

Community Cabin

Information & Advice

Caban Cymunedol

Gwybodaetg a Chyngor

Covid19 update

Information on how organisations are providing services during lockdown

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PLEASE HELP US TO HELP YOUR COMMUNITIES

We need you to help us support our residents through the challenges ahead. Can you help people in your community?

If you don't have anyone that can support you to get essential shopping or prescriptions during self-isolation we can help you. We are here to support community action.

If you need help or would like to help please contact us:

partnerships@monmouthshire.gov.uk
01633 644696



Community Wellbeing and enterprise development

During the Covid19 outbreak, Community Wellbeing Development aims to support individuals and groups to develop solutions to tackling loneliness and isolation. This could be help to set up on-line communities, things like organised singing from windows or even front garden performances.

We can help explore your idea, help you consider how to manage social distancing, link you with likeminded people and provide you with practical support like printing leaflets and posters.

If you have an idea you would like to explore, please contact Fred

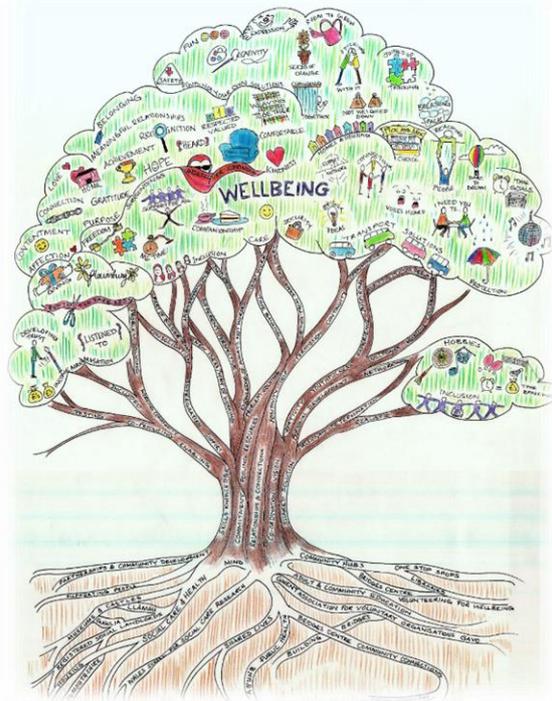
Contact Information

Fred Weston – Community Wellbeing Development Lead

South Monmouthshire

fredweston@monmouthshire.gov.uk

07890 559 566



Covid-19 Are you feeling overwhelmed, anxious, worried,
are your emotions up and down?

Mind Monmouthshire are here to support you and your wellbeing.

We offer a confidential and friendly service.

- Information, Advice or someone to talk to about you feel?
- Benefits Advice; including help to make new claims
- Tenancy and Housing Support
- Farmers Support

Contact us: Monday - Friday 9.00am - 4.30pm

- Phone: 01873 858275
- Text: 07950 889415
- Email: iaa@mindmonmouthshire.org.uk



Mind Monmouthshire is a
Registered Charity (1150165)

Covid-19 and Universal Credit

Due to the present climate with face-to-face contact, we are offering telephone support with digital applications for Universal Credit.

- * We can help you with first time applications and current claims.
- * Our Case Worker can talk you through the application and provide advice and support on the application
- * Update and support you with the changes in procedures.

Phone: 01873 858275

Text: 07950 889415

Email: info@mindmonmouthshire

Book your telephone appointment now.



Monmouthshire



For farmers; for families;
for the future.



Make time to talk.

Our Services Include:

- Advocacy Support
- Mental Health Support
- Housing Support
- Welfare Rights

For confidential advice and support please contact:

farmers@mindmonmouthshire.org.uk

or call: 01873 858 275

Gröwing Space

Helping People Grow

We are **still supporting** people across Gwent with their mental health.

We can offer **virtual** support, **phone** and **email** support.

We use lots of different ways of connecting including **Whatsapp** groups, **video calls**, **quizzes**, **craft activities**, **social media** pages and a **YouTube** channel which provides some ideas for keeping well during isolation.

We can also support with **access to foodbanks** and **food shopping** where people don't have any support, and are unable to get out.

