

**INSIDE THIS  
ISSUE:**

Moving on, front page

Creative Rural communities – funding and events, page 2

Funding Surgeries, page 3

Getting to know you, page 4

Mobile Library visits the Villages, page 5

Sports coaching, page 6

Becoming more active more often, page 7

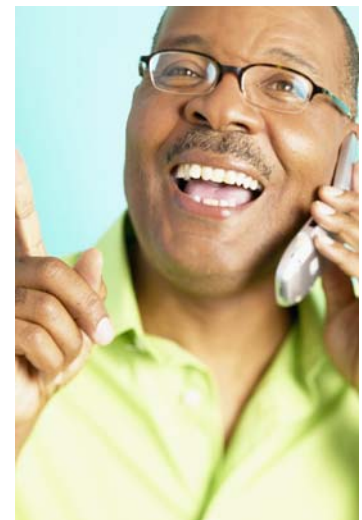
## Welcome to this, our March edition of Community Development News

Lots of people are working towards better communities in the Vale by

- identifying local needs, interests, opportunities, rights and responsibilities
- planning, organising and taking action
- evaluating the effectiveness and impact of the action.

This newsletter is a virtual network, sharing information and ideas. If you have any information, articles, photos, etc. to contribute, please e-mail [banoon@valeofglamorgan.gov.uk](mailto:banoon@valeofglamorgan.gov.uk).

Contributes for the next newsletter need to be in by 23<sup>rd</sup> May.



**Send us your contributions  
for Community  
Development News**

## Moving On

The Moving On programme would like to take this opportunity to wish all residents of the Vale a Happy Easter.

Moving On is a flexible programme which helps to raise self-esteem and build confidence, opening doors to a better future.

The courses are a friendly step back to study, letting participants work at their own pace and level.

Coming soon after the Easter holidays is: Spreadsheets, Desktop Publishing, Confidence Skills, First Aid and Food Hygiene. All courses are free except for the Food Hygiene course, which has a fee of £15 for the booklet and registration.

Call in at the Community Enterprise Centre at Skomer Road, Barry for a timetable or give Sandra a call on 01446 733034



*Moving on, helping to  
build self-esteem*

# Creative Rural communities – funding and events

**A**re you a resident or a member of a community organisation in the Rural Vale of Glamorgan?

Creative Rural Communities, the Vale of Glamorgan Council led Rural Partnership, may be able to help you develop your ideas. Creative Rural Communities helps communities in the Rural Vale of Glamorgan\* acquire the knowledge and skills they need to take direct responsibility for their own regeneration and to realise their own ideas.

## Assistance is available in two key areas:

**Support** - from identifying the communities' needs right up to witnessing viable projects into fruition, including helping to set up new groups.

**Funding** - A number of different funding options could be available for projects that meet the various criteria.

Dedicated officers are also available to assist with identifying external funding sources.

## All projects must:

- meet the needs of local communities
- involve and have the support of local communities
- provide added benefits to the area
- address and meet the needs of those involved
- complement any activities already supported by other community initiatives

## Examples of projects:

- training
- feasibility studies
- support for community led events
- community planning
- revenue projects that benefit the wider community
- capital projects



*Unfortunately, Creative Rural Communities help is not available in Barry, Penarth or Llandough*

## Involving young people in decision making events

Involving young people in decision making at the earliest possible stage is key to the successful implementation of projects that meet the needs of the local community.

These events will equip residents and local decision-makers with:

- the skills needed to engage with children and young people
- techniques that help to involve children and young people in long term planning
- the ability to make the process fun
- examples of case studies in other areas

## Where and when?

- Wednesday 12<sup>th</sup> March 6.00 – 8.30 pm, St Donats Arts Centre
- Thursday 20<sup>th</sup> March 12.00 midday – 3.00 pm, The Cory Centre, Dyffryn Gardens

Are you interested in securing funding for your community building? These events, led by Community Enterprise Wales, are aimed at people involved in the management of community buildings.

They will:

- look at more reliable ways of generating income that will contribute to a more sustainable future
- look at case studies in other areas
- look at ways of attracting new user groups
- consider what this means for your organisation

## Where and when?

- Thursday 13<sup>th</sup> March 12.00 midday - 3.00 pm, Llansannor Village Hall
- Tuesday 18<sup>th</sup> March 6.30 – 8.30 pm, The Six Bells, Penmark

# Funding Surgeries

## Need money for your group or event?

The Vale Centre for Voluntary Services (VCVS) is organising a series of one day "Funding Surgeries" with a number of Welsh funding organisations.

Opportunities will be available for voluntary and community groups serving the Vale to attend this event? There will be a limited number of appointments available each day and these will be allocated by VCVS in consultation with the funding organisation. The "Funding Surgeries" will be held in VCVS' offices at Barry Community Enterprise Centre in Skomer Road on the following dates:

- Wednesday 30th April with Lloyds TSB Foundation Wales - registered charities only may apply to attend
- Friday 23rd May with the Arts Council of Wales
- Wednesday 25th June with the Heritage Lottery Fund

If you are interested in applying for an appointment please contact Dave Edwards, VCVS development & funding officer on (01446) 741706 or e-mail [dave@valecvcs.org.uk](mailto:dave@valecvcs.org.uk) for more information.

## Funding Fair

There's also a funding fair being held on Tuesday 4th March in the Gladstone Room, Barry YMCA (the Hub) from 11.00 am – 4.00 pm.

