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Communities First Annual Fun Day presents Change 4 Life Day in June:

The Gibbonsdown & Court Communities First Change 4 Life day was a great success. On Friday 4th June hundreds of people attended the annual event. Communities First worked in partnership with many local agencies including Flying Start, Safer Vale Partnership, Vibe and the Council's Play Development Team. There was a health & wellbeing theme throughout the day - as well as many free children's activities including bouncy castles, climbing wall, soft play and circus workshops. The Communities First health & wellbeing information tent was hosted by many organisations including Diabetes Wales, Stop Smoking Wales, Bi Polar Cymru, Prostate Screening Trust, Communities First Allotment Group and Breast Cancer Wales.



Sharon Topazio, Communities First Co-ordinator said: "The Change 4 Life theme played a major part at this year's annual fun day with lots of free information being handed out to local residents about healthy lifestyles for the future". Bro Radio broadcasted live throughout the day and the finale of the afternoon was the Communities First 'Gibby & Court's Got Talent Competition' which went down a storm with everyone! A great day out for local residents to enjoy!.'



Half term fun in Castleland



A family fun day was held in Coigne Terrace recently thanks to the Vale Play Development Team and Castleland Communities First.

The event was attended by over 75 residents who enjoyed a variety of fun activities on offer including a sand pit, marshmallow toasting, jewellery making, ball games, den making and arts and crafts.

The Castleland Communities Team also ran a pedometer challenge. Residents were given a pedometer on entering the fun day and the person

who took the most steps during the day won a £10 voucher for Tesco. The winner was Nicole Deol who took a staggering 5607 steps in just two hours.

Jo Bass, Development Worker for Castleland Communities First, said: "It was great to see so many families come along and enjoy the activities that were on offer. Hopefully we can host similar events in the future."

Look out for the summer edition of the Castleland Newsletter that will contain details of future

events. It will also include a short questionnaire to help us gain an understanding of the interests and needs of the community.

If you would like to be involved or contacted about future Communities First activities please contact Jo Bass on 01446 709170, email jbass@valeofglamorgan.gov.uk or join our Facebook group - just search for 'Castleland Communities First'. More information on future play opportunities across the Vale can be found at www.valeofglamorgan.gov.uk/playdevelopment.

Library Service to Housebound users



A pilot home borrower scheme is operating in the Llantwit Major area and being delivered by volunteers. To make use of the service readers have to satisfy certain criteria:

- have mobility issues that prevent them using one of our library buildings, or a condition that makes it impossible to leave their home to use the mobile library at a local stop;
- be without a regular visitor, friend or family member who can visit the library and select books for them;

- live alone, or with a carer who also has mobility issues.

If you know someone who can answer "yes" to all these questions we may be able to help. Phone Andrea on 01446 725381 for further details.

For the purposes of the pilot scheme the Llantwit Major extends eastwards to the River Thaw, including the communities of West Aberthaw, St Athan, Flemingston and Llanmaes and westwards to Wick, taking in Broughton, Monkash, Marcross and St Donats.

We are also on the lookout for more volunteers in the Llantwit Major area. Andrea would love to hear from anyone keen to do this and will be happy to explain how the service works.



Sportscoach UK Coach Education Courses 2010/2011

How to Coach Disabled People in Sport

This workshop aims to answer all the commonly asked questions about disabled participants in sport and how to set up coaching sessions to suit their needs. It gives advice on how to plan a session or make minor adjustments to the way you work, to make your coaching more effective.

Mentoring is a powerful tool in the education and development of sports coaches at all levels. This workshop will help you, as a mentor, to support coaches' learning and focus on how learning occurs. It provides coaches with tools (which are adequately flexible to fit within any mentoring framework) to record the relationships built through mentoring programmes.

This workshop aims to increase awareness of safeguarding and protecting children, helping coaches to recognise signs of abuse and poor practice, and deal sensitively and effectively with issues that arise. It also prompts a review of coaching practice to ensure that sport provides a positive and enriching experience for children.

30th September 2010 6.00 - 8.00 pm

How to Coach Sports Effectively

9th December 2010 6.00 - 9.00

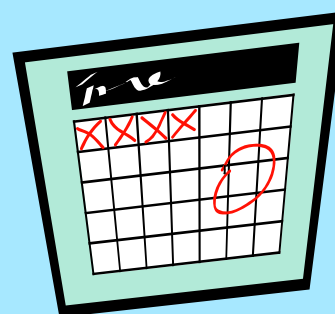
Fitness and Training

(Physiology and Performance)

7th Jan 2011 6.00 - 9.00 pm

Improving Practices and Skills

17th March 2011 6.00 - 9.00



Equity in your Coaching

This workshop is designed to assist current or future coaches in becoming more aware of the barriers many people face in taking part in sport.

By the end of this workshop, coaches will be able to:

- explain what sports equity means and why it is important
- identify barriers to participation
- use appropriate language and terminology
- identify and challenge inequitable behaviour
- interpret the legal framework that affects coaching
- identify how they can become more equitable
- establish where to go for further information.

24th February 2011 6.00 - 9.00 pm

Coaching Children and Young People

This workshop includes essential information on physical growth, social and emotional development and early skill learning, presenting the information in a practical and useable manner. It also covers how to adapt your coaching style to individual needs and different stages of development, and how to deal with a variety of different situations.

12th May 2011 6.00 - 9.00 pm

All sessions will be held in the Corporate Suite, Civic Offices, Barry. Spaces are limited and can only be confirmed upon receipt of payment. The deadline for booking a space on each course is 10 days prior to the course date. To book a space please contact Julie Morgan on 01446 704748.