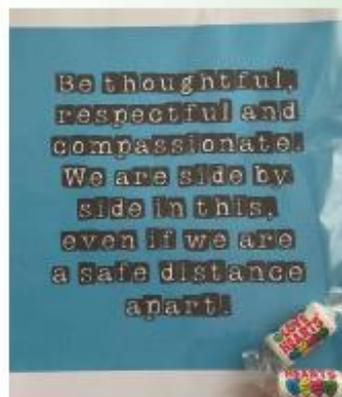
For more information and advice:

Phone: 01633 810718

Website: www.growingspace.org.uk

Email: info@growingspace.org.uk

Social media: <https://linktr.ee/growingspace.southwales>



Cyfle Cymru

Gwasanaeth Mentora Cyfoedion
Peer Mentoring Service

Cymru Iach ar
WAITH

Gwasanaeth
Di-Waith

Healthy
WORKING
Wales

Out of Work
Service



Wellbeing video
calls, workshops &
activities



A friendly
phone call



Mental health
resources and
workbooks
including a 24/7
online mental
health chat service

Help with
delivering food
and other
essential items



Signposting to
other services



Online
accredited
courses



Employment
support
including job
searching and CV
writing

In order to access our service you need to be 16+ and not in education, training or employment, currently living in Gwent and recovering from mental health and or substance misuse.

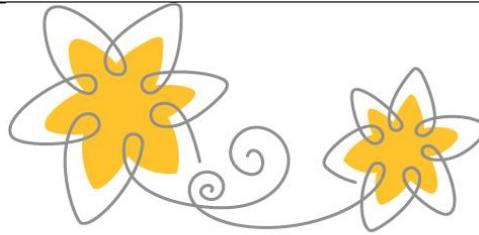
The Peer mentors for your local area are Hollie Barelett: Young Person's Peer Mentor. Contact details: 07778639129 / hollie.barelett@gwent00ws.com and Hayley Wetch: Peer Mentor. Contact details: 0777863924 / hayley.wetch@gwent00ws.com

Other contact details are: email info@gwent00ws.com or send us a message on
Twitter, Instagram or Facebook [@CyfleCymruGwent](https://www.facebook.com/CyfleCymruGwent)



dacw
Developing a caring Wales
Datblygu Cymru gofalgar





CYMORTH I FENYWOD
CYFANNOL
WOMEN'S AID

Cyfannol Women's Aid provides outreach services across Monmouthshire to support women who have experienced domestic abuse.

Support can include practical help with safety planning, emotional support and help to access other services.

Although face-to-face appointments with our Crisis Intervention Support Worker are not currently available due to the Coronavirus situation, we are still offering support, based on individual needs, via phone and email (see contact information below).

As an organisation, Cyfannol Women's Aid is committed to continuing to support individuals and families across Gwent who have been affected by violence against women, domestic abuse and sexual violence – throughout this challenging period and beyond. Please contact us if you need support and visit our website for self-help information:

<https://cyfannol.org.uk/coronavirus-self-help>

In an emergency, please dial: 999. You can use the Silent Solution system which enables a 999 mobile caller who is too scared to make a noise, or speak, to press 55 when prompted – to inform police they are in a genuine emergency.

Contact information:

Monmouthshire phone line: 01873 859011

office@cyfannol.org.uk

www.cyfannol.org.uk

Times:

Monday-Friday 9am-5pm

Useful Links:

Live Fear Free Helpline (available 24/7 via phone, text or live chat): <https://gov.wales/live-fear-free/domestic-abuse-wales>

Welsh Women's Aid Bystander Toolkit:

<https://www.welshwomensaid.org.uk/campaigning/covid-19-bystander-toolkit/>

Monmouthshire Acorn Project



In this strange time what can we do to help you?

Under normal circumstances our project would run throughout Monmouthshire offering parenting advice for families. We cover a wide age range from 0 – 18 years of age. We offer evidence based programmes that cover these ages and are able to deliver in groups and one to one. But as we know times they are a changing but we are still here to help.

This is what we can offer at the moment,

- All the same advice but over the phone at a time that is helpful to you.
- Someone who is able to listen and understand
- Evidence based advice from experienced staff that have worked for Acorn Project for many years.
- One to one support for you to help yourselves and your children get through this difficult time.
- A range of materials that we can get to you in a number of ways so you can support your children through this tough time.
- Support with home schooling, understanding the expectations and helping you find your way through it all

How do you get in touch?

Phone us on 01871 735430

You will be put through to Pat, she will ask a few simple questions and put you through to the most appropriate member of the team who will be in contact with you to arrange a time to talk that suits you.

Housing & Wellbeing Project

We are still providing service over the phone during Covid-19 lockdown measures. If you need any of the following support, please contact Lisa using the contact information below



Do you live in Monmouthshire and need help with the following:

- Help to find suitable accommodation and setting up a tenancy.
- Help with budgeting, accessing benefits and managing your money.
- Help with emotional support, managing mental and physical health.
- Helping you to feel safe and secure in your home and community.
- Support with accessing services.
- Support with accessing education, training, volunteering and employment.
- Support with helping you to be healthy and active

Contact Information

Lisa Stewart Housing and Wellbeing Support Officer
Lisa.stewart@poblgroup.co.uk
Mobile:07796212354

Social Inclusion

The service aims to prevent social isolation and support people to fulfil their potential and become active citizens in their communities.

