



## Blaenavon Newsletter October 2022

Forgeside RFC have set up a community garden right next to the rugby pitch. As the Welsh winners of this year's Royal Horticultural society garden, they have featured on the BBC One show and in the RHS magazine, putting Forgeside on the map!

The garden was designed by Victoria Wade and features raised beds, a large greenhouse and a pizza oven. Though the garden has been set up by the club it is for the whole community to enjoy. The produce grown is offered to the community. They have been visited by local groups such as the brownies who made banana desserts in the pizza oven.

To volunteer at the garden, you can find Forgeside RFC Community Garden on Connect Torfaen and contact the team, find them on Facebook and Instagram or pop along to the garden and have a chat, they are extremely friendly!



## **What's on for young people ages 11 and over?**

Hwb youth provision Mondays and Tuesdays 4.30 until 7 and Fridays 4 until 6 at the Doorway on Broad street.

World Heritage Youth Ambassadors Wednesdays 5.30 until 8.30 (venue as above)

Alison Lee Dance, ballet tap and modern jazz, contact for times and ages throughout the week. St Paul's church hall

Next Level Youth Club Thursdays 6.30 until 8 Victory church Broad street.

Netball Fridays ages 5-11 6-7pm ages 11-16 7-8pm

Guides

Scouts

AD hoc theatre group Tuesdays 6-7pm Blaenavon workmen's hall

Shining stars

Heritage theatre Fridays

Family club 5-6 at Blaenavon Active Living centre

Details of rugby and football ages and times contact Blaenavon Blues

Blaenavon RFC

Jui jitsu

## **Cost of Living support**

Fare share takes place at Bethlehem Church every Thursday morning from 10 until 11.30

This is not a food bank and is not means tested, anyone can use it. It helps stop surplus food going to waste. There are different items each week but often pasta, rice and tins of soup and tomatoes are available as well as bread, fruit, and vegetables.

### **Foodbank**

The foodbank in Blaenavon is part of Eastern Valley and is run by Victory Church in the "Green room" on Broad Street every Wednesday at 1.30.

### **Greggs.**

Every Wednesday evening the Hwb youth charity on Broad Street (opposite the Lion pub) gives out surplus food from Greggs, such as sausage rolls and baguettes. Again, this is not means tested and a way to stop food waste.

## **Free exercise**

Family club Fridays at 5 in the Blaenavon Active Living Centre

Over 60s Wednesday 11.45 in the Workmen's Hall.

Take a stroll walks every Tuesday at 12 and 2 from Blaenavon Heritage Centre.

Walk with CELT at Forgeside every Tuesday at 1.00 from the old power station near C row.

Gym with Kay every Tuesday Morning at 10 (Contact Building resilient communities)

## **Free places to visit**

Visit Big Pit

Take a walk at Garn Lakes or Keeper's Pond.

Blaenavon Heritage Centre.

Blaenavon Library, which is in the Heritage Centre.

## 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/](http://www.melo.cymru/free-online-courses/)**

