



communities *first* **cymunedau yn gyntaf**

**Monkton
Communities First
Bulletin**

**Issue Date:
March 2010**

**Bwletin
Cymunedau yn Gyntaf
Cil-maen**

**Dyddiad Cyhoeddi:
Mawrth 2010**

The Monkton Communities First Bulletin is produced every month by the Monkton Communities First Support Team, to update the Partnership members and community on new developments undertaken by the team.

Any Partnership members wishing to include information in the bulletin may do so by sending it to the Team.

If you have any questions or comments relating to the bulletin, please contact the Communities First Team on 0845 345 4953 or 01646 680373, by e-mail at monkton_communities_first@co-operative.coop or by dropping into the office in Tenby Court.

If you require this information in an alternative format e.g. large print, Braille etc please contact the Monkton Communities First team on 0845 345 4953 or 01646 680373.

Remit of WCVA Communities First Advice & Support Service

- The Communities First Advice Service is available for all Communities First Partnerships and officers in Wales to access additional support on a variety of issues
- Over-arching Co-ordinators and Grant Recipient Bodies' voluntary groups independent of, but a member of, a Communities First Partnership in relation to working with a Partnership(s) can also apply for advice and support from the Service
- Welsh Assembly Government can refer Partnerships for assistance, if it identifies issues in annual monitoring reports or through other contact
- Russell Todd (Co-ordinator, based in Cardiff) and Megan Jones (Advisor, based in Aberystwyth) are employed on the contract
- The Advice Service is required to operate fully bilingually. Both staff on the contract can speak Welsh and a number of providers are able to support the Partnerships through the medium of the Welsh language

There are four ways in which support is provided:

1. Handled directly by Russell and Megan
2. Via internal WCVA services that are already available to third sector organisations in Wales (e.g., Sustainable Funding, Legal Services, Trustees Services and Member Services)
3. By buying in the services and expertise of specialist agencies

And by the end of the contract:

4. Via a peer-to-peer framework that allows Partnerships to provide support to each other

How the Advice Service operates:

- When an enquiry is received it is assigned a unique reference number so that it can be tracked (or traced retrospectively if required later in the contract)

Support so far has ranged from:

- Increase community representation on a Partnership
- Outcomes Fund Support
- Examples of protocols governing elected members
- Advice on social enterprise legal status and structure
- Up-dating Partnership Agreement
- Support to implement post-review recommendations

Should your Partnership need any advice or support, please do not hesitate to contact the team via Communities First Help Desk on 0800 587 8898 or by email help@wcva.org.uk

Food Hygiene Course

We're teaming up with Springboard once again to deliver a Level 2 Award in Food Safety for Catering. Anyone living in Monkton and interested in achieving this standard is welcome to attend this FREE course (sponsored by Monkton Communities First) at Monkton Community Hall. The session is split into two days, and attendees must be able to commit to both sessions. The dates are **Monday 22nd March and Monday 29th March both at 11am-3pm.** A light lunch will be provided. The course tutor, Ann Kerr can accommodate 10 to 12 people in the session, but places are filling up quickly. If you know of anyone who may benefit from the course please forward the details on.

To book and for more info contact Maria, or Claire at Springboard (0845 6037021).

Village Fayre Meeting

It's that time of year again and thoughts turn to this year's Village Fayre. For all interested in helping, a meeting has been arranged for Wednesday March 3rd at 7.30 pm at The Highgate Inn in Hundleton. If you would like to get involved in the planning of this year's Fayre please come along, and if transport is an issue give the Team a ring on 680373 and we'll sort that out for you.

Sponsored Fundraiser

Monkton Crafty Ladies are organising a sponsored event in order to raise money for Ward 10's refurbishment at Withybush Hospital.

As you're all aware, Pat Smith has not been well and recently had a 3 week stay on the ward. She was required to wear a 'pic line' for which a tubigrip-type sleeve was required to keep it in place. Fellow Crafty Lady Val Ebrey then cross-stitched a colourful character and was able to stick it on to the sleeve, making it more attractive.