In response to Covid19 we have needed to amend how we deliver our service.

What can we help with?

Through accessing the service, we can help you with:

- Building confidence and self esteem
- One to one telephone contact
- Help with accessing other services
- Making appropriate referrals relevant to your needs
- Help and support and signposting for Budgeting and Debt Advice
- Support tailored to each individual needs

Who can refer:

- Self-referral
- Friends and family
- Health professionals
- Housing Teams
- Other professions

The service is available for any person over the age of 16 living in Monmouthshire and referrals need to be made to The Gateway:

Telephone: 01633 740730

E mail : housingsupportservice2@monmouthshire.gov.uk

For further Information contact:

Rachel Lloyd; Social Inclusion Officer
Rachel.Lloyd@monmouthshirehousing.co.uk
07815 501 630



COMMUNITY CONNECTIONS

We are already hearing how our project is helping to lift people's spirits and provide valuable social contact:

"THIS SERVICE HAS PROVED TO BE INVALUABLE TO MY FAMILY DURING SOCIAL DISTANCING FROM MY 92 YEAR OLD MUM. SHE LOOKS FORWARD TO HER WEEKLY PHONE CALL AND IT'S GREAT FOR HER TO CHAT TO SOMEONE OUTSIDE THE FAMILY. THANK YOU!"



Community Connections Befriending Scheme are continuing to support people who are experiencing feelings of loneliness throughout Monmouthshire. We know that keeping in touch with others and maintaining a connection with the outside world is so important, now more than ever. Instead of our usual face to face visits we have adapted our service and are offering telephone befriending support for people of all ages who may be feeling isolated and would appreciate a friendly chat.

**WE COVER THE WHOLE OF MONMOUTHSHIRE AND CAN BE CONTACTED BY EMAIL ON:
CONTACT@BEFRIENDINGMONMOUTHSHIRE.ORG.UK**

Our team thoughtfully match beneficiaries with a volunteer befriender who provides a regular telephone call (the frequency can be decided by the beneficiary). In just a few weeks we have expanded the service and have gone from supporting 14 to 100 people with our friendly calls.

Our telephone calls also enable us to identify those who need extra help, for example, with practical tasks such as delivering shopping and prescriptions. We are working closely with Monmouthshire County Council to ensure that additional support is in place for those who need it.

Thanks to the generosity of local community volunteers, we still have capacity to support more people who would benefit from our service, so please do get in touch if you or someone you know would appreciate our support.





Coronavirus Announcement

During this period the Monmouthshire County Citizens Advice offices are closed but we are still giving advice over the telephone.

Abergavenny and Monmouth Offices:

01873 856466 Mon, Tue, Weds, Fri 10am – 2pm

Caldicot and Chepstow:

01291 422119 Mon, Tue, Wed, Thur 10am – 1pm

Outside of these hours:

0300 3302117

Alternatively you can access the Citizens Advice webpage:

<https://www.citizensadvice.org.uk/wales/>

Or talk to us via webchat:

Type 'webchat' in citizens advice web page search bar

What does Citizens Advice do?

Give Advice

Citizens Advice is independent and provides free, confidential and impartial advice to everybody regardless of race, sex, disability, sexuality or nationality.

It is the largest advice giving network in the UK

QUEST BUSTERS | QB

How we are supporting over 40 families across Monmouthshire to access activities



The Quest Busters project is a Lottery funded joint collaboration between Building Bridges and the MAGIC parent and carer network. It aims to provide locally based, fun and safe activities for children and young people aged between 8 and 17 years, and their families, who live in Monmouthshire.. We aim to provide activities where people don't feel judged, where young people can have positive experiences and families and carers can benefit from respite and social opportunities.

The project has made some significant changes to adapt to how it supports the young people and their families during this period. Moving to an online and phone support service for parents and providing activities, challenges and social opportunities for the young people, and their siblings, in their own homes. We have had some amazing new QB logos designed by our young people, a sunflower growing competition, online games, craft packs, sensory packs and a photography competition. Our parents have been meeting in virtual Zoom coffee mornings and have definitely embraced the competitive spirit of the sunflower competition!

We will continue to find interesting and thoughtful activities for our families to take part in throughout the coming months and will continue to support our families and young people in the best way possible. We thank our funders, The National Lottery Community Fund, Comic Relief and the Celebrate National Lottery 25 fund, for helping us provide these activities and support to the QB families.





