put food on the table for your family.

Opening Times	
Monday	10am 6pm
Tuesday	10am 6pm
Wednesday	10am 6pm
Thursday	11am 7pm
Friday	10am 6pm
Saturday	9am 1pm
Sunday	CLOSED



Included in a typical £4 shop:
5 fresh fruit and vegetables
A loaf of fresh bread
2 dairy items such as milk and eggs
8 Cupboard items
1 frozen item
1 personal care item
An annual membership will cost £5 per household, Ask to sign up in store today!

Tasty not wastey

As featured in last month's newsletter pop into Llanyrafon church most mornings for surplus food such as bread, fruit and salad.



Tasty Not Wasty CIC Tip Jar
Llanyrafon Methodist Church
OPEN Tues - Sat (10-11am)

We provide surplus food from local shops to our local community. Depending on our collections we can offer FREE fresh fruit, vegetables, bread and maybe a few goodies too! We are donation run, so please do consider donating as much or as little as you can afford to help us be sustainable. We also provide food to the community, and to local schools, food shares and food banks all year around but especially at Christmas.

Community Café
Every Thursday 10am - 12pm
NEW! Tasty to Go
Weekly Food Bank

Bron Afon