The purpose of the sponsored event is to cross-stitch more patterns for the ward's use, as well as make other craft items, which will then be sold at an arranged coffee morning at a later date.

When will the fundraiser take place?

Wednesday 31st March 9am – 4pm at the Communities First Office. Crafty Ladies will work continuously between these times making crafts.

How can I sponsor them?

There is a sponsor form in the Communities First office, or call Pat Smith on 01646 622157.

What happens to the items made at the sponsored event?

The cross-stitched patterns for the sleeves will be taken to Ward 10 and sold for £1 each. All proceeds go directly to the ward.

Other items made will then be sold at a Coffee Morning which has been arranged for Tuesday 20th April 9am – 12.30pm at Pembroke Town Hall.

All sponsorship and all takings from the Coffee Morning go directly to Ward 10.

Please support this local group in their very worthwhile cause.

PAVS Communities 2.0 Circuit Rider Project

What is Communities 2.0?

Communities 2.0 (pronounced Two Point Zero) aims to help individuals, communities and social enterprises in modern Wales do more with technology.

It's a Welsh Assembly Government project which is delivered by a consortium of 5 organisations. The project is mainly funded by the European Regional Development Fund. See www.clickconnectdiscover.org for more information.

How can we help you?

PAVS runs the Circuit Rider Centre of Excellence for the Communities 2.0 project. PAVS's Circuit Riders can offer advice and support on almost all aspects of ICT for your group or organisation.

You may want to:

- Set up or improve your website
- Buy the right computer and new software
- Share photos & videos of your events
- Video conference your clients, Trustees or staff for free
- Improve how your organisation uses ICT

We will also run a series of mini workshops throughout Pembrokeshire to show how modern technologies can enhance your work, reduce your costs and improve your communications.

Where will we be working?

We work with voluntary groups and organisations based in, or who work within, priority areas in Pembrokeshire:

- **Haverfordwest**, *Castle & Garth*
- **Milford**, *Hubberston & West*
- **Pembroke Dock**, *Central & Llanion*
- **Pembroke**, *Monkton & St Mary North*

We can also work with Social Enterprises across the whole of Pembrokeshire.

For more information contact us on 01437 771197

Children and Young People's Action Group

The group met on 13th January and items discussed included the Ramsden Court Ball Park and Youth Club. Alastair Birch, Pembrokeshire County Council's Out of School Hours Learning Co-ordinator, was a guest and it is hoped that Monkton Priory School will 'tap' into Alastair's project soon. The outstanding Consultation with Monkton Priory School children is being held on Wednesday 3rd March. Two events were planned by the group; a netball and football morning on February 18th and a Puffin Savers event on Tuesday 2nd March at Monkton Priory School. Partnership members who sit on the Action Group are Monkton Priory School, Councillor Pearl Llewellyn, Liz Jenkins,

Pauline Waters and Maggie Hart. For more information on the group please speak to the members mentioned or Liz Cook at Communities First on 01646 680373.

Note: (Over 25 children and young people turned out at the Netball and Football event during half-term, another successful event from the Children and Young People's Action Group)

Carousel Family Centre

The Carousel Family Centre has two new workers, Teresa and Revis and due to a Pembrokeshire County Council review the centre is now open on Monday, Wednesday and Friday each week. The Centre has recently had a new lick of paint and activities have been planned for half-term. As well as the usual activities at the Centre, Communities First are helping the Centre to access funding for trips and equipment. All parents are welcome to pop in for a cuppa and a chat and are sure of a warm welcome. Teresa and Revis can be contacted at the Family Centre on 621728.

Pembroke and Monkton Local History Group

A newly constituted group has started in Monkton - Pembroke and Monkton Local History Group. The group's members include Linda Asman, who successfully launched and ran the Pembroke Story project in conjunction with Pembroke 21C, and local residents are also involved. On March 13th a Monkton History Day is planned by the group at Monkton Church Hall with residents being encouraged to take along old photographs of Monkton which they may have, to swap stories. If you would like to know more about the group, the History Day or the group's work please contact Linda on 622428.