BUILDING BRIDGES

How we have adapted our project to support young people in Monmouthshire -



Building Bridges is a project for 14-25 year olds with additional needs. Our aim is to support and encourage young people to engage in their local communities; broadening their social networks, making friends, confidence building and learning social skills. Our focus is on sustainability and supporting our young people to make connections with individuals and groups that outlive the life of our project. We do this through one-to-one and group work encompassing social, leisure and work related activities. Whilst we are a predominantly face to face organisation, during these times, staff are constantly developing the way that we work, through preparing activities and events that are online and/or can be sent out to families and young people. It is really important to us that the young people and families continue to inspire, direct and contribute to the way that we work, in order that the young people continue to build their confidence, befriend and share skills with each other. We also continue to support our local businesses and organisations, and the people that share their skills with us on a regular basis. One of the main ways to do this has been developing and contributing to the Bridges YouTube Channel, with dance lessons and craft workshops.

So far we have sent out scrap-booking kits and sunflower seeds and have loved seeing the progress they are making. One of our young people has hosted a Facebook quiz for some of his friends on the project, which was great Thank you!!

Sammy, who was previously a young person on the project, and is now a member of the sessional staff, is creating craft workshops once a week to give us lots of inspiration and we are also running a Photography competition weekly on our Facebook group!

The young people are taking part in weekly zoom calls to meet and chat with friends, and through working in partnership with Community Connections and telephone befriending, we have trained Sammy to give weekly calls to young people who need a chat. The online chats and activities have really proved useful for those new members, who hadn't had chance to join in group activities before the lockdown, to meet and get to know new friends. We hope that this will be of huge benefit when we are finally able to get back to our face to face activities!



PEOPLE FIRST MONMOUTHSHIRE

PEOPLE FIRST IS A SELF-ADVOCACY GROUP WHICH IS FOR, AND LED BY PEOPLE WITH A LEARNING DISABILITY.

Monmouthshire People First currently have groups in Abergavenny and Monmouth. We support people with a learning disability to advocate for themselves and talk about the issues that are important to them.

Members can feel confident in achieving equal rights and a positive image, to enable them to have total control of their lives and make informed choices. Our aim is to promote empowerment and inclusion to all adults with a learning disability. People First enables adults with a learning disability to influence service planning decisions, it also plays a role in training professionals to work with people who have a learning difficulty.

PEOPLE FIRST SHARES KNOWLEDGE AND INFORMATION WITH EACH OTHER AND THEIR COMMUNITY. IT IS A CHANCE TO BUILD CONFIDENCE, MEET NEW FRIENDS AND FEEL EMPOWERED.



**Monmouthshire
People First**

Whilst we have been unable to meet on the conventional way that People First has met in the past, by meetings/social events, members have been utilising Facebook more often than previously. Regular contact has been made by members calling or texting to enable them to feel they are still able to share knowledge and information.

Members have also been able to receive a wide variety of activities some have included sunflower growing kits, bake off kits, bird feeder kits. We are hoping to explore the option of a video call if members think this would be something they would like.

We would like to introduce our new People First Co-ordinator, Rachel Staphnill to the Bridges Projects team.

' I AM REALLY LOOKING FORWARD TO MEETING YOU ALL AND WORKING TOGETHER TO ACHIEVE EXCITING AND SUCCESSFUL THINGS FOR MONMOUTHSHIRE PEOPLE FIRST. I HOPE WE CAN MAKE OURSELVES WELL KNOWN IN THE COMMUNITY, EVEN MORE THAN THE GROUP IS NOW! '

 monmouthshire
sir fynwy



The JobSense project is continuing to operate its pre-employment support to new and current participants, using a range of technology to maintain accessible contact and provide employability support to people living with sensory loss. Whilst our staff are based at home, we are making regular telephone and video conferences calls to continue building on our participants employment skills and confidence, whilst supporting people's mental health and wellbeing at this difficult time.

We are ensuring our current participants are aware of all recent guidelines for staying safe and are informed of other support organisations, so as not to become socially isolated. Our friendly and encouraging team are helping our participants to stay motivated and ready for when restrictions are lifted, giving them the confidence and skills to find suitable employment in the near future.

We are also keeping in touch with organisations in all areas to stay best informed of community services, so we continue providing a person-centred service to new and well established participants.

During this time whilst our usual Thursday Drop-in at the Chepstow Community Hospital is on hold, new referrals may still be made to our employment advisors, who are on hand to speak with people using their preferred method of contact. It is important to us to make sure our specialised support is still in place for people who need it, so if you are aware of anyone with sensory loss looking for work who would benefit from the JobSense project, please do get in touch.