"An opportunity not to be missed for voluntary and community groups in the Vale of Glamorgan"  
Who will be there? Funders from:

- BBC Children in Need
- Business in the Community Cymru/Wales
- Comic Relief Wales
- Environment Wales
- Finance Wales
- Help a South Wales Child
- Sports Council for Wales
- The Big Lottery Fund
- Wales Council for Voluntary Action
- Welsh Assembly Government's Community Facilities & Activities Programme
- Vale of Glamorgan Council's "Community Chest"
- Vale of Glamorgan Council's Creative Rural Communities
- Vale of Glamorgan Council's European Funding Office

Why not come along and gain invaluable advice from key funders?. Please contact Dave Edwards at VCVS to reserve a place - telephone: 01446 741706, e-mail: [dave@valecvcs.org.uk](mailto:dave@valecvcs.org.uk)



## Getting to know you

'Getting to know you' offers community groups and projects in the Vale the opportunity to get together over a cup of tea and a cake to promote their groups' activities, share ideas and discuss any problems they may have. The events have been so successful that they now meet regularly every three months.

The third 'Getting to know you' event took place in early December where they celebrated Christmas in style with home made mince pies and stollen.

The next 'Getting to know you' is being held 10.30am-12.30pm at Barry Community Enterprise Centre on Wednesday 12<sup>th</sup> March (not the 5<sup>th</sup> as previously stated) in time for Easter celebrations and chocolate is sure to make an appearance somewhere!

Don't forget bring any info you have on your group to share with others. For further information or to book a place please contact Gail on 01446 733034.

*'Getting to know you' dates for your diaries:*

12<sup>th</sup> March

4<sup>th</sup> June with 10 top tips for dealing with stress!

10<sup>th</sup> September

3<sup>rd</sup> December



## Mobile Library visits the Villages

One of the great advantages of the Mobile Library service in the Vale is that it can reach all the communities that are unable to access to a static library. We have many long-established and well-used stops in villages such as Llandow, Llanbethery, Peterston-super-Ely, Colwinston, St Bride's Major, St Hilary, Fferm Goch and Ystradowen.

Newer stops that have proved successful include those at Welsh St Donats, Ewenny, Eglwys Brewis and the Cambrian Residential Park at Culverhouse Cross. Many of these came about through community pressure. However, there are an equal number of stops that are no longer as well supported; these include Southerndown, St Nicholas, Fontygary, Llancafarn, Penmark, Graig Penllyn, Wick, Michaelston le Pit and Aberthin.

The Library Service is keen to improve services for communities in the rural vale and we are prepared to consider requests to relocate the stops or to change the times of our visits. During recent months we've altered the timetable in order to make some of our stops more accessible for users and this has brought us some new members.

We would love to receive your comments on the services we provide to communities in the more remote areas of the Vale. You are also welcome to contact us if you would like to receive a copy of our timetable.

We will give serious consideration to all suggestions for new stops or variations to routes. Please contact Andrea Griffiths on Barry 740688 or email [ADGriffiths@valeofglamorgan.gov.uk](mailto:ADGriffiths@valeofglamorgan.gov.uk)



*'Looking for new customers – Swallow outside Llancafarn Village Hall (11.10-11.50 every other Friday)'*

# Sports coaching

The Vale Glamorgan's Sports Development team has recently organised a number of coach education courses. This is part of their role to increase the provision of quality sports opportunities locally.

Courses typically take the format of three-hour workshops and are aimed at new or existing coaches who wish to update their knowledge on areas relating to sports coaching.

Sportscoach UK courses are nationally recognised and are run by Sports Council for Wales' trained tutors, who share their knowledge and expertise with workshop participants.

These specialist courses are not just aimed at individuals based within sports clubs. They provide useful information for any organisation that may wish to increase sports and physical activity provision (including youth service providers and older people activity groups).

Upcoming courses over the next few months include: Sports Development Planning, Coaching Methods and communication, Introduction to core Stability, Improving Practices and Skills, Developing sports partnerships and junior clubs and providing a club for all.

The Sports Development team also has information regarding a range of sports specific courses in sports such as football, netball and rugby.

For further information regarding coach education in the Vale of Glamorgan please contact Karen Davies, Sports & Play Development Manager on 01446 704614, email: [KJDavies@valeofglamorgan.gov.uk](mailto:KJDavies@valeofglamorgan.gov.uk) or visit the website at [www.valeofglamorgan.gov.uk/sportsdevelopment](http://www.valeofglamorgan.gov.uk/sportsdevelopment)



# Becoming more active more often

The Vale of Glamorgan Council's Sports Development team is working with partners to promote healthy lifestyles amongst residents in the Vale.

Did you know that in order to achieve a healthier lifestyle adults should aim for a minimum of 5 sessions of 30 minutes of activity per week? Young people should aim for a minimum of 5 sessions of 60 minutes per week.

The Sports Development team is developing initiatives such as the 5x60 scheme, which aims to increase the number of secondary age pupil's participating in extra-curricular sport and physical activity.

Similar work is taking place amongst 7-11 year olds through the Dragon Sport scheme. This encourages this age group to participate in fun inclusive extra-curricular opportunities in eight key sports, including tennis, hockey, netball, football, rugby, athletics, golf and cricket.

The Community Chest scheme provides start up funding for organisations that wish to develop new or additional activities for adults. Organisations that have recently received funding to develop new activities for adults include local businesses wanting to provide work based opportunities for employees, local sports clubs looking to attract more adult members and local residential homes wanting to engage older residents in physical activity.

The team also provides information regarding physical activity opportunities in the area including yoga, salsa dancing and Pilates.

For further information regarding sports development please contact Karen Davies, Sports & Play Development Manager on 01446 704614 or email [KJDavies@valeofglamorgan.gov.uk](mailto:KJDavies@valeofglamorgan.gov.uk).

Alternatively visit the website at [www.valeofglamorgan.gov.uk/sportsdevelopment](http://www.valeofglamorgan.gov.uk/sportsdevelopment)

