



## Support our Heroes!

**The countdown is on to the Royal Welsh returning to Caerphilly county borough – and residents are being encouraged to turn out and show their support for the regiment when they march through Bargoed later this month.**

The Royal Welsh will parade through Bargoed town centre on Saturday 28th September at 12 noon to mark the third anniversary of the regiment receiving the Freedom of Caerphilly county borough.

The event will also provide a fitting occasion to showcase some of the Bargoed regeneration works to visitors to the town.



The regiment will march from St Gwladys car park, along High Street and Hanbury Road to Hanbury Square in the centre of town, where an official ceremony will take place. The regiment will then request permission to continue to march through the town (along Gilfach Street),

before coming to a halt at the Capel pub junction.

Cllr Harry Andrews, Leader of the Council said, "We are honoured to be welcoming the Royal Welsh back to our county borough – I have no doubt that residents from across the county borough will turn out in their thousands

to show their support and appreciation to the regiment."

Major Derek Adams, Assistant Regimental Secretary of the Royal Welsh said, "It is always a huge honour and privilege for soldiers to be welcomed back to the Welsh villages, towns and cities that they hail from. These events are perfect opportunities for us to engage with the communities that have showed us so much support."

He continued, "When soldiers march through the streets and they see the support from the public, they are humbled and very appreciative. We very much look forward to this event."

**For further information, please call 01443 863218**

# Cheer the cyclists!

Over 110 elite cyclists from across the world will speed through the streets of Caerphilly county borough on **Thursday 19th September** when the **Tour of Britain** once again pays a visit to the area.

Celebrating its 10th anniversary this year, The Tour of Britain takes place over eight days and is made up of eight different stages. The cyclists start off in Peebles in the Scottish Borders on Sunday 15th September and finish in the centre of London on Sunday 22nd September.

**Stage five of the race will see the cyclists race down the length of Wales, from Machynlleth to Caerphilly on Thursday 19th September.**

