

# NEWS NEWYDDION



## Community Wellbeing Group



Our Christmas get-together for our Community Wellbeing Group saw 50 of our members come together at the Redhouse for an afternoon of Christmas cheer! We had a Christmas dinner, quiz, entertainment, sing-along and a fantastic raffle! All members had a fantastic afternoon with one member standing up to make the statement - *'I get more support from this group than any other organisation'*. Well done and thank you to all the Library staff, Janet Morgan and Clare Parry for all their hard work in preparing for the day, organising gifts for all our members, decorating, cooking and serving the dinner. Also a special thank you to all those who donated all the fantastic raffle prizes including volunteers, members of the curling club and Marks & Spencer, Merthyr. We're all looking forward to our next meet up in March for a celebration of St David's Day.



## Merthyr Library Hub

Lovely feedback from the staff at Goetre School after their visit to our Library Hub at Merthyr Leisure Centre. Well done Ruth on organising such a fantastic day for everyone!



*"I would like to take this opportunity thank Ruth at the library hub in Rhydycar leisure centre, for organising and facilitating a workshop for Goetre Primary Schools, families connect programme. The parents and children loved the afternoon. Thank you so much. We look forward to visiting in the new year with our next group of parents and children. Theresa and Bev (Goetre staff)"*



# Merthyr Leisure Centre Junior Wado - Kai



Three members of Merthyr Junior Wado-Kai, a club based at Merthyr Leisure Centre, were recently selected to compete for WALES at the European under 21 all-styles Karate Championships in Denmark in February, all four fighters have been supported by Merthyr Leisure Trust through their elite membership scheme.



(L-R) Logan Richards competes at Und18 heavyweight.  
Callum Reid competes in the Cadets lightweight category  
Jennie Evans competes in the female Cadets +54KG category  
Cole Rees-Williams competes in the Und18 light-heavyweight category

MAE THE READING AGENCY A LLYFRGELLOEDD YN CYFLWYNO  
THE READING AGENCY AND LIBRARIES PRESENT

## DYFEISWYR DIREIDI MISCHIEF MAKERS

SIALENS DDARLLEN YR HAF 2018  
SUMMER READING CHALLENGE 2018

## Libraries Summer Reading Challenge



The summer holidays may seem like a distant memory but the final statistics have just been released! 699,076 children took part in this years challenge, with 40,213 children from Wales. Merthyr has once again shone in the Welsh statistics. This year saw 78% of the children who signed up to the Mischief Makers Challenge managed to complete it! Fantastic work done by all the library staff encouraging and supporting our young members throughout the summer!

## Merthyr Leisure Centre Rolls With It!



### Roller Derby

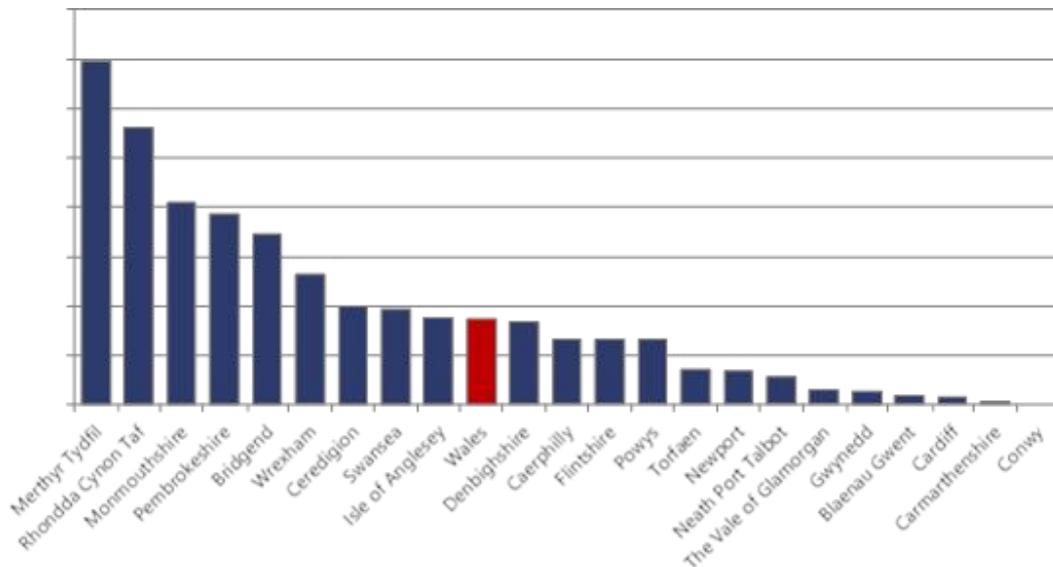
The new home of Merthyr Tydfil Roller Derby is Merthyr Tydfil Leisure Centre! This new exciting sport are now using MTLC for training on a weekly basis, league games and tournaments. On Saturday 8th December, they had their first ever seven a side tournament, with a number of teams turning up from all over the country.