Contact Information:

Amey Chappell

Mobile: 07494209521

Email: achappell@elitesea.co.uk



A Message from Monmouthshire Carers Project

Monmouthshire Carers Project are usually at the Chepstow Community Cabin on the first Thursday of the month. Current restrictions mean that we are unable to do this at the moment, but we are still providing support and information to carers in Monmouthshire.

Carers include anyone who is providing care on a regular basis to someone and is not paid for it – for example a family member. People of any age can be a carer, and can be caring for someone with a mental, physical or learning disability or illness.

Monmouthshire Carers Team provide a lot of information to carers through our regular newsletter which comes out annually.

We include lots of information about local and national news for carers as well as information about local events that are arranged for carers such as days out, walks, information days and training, and discounts for individual activities like the 25% discount for Monmouthshire Leisure services, spa days, and much more.

To register for your copy :
Email tracey.davies@gavo.org.uk or leave a message with your name and contact details for Tracey Davies on 01291 675474 to register.

We look forward to seeing you at the Cabin when it re-opens – in the meantime you will find a lot of useful information in the Monmouthshire Carers Information Guide and Emergency Planning Guide for Carers on the Monmouthshire County Council website:

<https://www.monmouthshire.gov.uk/social-care/carers-project/>



There are still lots of work opportunities during the Covid19 outbreak especially in key working roles. Communities for Work are here to help and are available to be contacted by phone, email, Facebook and Twitter.

Please see our social media pages below

Communities for work + Monmouthshire (facebook) <https://www.facebook.com/cfwmons/>
@monmouthshireYE (twitter) <https://twitter.com/monmouthshireye?lang=en>

WE CAN PROVIDE YOU WITH:

Training

*Access to a training fund
Job specific courses
Work-based qualifications
Basic Skills*

Employability Support

*Updating CV
Job Applications
Interview Prep
Confidence
Building
Local Locations*

1 To 1 Mentoring

*Overcome personal barriers
Goal setting and
Action plans
Signposting to
further support*

Contact information:

Steve Cooper – Chepstow and Caldicot Coordinator

StephenCooper@monmouthshire.gov.uk

07966207047

Times

Monday 9.30am-4.30pm

Sgiliau Skills @ Gweithle Work

What does Skills@Work Do?

Skills@Work is a European funded project to support working adults, aged 16 and over. Our aim is to help you gain qualifications, overcome personal barriers and develop the skills you need.

Whether it be sustaining current employment, exploring new training opportunities or changing career, Skills@Work is here to help.

Eligibility Criteria

- 16 or over
- Employed (part time or full time), Self Employed, Apprenticeships, Zero-Hours Contract. *This includes people who are furloughed.*
- Live or work in Monmouthshire
- Qualified at level 2 (GCSE) or below (self-declared)

COVID19 Update

Skills@Work is still available to provide support online or by phone. Whether you'd like a phone call to catch up, Skype appointment or to catch up by WhatsApp, the choice is yours.

Training

Are you current employed but off work? Worried about job security? Looking to retrain? Although our Face 2 Face training has been postponed, we're exploring a range of accredited online training and employability skills including:

- Food Hygiene Level 2
- Health & Safety Level 2
- Customer Service Level 2
- Business Administration Level 2
- Career Guidance
- Mental Health Awareness
- Confidence Building
- Job Searching

Don't see a course you like? Fill out our survey [here](#)

How to Refer

Skills@Work are accepting new referrals! We can complete the paperwork online or by phone. Get in touch using the contact details below.

Contact Details

**** Tristan Dunlop – 07866 883866 / tristandunlop@monmouthshire.gov.uk**

PaCE

The PaCE project (Parent, Childcare and Employment) is an employability project helping parents into work by addressing their childcare barrier. For example, support with childcare has been given to existing participants to enable them to prepare for the workplace by completing training or volunteering placements, writing CVs, attending job interviews or applying for jobs on line.

During the pandemic, a limited service is on offer over the phone or email with face-to-face meetings starting again once lockdown has been lifted. If you wish to discuss the project and explore what support may be available to you in the future please contact Chris Postle on 07342 072870 or by emailing christine.postle@dwp.gov.uk.





Here in Rogiet although we're unable to open the cafe for the community we are still providing Fareshare most days. Making sure the food is shared around the village and doesn't go to waste.

Please check our Facebook to see when the Fareshare is available.

We've also started making cooking videos on our YouTube channel where people can learn how to make things like ice cream and pancakes.

If you're interested in watching, search for us on YouTube!