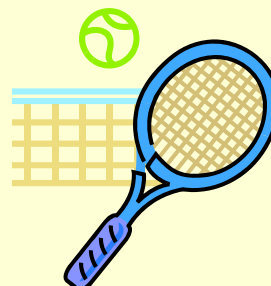
Summer Sports Programme 2010

Play rangers and playscheme

Free turn up and play sports taster sessions will be on offer this summer. These dates/times/activities are subject to change so please check the Vale of Glamorgan website summer programme section for current detail

JULY

Date	Morning	Afternoon
Mon 19 th July	Football Session & Tournament Victoria Park 11 – 3 pm	Football Session & Tournament Victoria Park 11 - 3pm
Tues 20 th July	Football Session & Tournament Victoria Park 11 - 3pm	Football Session & Tournament Victoria Park 11 - 3pm
Wed 21 st July	Football Session & Tournament Victoria Park 11 - 3pm	Football Session & Tournament Victoria Park 11 - 3pm
Mon 26 th July	Tennis St David's Park 1.30 – 1pm	Tennis Palmerston School 2-3pm
Wed 28th July	Football Palmerston School 10.30 – 12pm	Football Ceri Road, Rhoose 2.30 – 4pm
Thurs 29 th July	Volleyball St David's Park 11.30 – 1pm	Volleyball Alexandra Gardens 2.30 – 4pm

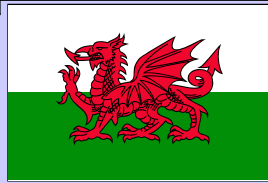


AUGUST:

Tues 2 nd August	Athletics Llanilltud Fawr 10.30 – 12pm	Athletics Victoria Park 2 – 3.30pm
Wed 3 rd August	Football Pencoedtre Park 11.30 – 1pm	Football Llanilltud Fawr 2 – 3pm
Thurs 5 th August	Cricket Twt Park, Cowbridge 11.30 – 1pm	Basketball Victoria Park, Barry 2.30 – 4pm
Fri 6 th August	Football Wick Common 11.30 – 1pm	Football Twt Park, Cowbridge 2.30 – 4.00pm
Tues 9 th August	Volleyball Fairfield School 10.30 – 12pm	Tennis Fairfield School 1.30 – 3pm
Thurs 12 August	Cricket Fairfield School 10.30 – 12pm	Rugby Fairfield School 1.30 – 3pm
Tues 16 th August	Tri-golf Caerleon Road Com- mon, Dinas Powys 11.30 – 1pm	Tri-golf Wick Pavillion 2.05 – 4pm
Wed 18 th August	Football Trefefarad Green, Boverton 11.30 – 12.30pm	Football Gladstone School 1.45 – 3pm
Thurs 19 th August	Tennis Caerleon Road Com- mon, Dinas Powys 11.30 – 1pm	Tennis Gladstone School 2 – 3pm
Tues 23 rd August	Volleyball Glyndwr Avenue, St Athan 11.30 – 12.30	Volleyball Central Park 1.30 – 3pm
Fri 27 th August		Lacrosse Porthkerry Park 12 – 1pm In association with Welsh Lacrosse Associa- tion



Roll up, roll up!!!!

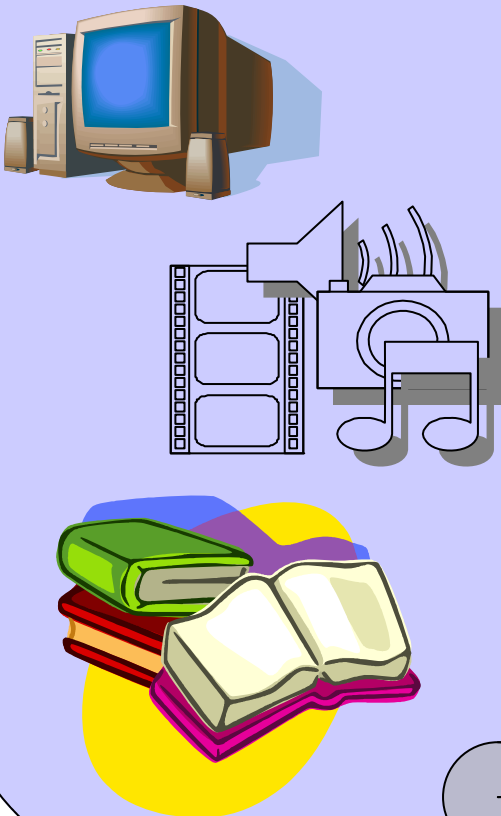


The new Lifelong Learning prospectus 2010 to 2011 is out now and available from all main community learning centres, libraries and council offices.

The new September programme includes a wide range of learning opportunities for everyone throughout the Vale of Glamorgan including arts and crafts, computers & photography, languages and Welsh for adults, health and wellbeing, cookery, sports and fitness, music and dance, history and literature and personal development as well as courses for adults who require additional learning support.

Fee Concessions are available for those in receipt of benefits or state pension and a free creche is available for daytime classes at Palmerston Centre.

Classes are held both daytime and evening throughout the Vale of Glamorgan including one day Saturday workshops and short courses.



Sign up open days will be held on:
Saturday 11th September 10.00 - 1.00 pm at Palmerston Centre, St Cyres School, Penarth and Cowbridge Old Hall.
Wednesday 15th September 6.30 - 8.30pm at Barry Comprehensive, St Cyres School, Penarth and Llantwit Major Comprehensive

For more information and for details about how to enrol please contact Community learning centres
Telephone Barry 01446 738054
Palmerston Centre 01446 733762
Penarth 02920 701569
Cowbridge 01446 773831