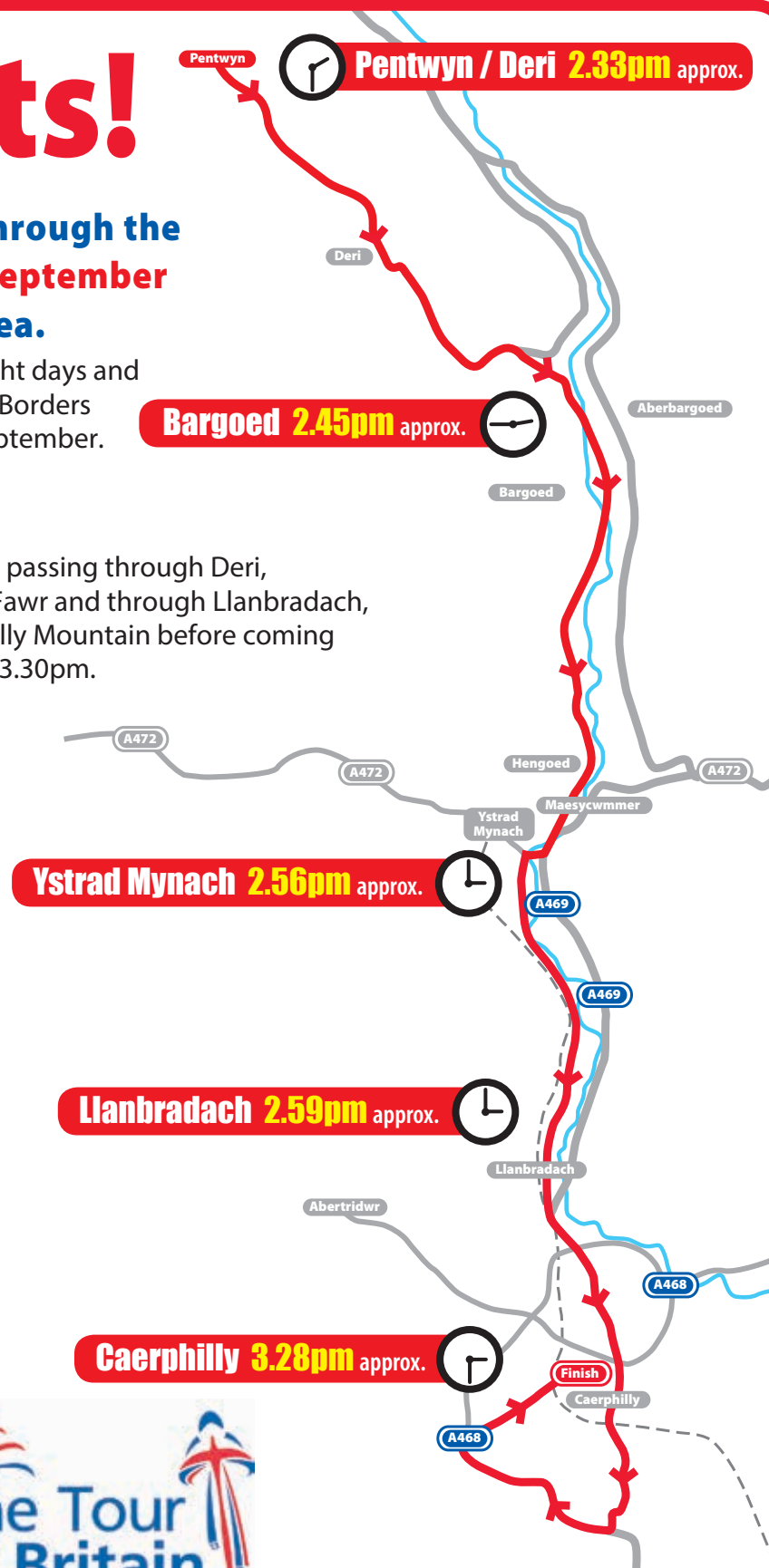
They will enter the county borough at Pentwyn at approximately 2.30pm, before passing through Deri, Bargoed, Glan-y-Nant and Tir-y-Berth. The riders will then race past Ysbyty Ystrad Fawr and through Llanbradach, before heading into Caerphilly. They will then face two gruelling climbs of Caerphilly Mountain before coming back down into the town for the stage finale at Caerphilly Castle at approximately 3.30pm.

Cllr Ken James said, "We would love to see thousands of people lining the route once again this year to cheer on the competitors. The race will this year take in an extra 10 miles of our county borough and therefore enable even more people to show their support on the day – and help showcase Caerphilly county borough to the millions of people who will be following this major sporting event on TV."

A large number of road closures will need to be put in place on Thursday 19th September to allow the event to proceed safely. The council is implementing numerous traffic orders that will affect many side roads as well as the main route. Residents affected by the route can visit the council's website for a full list of the road closures or timings at [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

**For further information, residents can also call 02920 88 00 11**

## Stage 5 - Thursday 19th September



[www.tourofbritain.com](http://www.tourofbritain.com)

### Your Newsline

"Newsline is produced by the council to bring you all the latest news and information from across the county borough. We are keen to hear your views about the publication and we welcome any feedback.

Please contact me if you have any queries about the information featured in Newsline and I will pass on your comments to the relevant department. Don't forget – Audio and large print versions of Newsline are also available on request."

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**Post:** Communications Unit, Penallta House, Tredomen Park, Ystrad Mynach, Hengoed, CF82 7PG.



## New school for 21st century

The council has announced plans to build a new state-of-the-art secondary school as part of the authority's ambitious 21st Century Schools programme.

Under the proposals, the existing Oakdale and Pontllanfraith Comprehensive Schools would cease to operate, but pupils from the area would transfer either to the new development or to Blackwood Comprehensive following a review of catchment areas. The proposals would help reduce the amount of surplus places in the area from 22.1% to 16.9%. A wider ranging consultation exercise will be undertaken to ensure all interested parties get the opportunity to have their say during the 2013 Autumn term.