Banner Making for Village Fayre

As you may be aware Gwen Griffiths from Pembroke 21C has kindly opened up their Banner Making Workshops to individuals from Monkton who are interested in making additional banners to be displayed in Monkton during Pembroke Festival and our Village Fayre. The workshops will take place in Foundry House during April and if you, or anyone you know, are interested in taking part in learning this news skill, which will benefit Monkton, then let Liz Cook know and she will place your name on the list and inform Gwen.

Liz has sent letters out to 13 people who have previously expressed an interest but the more hands the merrier. As soon as Gwen confirms the date for the first workshop Liz will circulate it. You can contact Liz on the Team's usual details.

Partnership Development Training

A 2 day Partnership Development Training Event was held in Monkton Swifts recently, and facilitated by Bev Garside from Empower, who manage the Communities First Information Service.

The training was undertaken to identify current strengths and weaknesses of the Communities First Programme in Monkton, with a view to ensuring that the maximum gain was provided to the community, in what may well be the last few years of the Programme.

The workshops allowed both Partnership Members and the Support Team to work together to identify a joint vision for Monkton in 2012 and ways in which this may be achieved, address how Monkton Communities First is responding to the broad aims of the programme and what else it could be doing, recognise the essential responsibilities and skills of the Partnership and actions to be taken, and identify ways in which the Partnership Members and Team can support each other to carry out their roles effectively.

Following the Development Training, the Partnership will be addressing priority issues and identifying key actions which will lead to success in the Programme over the next few months as part of an ongoing process. This work will be supported by the WCVA Communities First Advice Service.

Copies of the Report which identify the outcomes of the workshops are available from the Monkton Communities First Office on request.



BUSINESS IN THE COMMUNITY **PROHELP IN WEST WALES**

Business in the Community launched its South and West Wales ProHelp network in November 2009 across Pembrokeshire, Swansea, Carmarthenshire, Neath Port Talbot and Ceredigion.

Established in 1989, ProHelp is a UK network of over 600 professionals, from large corporates to SMEs, providing advice and support free of charge to community and voluntary organisations in their local area.

Last year, ProHelp supported over 2,200 community groups, including schools, voluntary organisations and community groups, with £1.4m of free professional advice. For more information see www.prohelp.org.uk.

The ProHelp network is managed by Business in the Community, a business led movement that inspires, engages, supports and challenges companies on responsible business through campaigns and initiatives.

Phil Jardine, Partner, Morgan Cole and Chair of the South and West Wales ProHelp network said: "ProHelp is an excellent initiative which brings obvious benefits to the community group, as well as enabling the business to motivate

and develop its staff, while at the same time make a real difference to the local community.”

If you would like more information on how your group may benefit from this service please contact Catherine Palmer, Business in the Community's West Wales Co-ordinator on 07715 510 390 or catherine.palmer@bitc.org.uk.

Puffin Saver Event

On Tuesday 2nd March between 9 and 10.30 am a Puffin Savers event is being held at Monkton Priory School in the Staff Room. The aim of the event is to provide information to parents on how to get their children saving regularly. Children who join Puffin Savers will receive a Blue 'pig' money box. All participants will be entered into a free hamper raffle and refreshments will be available. Liz Cook and Claire Arnold will be handing out leaflets after school to the parents this week and next Monday. Haven Credit Union and Want to Work will be present at what promises to be a very informative friendly event. Please advertise the morning to as many people as you can and if you can, pop along and show your support. For more information contact Liz at Communities First.

Crafty Ladies and Gentlemen

The Crafty Ladies group met recently and are pleased to announce that with effect from Friday 26th of February they are extending their membership to gentlemen crafters and have a new weekly meeting place, which is the Springboard classroom at Monkton Priory School. The group will meet between 1 – 3pm every Friday for the foreseeable future. For more information contact Liz Cook at Communities First. A big thank you to Claire at Monkton Priory School for assisting the group to continue.