# Free Swim!

Although nationally free swim is declining, Merthyr Tydfil pools are doing well, being number one for the provision of Free swim swimming lessons per 1000 people. Fantastic work team!

Figure 23: Rate of free structured activities per 1,000 people aged 16 or younger, by authority, 2017-18



## Merthyr Tydfil Swimming Club



Merthyr Tydfil Swimming Club has successfully obtained two grants for the purchase of 6 new starting blocks and 2 new lane ropes. I am sure you will agree that this is good news for the future training needs of the swimmers in MTSC.



## Cwm Taf UHB Physiotherapy

Great news we have partnered up with Prince Charles Physiotherapy department, they will be bringing down their athlete physiotherapy session to the fitness suite at MTLC once a week. These sessions are for Merthyr Athletes that are injured, they will use the gym to help support their recovery, in return the NHS will try and sell each Athlete a membership to the gym on our behalf.

At present the numbers are eight / ten patients each month.

This partnership has also opened up new avenues into the NHS, we have been asked to do well being sessions with the staff and patients, put stands up during the NHS well being Days, and supply poster and leaflets throughout the hospital.





# Richard Powell



Richard, a lifeguard at MTLT represented Wales in the European Championships, in Malta, going out in a credible quarter final.

Huge Congratulations to Richard from all the staff at Wellbeing@Merthyr!

## Project ARTiculate

We have been awarded a grant from the Dunhill Medical Foundation for project ARTiculate. The mission is to improve quality of life for the elderly promoting engagement and participation among older residents in rural community, Merthyr Tydfil, Wales through the medium of creative writing. More information to follow in the New Year.



## Spirits Visit Redhouse Cymru

Spiritualist, Nataly Churchill, entertained audiences over a two night run welcoming over 150 guests.

## Christmas comes to Wellbeing@Merthyr



## Breakfast with Santa

Our Breakfast with Santa at Redhouse Cymru SOLD OUT! 46 children got to meet Father Christmas, have their photo taken and partake in some festive arts and crafts.



## Merthyr Library Toddler Time

Merthyr Libraries Toddler Time had a very special visit for their final session of 2018 from Santa Claus and Mary Christmas! Everybody had a fantastic time at their mini Christmas party, with Santa reading stories and singing songs. *'Best Santa we've seen' 'It's lovely to have a real Welsh Santa' 'So lovely to have Santa reading a story to the children'* - Just some of the comments from our Toddler Time parents / grandparents!

Well done to Allison Hunt from Merthyr Libraries for running another successful year of Toddler Time at the Redhouse, everyone's looking forward to the sessions starting back in the new year!



## Santa at the Castle

Massive well done to the staff and Santa at Cyfarthfa Castle & Park for their excellent work over two sold out weekends of Santa at the Castle!

*'Lush, magical / amazing experience / absolutely fantastic / fantastic visit well worth the money / absolutely awesome Santa was brill - just some of the comments from our customers!*



## Christmas Workshops at the Castle

Along with Santa visiting the castle the museum staff have been really busy running 3 Christmas decoration workshops: Wreath Making and Victorian Mistletoe Ball Making. Everything made looked absolutely fantastic!

*'Had a great time' 'We had a lovely time - looking out for more workshops in 2019' 'Fabulous afternoon' 'Really good workshops'*

Just some of the many lovely comments received by participants. Excellent work Chris and the team at the museum.



## Panto Time at Redhouse Cymru!

We launched our annual Christmas Pantomime, Sleeping Beauty, to rave reviews welcoming over 500 school children and 924 audience members to Redhouse Cymru; many of whom were first time attenders.

"The kids absolutely loved it! They were excited all day!" - Troedyrhiw Community Primary School

"We loved it! We have come the past two years and this was by far the most engaging. My two were screaming excited the whole way through." – Barnardo's community member

"It was amazing, the children had a great time they felt it was really personal. We will be booking for next year!!!" - Ynysowen Primary School



## NERS Christmas Celebrations!

The NERS team held the 3rd annual Christmas Party for its clients (past and present). Over 100 clients attended at the Labour Club in Merthyr Tydfil. There was a buffet supplied by Bev from the leisure centre, raffle prizes, carol singing and a singer to provide the entertainment. The clients who attend our Zumba class demonstrated one of their dances too. The event was enjoyed by all. Lots of compliments were given about the singer and the buffet. It was the best NERS Christmas Party so far. At the end of the party the clients were thanked for their continued support that they've shown throughout the year and the instructors were thanked for all their hard work throughout the year and also for organising the party.



***Lots of exciting and new  
opportunities and  
challenges  
coming up in 2019!***



***Merry Christmas  
and  
Happy New Year!***