# New sporting hub drives forward

**Elite sporting stars will be making a base in Ystrad Mynach next year as works to a state-of-the-art centre for sporting excellence are sprinting ahead!**

The brand new development will see the former Ystrad Mynach hospital site transformed into a stunning hub for sports - with both professional and community teams able to make use of the fantastic facility.

Representatives from Caerphilly County Borough Council, the Welsh Rugby Union, Newport Gwent Dragons and Heron Bros Ltd the contractor responsible for the build visited the site recently and were impressed by the progress being made.

Cllr Dave Poole commented, "This development is yet another example of how we are investing in our residents' overall health and wellbeing by providing as many opportunities for them to live healthy and active lives as possible."

The programme of work which will transform the area is expected to be completed by the end of February 2014, with installation of the facility to follow this date. Currently works are ongoing to erect the main building and two grandstands that altogether will form an amazing sporting complex on the site.

The sporting complex will be completed by February 2014

In addition, bulk earthworks are progressing well, with the slabs that formed the former hospital buildings being removed to make way for the formation of the first class 3G (3rd generation) rugby and football pitches.



## Caerphilly's oldest fridge?

**The Caerphilly RDP Sustainable Energy Team are on the hunt for the oldest fridge/freezer in Caerphilly county borough... do you own it?**

Fridges and freezers are switched on 24 hours a day, 7 days a week and are therefore among the highest energy consuming appliances in the home. On average, a 15 year old fridge freezer is 'E' energy rated, and costs more than £110 per year to run.

Residents may think they are saving money by holding onto an old appliance, but by simply upgrading to an A+ rated model, savings can be made of more than £75 a year! The winner of Caerphilly county borough's hunt for the oldest fridge or freezer will win a top of the range, energy and money saving Electrolux fridge freezer!

Residents who think their ancient fridge or freezer could be the oldest in the county borough should call **01495 235 944** or email: [silcok@caerphilly.gov.uk](mailto:silcok@caerphilly.gov.uk).

The closing date for the competition is **Thursday 31st October**. Proof of purchase is required, however if the manufacturer still exists, providing the product serial number should be sufficient to verify the age of the item.

### Some top energy saving tips from Electrolux:

- ✓ Avoid keeping the fridge or freezer door open for long periods.
- ✓ Place the appliance in a cool spot to ensure the fridge does not overwork.
- ✓ Defrost regularly to enable the fridge to operate more efficiently.



Win!!!  
A top of the range Fridge Freezer



For more news visit [www.caerphilly.gov.uk/news](http://www.caerphilly.gov.uk/news)

## Keeping an eye on air quality

**The council is committed to improving the local environment, and part of this work involves continually checking air quality levels across the area.**

Regular monitoring is carried out across the county borough - especially in key locations such as residential areas which immediately border heavily trafficked areas.

Recent reports have shown that air quality throughout the county borough is generally good; however some monitoring locations have shown that levels for nitrogen dioxide, a pollutant associated with vehicle exhaust emissions, are approaching higher than average levels.

When certain pollutants rise to an unacceptable level, the council is required to designate an Air Quality Management Area (AQMA). This then leads to the development of an action plan outlining a range of steps that will help reduce the levels.

Hafod-yr-ynys Road in Crumlin and Nantgarw Road, Pontygwindy Road, Ton-y-Felin Road, Bedwas Road and Cardiff Road in Caerphilly are areas currently showing increased levels due mainly to high traffic flows along the roads.

**The council will continue to monitor air quality levels across the area, but in the meantime we can all do our bit to help out, by:**

- Not making unnecessary vehicle journeys
- Using more public transport
- Cycling and walking more

For further information on air quality, please visit [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

A greener place to live, work and visit  
Man gwyrdach i fyw, gweithio ac ymweld



# A day in the life of...

## An ISS Worker

**As an Intensive Supervision and Surveillance Worker, Michael offers an alternative to custody or courts sentencing youth offenders.**

ISS Workers provide support for 365 days a year to the young person who will be placed on an electronic curfew and participate in reparation activities as well as education, training or employment opportunities.