How to Tender Training

Liz Cook has recently attended a WCVA Training Event entitled 'How to Tender' in Gorseinon. The training was aimed at individuals or groups who wished to update their knowledge in the competitive tendering process, with a view to possibly bidding for Tender Contracts. The training was very informative and Liz has a copy of the training pack if any group is interested in viewing it. Alternatively, if anyone would like more information contact Liz and she can arrange to have a chat with you.

Outcomes Funding and Programme Bending Training

Some Partnership Members joined the Team recently in a session at Monkton Church Hall on Communities First and Programme Bending, and on the new Outcomes Fund. Those in attendance were Maggie Hart, Barry Clark, Sinead Henehan, Lee Levesley, Pearl Llewellyn, Pauline Waters and Liz Jenkins.

Megan Evans of the WCVA facilitated the session which included clarifying programme bending and the way forward, and a quiz to help us all identify how and when programme bending takes place, which got us all stirred up!

The Outcomes Fund was explained and provided clarity for those who attended, and also gave the opportunity for some project ideas to be discussed.

The 3 hour session commenced with a tasty buffet lunch, organised by the Team. Further training sessions will take place over the next couple of months, courtesy of the WCVA and all Members are encouraged to attend in order for the programme to progress. More details will be discussed at one of the Partnership meetings in March.

M:Life

The deadline for the next edition of M:Life is March 5th. If you would like to submit an article for the Easter edition then please forward it to the team by that date. As always, we can offer help in preparing an article if you need it.

Eisteddfod Trip to St David's

On Tuesday 2nd March a community trip has been organized by Monkton Communities First to the 50+ Forum's Eisteddfod in St David's Cathedral. The free bus will be leaving Monkton at 11 am and will return to Monkton by 5pm. If you would like to book a place on the bus please give the Team a ring on 680373.

50+ Event at Monkton Swifts

Monkton Communities First in conjunction with the Over 50's Action Group are currently in the initial planning stage of organizing an Awareness Raising Day on issues affecting the 50+ age group. The provisional date for the Event is Thursday 8th April with the venue and time to be confirmed. Look out for more information in M:Life and the next monthly bulletin. If you would like to assist in the planning of this event, please contact Liz Cook on 680373.

Media Training

The Communities First Team have been contacted regarding the possibility of community based media training, which can be undertaken by Red Dog Media.

The company has been active in training in both the community and voluntary sectors, providing training to Prime Cymru staff and clients and to the Older People's Commissioner for Wales, as well as independently to other voluntary sector and corporate clients plus professional journalists. Some of the training modules offered are aimed at clients with no prior media experience and are designed at training them in how to increase media coverage for all types of organizations from charities to community groups and small businesses.

The courses available are as follows;

COMMUNICATIONS TRAINING.

This one day course includes:

Comprehensive training in how you can write effective press releases.

Basic training in legal issues connected to journalism.
How you find new sources of publicity.
Contact building skills.

The training is delivered as an interactive session that includes a visual presentation and practical exercises. Training certificates are awarded on completion of the training.

The communications training module detailed above may be held over two days if clients have no prior media experience, just so there is more time for additional one to one tutoring, practical work and feedback, as the one day course is quiet intensive because of the amount of material included.

The trainers usually recommend clients do the photography training as well if they are working or volunteering in a communications/publicity officer type role, or involved with the creation of publications like newsletters or magazines. This allows them to then have all the skills they will need to do that job efficiently and make the best impact on the media. Course attendees will be tutored on their own digital cameras.

MEDIA SPOKESPERSON TRAINING

This one day training course includes:

Comprehensive training on how you can do successful interviews for radio and television.

The training is delivered as an interactive session which includes a visual presentation giving clients broadcast examples of how to do good interviews, common mistakes, and what to avoid when being interviewed for television or radio.

The course includes an overview of how radio and television journalists prepare stories and what they want from interviewees plus a selection of 'top tips' for success as well as a certificate of training for those who take part.

This course can also include practical sessions with a camera crew where required, so you can see your interview played back, building your skills and confidence.

If you are interested in attending either of the above courses, please contact the Communities First Team. Bookings for the courses will be made following establishment of levels of interest.

