



Croesyceiliog and Llanyravon 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. I'm 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.

News



IMPORTANT INFORMATION

The first phase of our very exciting redevelopment will be starting soon!

We will remain open as a centre throughout, however access to the reception area will be restricted and alternative entrances may need to be used at times to access the main hall upstairs. As a result of this, we have decided to pause new event bookings until further notice.

Please rest assured that all existing bookings and classes will go ahead as planned. If you have any queries please feel free to drop us a message.

THANK YOU FOR YOUR UNDERSTANDING

The Hwb at Woodland Road known as the Coffee bar in former days and more recently Woodland sports and social club is about to undergo redevelopment. The Hwb are a charitable organisation, and their aim is to offer a variety of services to the local community. HWB at Woodland Road aims to be an accessible hub at the heart of the local community. Home to the Croesyceiliog and Llanyrafon Community Council, the centre itself also has a number of function rooms available for hire. These rooms are currently used for community groups, private functions, religious worship, musical theatre and wellbeing sessions (to name just a few).

There is a public park on site, free public toilets during the day, are a recycling collection hub, offer a community book share (take a book, leave a book) and have a small tuck shop available too!

The site also houses a food share, for those requiring a little extra support which is Open from 10:30-12:00 on weekdays.

Spotlight on

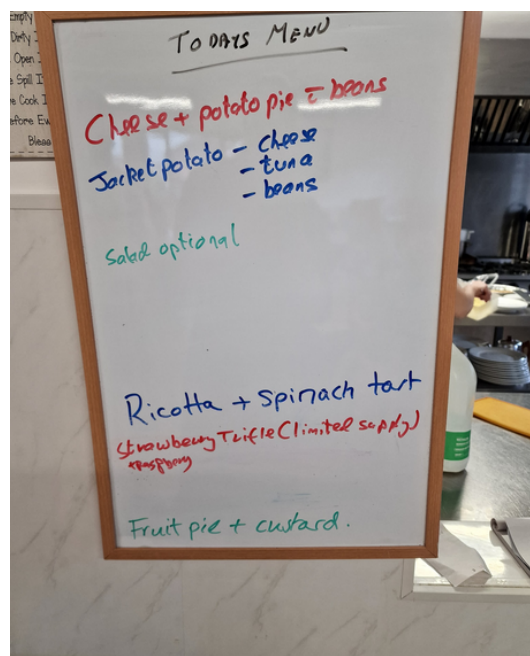
Tasty not wasty

Tasty not wasty is a community interest company that operates from Llanyrafon Methodist church

Redistributing food that is surplus helps make an impact on our environment for the better. Their volunteers help collect surplus good food from supermarkets that would have been thrown away to then be redistributed to the community to be used not binned.

They began in response to the COVID-19 pandemic and now have the capacity to not only help those with food insecurity but the wider community help with reducing food waste. Food is available most weekdays from 10am, no referrals necessary.

Tasty not wasty also run a pay as you feel cafe 11 until 1 most mornings in the week. It is worth checking their Facebook page if you can for changes, as it's run by volunteers.



There is also a wellbeing cafe with arts and crafts, once a fortnight on a Thursday 10-12 at Llanyravon Church. This is run in partnership with the Torfaen Community connectors.



Torfaen Connectors support and enable people to find suitable activities, groups and networks that join like minded people who may have similar interests. This helps encourage participation and engagement in the community and builds self-confidence, resilience and well-being.

If you or someone you know would like support to join in activities please contact the team on 01495 742397 or email communityconnectors@torfaen.gov.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/>

We will be holding monthly wellbeing friends coffee mornings if you would like to attend and join our wellbeing friends email **rebecca.smith23@wales.nhs.uk** or call or text Rebecca in **07866825547**



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