ISS workers also provide resettlement packages for young people being released from custody. Young people are released on licence and ISS workers help reintegrate them back into their communities, providing support, advice and guidance.



### This is how Michael supports a young person on ISS on an average day:

**9.30am** - The young person has an interview today with Careers Wales, I will accompany them to the interview and offer support. We offer education and employment support to all our young people especially as some have disengaged from mainstream education for a number of years and can sometimes struggle with basic literacy and numeracy.

**11.30am** - I take the young person to carry out a reparation session- this time its litter picking at a designated site.

**1.00pm** - Next we head to a local library to carry out a planned session. I work with the young person to address his offending behaviour through a number of specifically tailored programmes of work.

**4.30pm** - Supervision for today is finished so I drop the young person back at his supported lodging and then head back out into the community to visit a young person recently released from custody as part of our resettlement programme.

In the evening if the young person requires support, someone is always available.



## Milestone for Memo!

**A landmark EU-backed project to restore Newbridge Memorial Hall and Institute to their former glory reached a key milestone recently at the official re-opening of the iconic Institute building.**

The official opening was led by Chair of the Memo and Institute trustees Howard Stone, and a dedication plaque, dedicating the building back to the local mining community who originally helped fund it was officially unveiled by Lord Don Touhig.

Both the 'Memo' – as it's known locally – and the adjoining Institute are being lovingly restored and refurbished through a £5.6million building project.

The revamped Institute building includes a state-of-the-art Information Resource Centre on the ground floor, which is now the new home of Caerphilly County Borough Council's Newbridge Library - twice the size of the former facility - and Cash Office Service. On the first floor are multi-purpose community rooms, including a function room, meeting rooms and a Royal Air Force Association office. A striking new glass extension

links the Institute with the Memo, and provides a new main entrance to the complex, as well as a new staff office, new WC's and two passenger lifts.



Caerphilly County Borough Council is proud to be working in partnership with the Memo and Institute trustees in their prestigious restoration project, which is part funded by the Welsh Government including the European Regional Development Fund, the Heritage Lottery Fund, Big Lottery Fund, CADW and the Coalfields Regeneration Trust, among others.

Cllr Ken James said, "I have no doubt that this beloved historic building will once again become a hub of cultural, social and business activity for the local community, and again become one of Wales' leading entertainment venues, really helping to put Newbridge very much back on the map."

The next phase of this ambitious restoration project will commence in the late summer, as work to restore the culturally important Grade II\* Memo building also gets underway.

## School attendance is key

**The council's Education Welfare Service is keen to remind parents and guardians that absence from school can affect a child's chances of a successful future.**

ISS The Education Welfare Service monitors school attendance and works with families and young people if a level of absence is giving cause for concern.

An Education Welfare Officer will often visit the home and talk with pupils and parents about the problem, and seek to resolve it amicably and achieve a return to school. However, should there be no genuine reason for absence, the council has the power to seek to prosecute the parent or guardian.

If children do not attend school regularly, they may not be able to keep up with schoolwork and in a busy school day, it is difficult for schools to find the extra time to help a child catch up.

Setting good attendance patterns from an early age; from nursery classes right through their primary school education, will also help your child later on in their school life.

Cllr Rhianon Passmore said, "Children only get one chance at school, and the chances of a successful future may be affected by not attending school or alternative provision regularly. Nowadays, it is more important than ever to have a good education behind you if you want more opportunities in adult life and making good attendance routine in a child's life will help set them up for the future."

If you are having difficulty with your child's attendance at school, Education Welfare Officers can offer support and advice to help.

To get in touch with your school's Education Welfare Officer, either ask at the school or contact **01443 805588** or email: **leiadmin@caerphilly.gov.uk**

# Grab a Grant winners

**Caerphilly county borough residents have decided the five community projects that will share in £25,000 worth of grants from the Big Lottery Fund.**

A record 3,011 votes were received from the Grab a Grant competition in partnership with Caerphilly County Borough Council.

Ten projects from across the area were shortlisted, and following a record 3,011 votes being cast for the Grab a Grant competition in partnership with Caerphilly County Borough Council, five winners were announced.