Regeneration Skills Collective Wales & the Centre for Regeneration Excellence Wales Seminars

The Regeneration Skills Collective Wales & the Centre for Regeneration Excellence Wales are jointly convening 3 Seminars / Site Seminars during the March and April. These are:

THURSDAY 11 MARCH (09.45 - 14.30) SITE SEMINAR - "COMMUNITY REGENERATION: DELIVERING IN PARTNERSHIP" - GLYNCOCH, NEAR PONTYPRIDD:

This event will focus on the work of an innovative Glyncoch Partnership Communities First initiative. Approx two thirds of the housing stock in Glyncoch has been transferred to RCT Homes housing mutual. There are also a variety of local initiatives aimed at improving the environment of the area; raising education and skills levels; developing social enterprise; and creating pathways to employment.

The Site Seminar is intended for community development / local regeneration practitioners; and regeneration practitioners from a wide range of professional backgrounds engaged in economic, physical & environmental aspects of sustainable regeneration.

THURSDAY 25 MARCH (09.15 – 15.30) SITE SEMINAR - "REGENERATING RHYL: STRATEGY TO DELIVERY" - WCVA CENTRE, MORFA HALL, RHYL.

This event will work through from the North Wales Coast S.R.A. & the Rhyl City Strategy through to the delivery of economic, physical and social cohesion actions; delivery within the Community First area of West Rhyl; and the activities of the Rhyl Youth Action Group Centre.

This Seminar is intended for all those sustainable regeneration practitioners seeking to deliver integrated economic, physical, social, community and environmental regeneration through the proactive engagement of the public, private and third sectors.

WEEK BEGINNING MONDAY 15 MARCH (DATE TO BE CONFIRMED): SUSTAINABLE REGENERATION FOR RURAL COMMUNITIES: THE RURAL / URBAN INTERFACE (TO BE HELD IN WEST WALES).

This event will be a FULL DAY Seminar that will examine all of the key themes relevant to the rural regeneration agenda in Wales, with particular reference to the importance of the rural and urban interface for the delivery of integrated regeneration actions.

Programme & booking forms are being prepared and will be distributed, commencing on Monday 15 February.

If you are interested in attending any of the events and wish to receive additional information, please contact the Monkton Communities First Team as soon as possible, and we will forward your details to the organizers.

The RSCW are hoping to organise additional Seminars & Site Seminars in different parts of Wales over the next six months. Please contact Richard Essex (details below) if you wish to be on the circulation list. Richard would also be grateful for any suggestions as to events (subject / location) that you would like to see held in the future.

Richard Essex
Coordinator, Regeneration Skills Collective Wales
0781 257 6729
ressex@rics.org

Get set for study.....get ready for a degree!

The Prepare for BA Humanities Programme will start week commencing Monday 19th April at Swansea University campus and in 14 community venues across Swansea, Neath Port Talbot, Carmarthenshire and Pembrokeshire.

It is designed with adult learners in mind and is an ideal opportunity for people to sample courses offered by the Department of Adult Continuing Education (DACE), especially if they are considering studying the BA Humanities (part-time) Degree.

This programme is **FREE** to most students as grants and bursaries are available. Furthermore, there are **no formal entry requirements** for this programme. Please see our website for further details

<http://www.swansea.ac.uk/dace/>

We are also holding a series of **Open Days** in March and April where prospective students will have the opportunity to find out more and meet one of the team. For further details please visit

<http://www.swansea.ac.uk/dace/News/Headline,33467,en.php>

For more information or to request a brochure contact Paul Dicks (01792) 295935, p.dicks@swansea.ac.uk

Library of Information

The library of books, guides and documents at the Communities First office is regularly updated and available for anyone to borrow. This includes guides for new committees, training manuals (eg. PR and Publicity for Free and Creating a Dynamic Event) and documents from the Welsh Assembly. This section will update Members on any new additions to the library. Feel free to call into the office to view/borrow any of the stock, or call Maria for further information.

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Next Issue

The next Monkton Communities First Bulletin will be issued in April