**The Stroke Association** will spend £5,000 on providing a series of creative workshops for stroke survivors in the Caerphilly county borough area. The group, which currently has around 80 members, will run new activities that will help their beneficiaries in their recovery and rehabilitation. Activities will include jewellery making, IT skills, art, cookery and gardening.



**The Crosskeys Allotments Association** will spend the £4,950 Grab a Grant money on installing a disabled access composting toilet on their allotment, helping to make the site more accessible to a broader range of people including those with mobility issues.



**Caerphilly Workmen's Hall and Institute** will spend £5,000 on improving facilities at the hall, including upgrading the stage lighting to provide a better experience for performers and audiences using the hall, as well as making it more accessible to other groups.



**Caerphilly Disadvantaged Children's Project** will spend £2,052 in staging an event providing sensory and physical activities for children with disabilities and their families. The event will feature a mobile rainforest with hands-on sensory noise, sounds and smells, and a sensory tent. The group will also establish a new coffee club for parents and carers.



**Bargoed Yoga Group** will spend their £3,960 Grab a Grant money to develop an additional yoga class for the increasing number of 60 to 80 year olds who want to participate. Through regular yoga practice, members are becoming more flexible, have more energy and have noticed that many of their ailments are disappearing.



Cllr Keith Reynolds said, "Well done to all the winners and thanks to Caerphilly county borough residents for voting for their favourite projects. It is great to hear that National Lottery money will now support grassroots community projects in the local area."

The 5 runners up were St John Ambulance in Wales, Caerphilly County Borough Branch – Parkinson's UK – St Gwladys Parochial Church Council, Samye Foundation Wales and Bargoed and District YMCA.

**To find out what other funding is available from the Big Lottery Fund, please visit [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)**



## Reconnecting To Care

**Reconnecting to Care is an important change to the Children's Act (1989), which means that young people between 21-25 years old who were formerly looked after by the Local Authority can access support from Leaving Care Services.**

A young person 'reconnecting' to Caerphilly County Borough Council has the right to an assessment to decide whether support would be appropriate for them. If the assessment decides support is appropriate, the young person will have a Pathway Plan developed and access to a personal advisor.

This support is designed to help young people fulfil their potential in education, training or in the workplace.

Caerphilly's Leaving Care Team are currently contacting young people who they know about who have turned 21 in the last year, and may be eligible for support under the new legislation. The council's 'Reconnecting to Care' policy, developed in partnership with Blaenau Gwent's Leaving Care team, can be viewed at [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

For further information, please contact Janine Edwards on **02920 849 819**.

## Improvement Objectives

**Caerphilly County Borough Council has recently published details of its 6 key priority areas for action over the forthcoming year.**

Known as 'Improvement Objectives', these complement the council's wider priority areas, which all aim to focus the council's efforts in making specific improvements to the services it provides to residents. The Council, in consultation with the public, has agreed the following six areas as its key Improvement Objectives for the year ahead:

- Ensure children and young people who are looked after are supported to achieve their full potential.
- Improve job opportunities by implementing the council's PASSPORT scheme.
- Develop an effective and accessible Youth Service that supports the personal and social development of young people.
- Improve awareness, access, variety and use of leisure, community and sporting facilities.
- Invest in council homes to transform lives and communities.
- Improve the availability of private and public sector housing to reduce the number of residents who may become homeless.

Further details of the council's Improvement Objectives for 2013/14 can be found at [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk). Hard copies of the Improvement Objectives report can also be found in libraries across Caerphilly county borough.

## Director's Report published

**The council has recently published its fourth annual Directors Report on the Effectiveness of Social Care Services in the county borough.**

The purpose of the report is to outline how well services have been delivered over the past year, and what the focus and main priorities will be for the

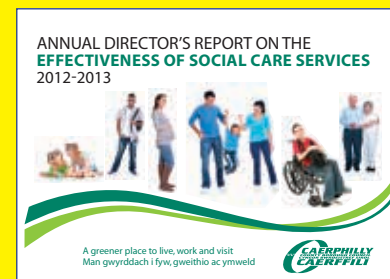
coming year. The report highlights a number of key achievements over the past year, both in Adult Services, where there has been marked improvement in the waiting time for service users to have their needs assessed, and in Children's Services, where over £19 million was spent on services across the Caerphilly county borough.

This has not only enabled the service to continue to safeguard and promote the welfare of children and young

people but also make investments in a new residential children's home in Caerphilly, education support for Looked after Children and developing the Team Around the Family project.

Cllr Robin Woodyatt said, "We are continuously demonstrating our commitment to delivering effective social care services, but we will not be complacent and will continue to adapt, build and change our services as the demands of the service change."

For the coming year Social Services will continue to focus on improving the quality of services and engaging with service users and carers to make sure that services continue to meet people's needs.



**A full copy of the Directors Annual Report can be found at [www.caerphilly.gov.uk/socialservicesacr](http://www.caerphilly.gov.uk/socialservicesacr)**

# Choose well! If you become unwell or are injured you should...

## Choose to self care

For very minor illness and injuries the best choice is to self care, for example hangovers, indigestion, grazes, bruises, minor cuts, sprains and strains. A well stocked medicine cabinet and plenty of rest can often help in these situations.

## Pharmacist

Often many ailments and queries can be dealt with by your local Pharmacist offering a quick and easy remedy.

**Some useful additions to your medicine cabinet include:**

- Paracetamol and aspirin, and equivalent syrups (e.g. Calpol for children)
- Mild laxatives to relieve constipation
- Pre-hydration mixtures for diarrhoea or vomiting
- Indigestion remedy
- Tweezers and sharp scissors to remove splinters or cut bandages
- A thermometer to check for fever
- A range of bandages, plasters, non-absorbent cotton wool, elastic bandages and dressings for minor cuts, sprains and bruises

## Choose NHS Direct Wales if...

... you are feeling unwell and are unsure about where to go, contact **NHS Direct Wales** on **0845 46 47** who can provide advice and direct you to the most appropriate health service in your local area. You can also find advice and local service information on their website: [www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

## Choose your General Practitioner (GP)

**Your local GP provides a wide range of family health services including:**

- Advice on health problems

- Vaccinations
- Examinations and treatment
- Prescriptions for medicine
- Referrals to other health services
- Referrals to social services

Your GP surgery should offer an appointment to you within 2 days and many surgeries now have extended hours. If your GP surgery is closed, contact the GP Out of Hours Service on **0845 600 1231** for urgent medical problems or illnesses which cannot wait until usual surgery opening times.

## Choose Community Falls Service if...

... you or an elderly member of your family have a fall, but have not broken any bones. Your GP Surgery or NHS Direct Wales can arrange for one of your local community falls team staff to assess you in your home, usually within 24 hours.

## Choose the nearest Minor Injury Service if...

... you or a member of your family suffers a minor injury, for instance:

- An injury to the hands, neck or face
- A wound that might need stitching
- A suspected broken bone
- Any injury where there has been an altered state of consciousness

You do not need an appointment, and if you are unsure whether you should attend a Minor Injuries Unit, then please call NHS Direct Wales on **0845 46 47**.

## Choose A&E if...

... you have symptoms of serious illness (for example chest pain, blacking out or blood loss), or are badly injured. Please remember to use emergency services responsibly. Choosing well ensures you receive the best possible treatment, leaving emergency services free to deal with those who need them most.

## Local Minor Injury Services are located at:

### Ysbyty Ystrad Fawr, Ystrad Mynach

Ystrad Fawr Way, Ystrad Mynach, Hengoed, CF82 7GP

Tel: **01443 802248**

Open: 24 hours every day, including bank holidays.

### Ysbyty Aneurin Bevan, Ebbw Vale

The Works, Festival Drive, Ebbw Vale, NP23 8XE

Tel: **01495 363636**

Open: 9am to 7pm Mon - Fri, closed bank holidays.

### Nevill Hall Hospital, Abergavenny

Brecon Road, Abergavenny NP7 7EG

Tel: **01873 732732**

Open: 24 hours every day, including bank holidays (Service located within the A&E Department).

### Royal Gwent Hospital, Newport

Cardiff Road, Newport NP20 2UB

Tel: **01633 234234**

Open: 24 hours every day, including bank holidays (Service located within the A&E Department).



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd  
Aneurin Bevan  
Health Board

## Helpful Numbers

**Ysbyty Ystrad Fawr: 01443 802200**

**NHS Direct: 0845 46 47**

**GP Out of Hours: 0845 600 131**

**Dental Helpline: 01633 488389**

Aneurin Bevan Health Board is the operational name of Aneurin Bevan Local Health Board

# Full steam ahead at Energlyn Station!

**Work is well underway on the development of a £5.2m brand new railway station at Energlyn and Churchill Park.**

Network Rail began working on the new station - located between Aber and Llanbradach – in early summer. When it opens at the end of 2013, passengers using the station will benefit from direct rail access to and from Cardiff, and Rhymney-bound services.

The scheme is progressing well, with the initial platform structure now largely complete on both sides of the track.

Energlyn and Churchill Park Station will incorporate two 6-carriageway length platforms and step-free access as well as car parking for 18 vehicles (with disabled spaces included), CCTV, waiting shelters, ticket machines and a bicycle storage area. There will also be an improved interchange with bus services on Lewis Drive.

Funded by the European Regional Development Fund through the Welsh Government, the station is being delivered by Network Rail and, upon opening, will be operated by Arriva Trains Wales.

To provide extra capacity for services to Cardiff, additional platforms will also be constructed at a number of stations across the Cardiff and Valleys' rail network, including at Cardiff Central & Queen Street, Barry, Caerphilly, Pontypridd and Tirphil, as well as a brand new station at Energlyn.



**New station located between Llanbradach & Aber**

Due for completion by 2015, the congestion busting scheme, with funding of £17m from the Welsh Government, will potentially provide hundreds of extra rush-hour seats each day on rail services on the Cardiff and Valleys' network.

**Residents who would like to find out more about the project are invited to join the site staff at the next community 'coffee morning', at 10am on 24th September at Energlyn Station Compound, Llwyn-On Street, Caerphilly, CF83 2QR.**



## Mining Memorial unveiled

**A striking bronze statue will be unveiled in Senghenydd next month to mark the 100th anniversary of Britain's largest mining disaster.**

The statue, depicting a 'Miners Rescue' has been chosen for the Wales National Mining Memorial. Designed by sculptor Les Johnson, the statue is evocative not only of the mining disasters at Senghenydd but also the hundreds of other mining disasters that have occurred throughout Wales.

The statue is representative of the rescue operation that occurred immediately after the 1913 disaster, and depicts a rescue worker coming to the aid of a survivor, signifying emotion and brotherhood.

Work on creating the statue, which will stand on a plinth made of local pennant stone is nearing completion, as is work to create a memorial garden in which the statue will be situated.

The statue and memorial will be unveiled at a service on **Monday 14th October at 11.30am**, marking the 100th anniversary of the mining disaster at the Universal Colliery in Senghenydd, where 440 men and boys lost their lives in a devastating explosion.

**For further information, please visit [www.abervalleyheritage.co.uk](http://www.abervalleyheritage.co.uk)**



## One Beat!

**The invaluable work of volunteers across Caerphilly county borough will be celebrated at a special event next month.**

Representatives from around 80 voluntary organisations who serve the community will come together and showcase their work at the annual **One Beat** event on **Saturday 19th October** at Caerphilly County Borough Council's headquarters Penallta House.

The event, organised by Caerphilly County Borough Council and GAVO, is open to members of the public and will take place between 11am and 1pm.

Cllr Harry Andrews said, "One Beat is one of our most established events and provides a truly wonderful opportunity to celebrate the invaluable work of the voluntary organisations across the county borough who serve our communities so tirelessly."

**For further information, or for voluntary organisations wishing to exhibit their work at One Beat, call 01443 864312.**



