



# CarmsNews



Public Services Board providing you with news and information from Carmarthenshire



Have your say on childcare in Carmarthenshire – take part in our survey. See page 12



Llanelli Carnival - Nov 18th



Carmarthenshire Reindeer Parade - Nov 19th

*Christmas is coming!*

Christmas in Carmarthenshire will be a real cracker with a whole feast of festive entertainment and events lined up across the county!

Kick-starting the festivities will be Llanelli Christmas Carnival and lights switch-on with its traditional floats, fireworks, funfair and street entertainers in what is the biggest night of the year. The event, on Friday, November 18, is being brought to town by Carmarthenshire County Council, Llanelli town and rural councils and Llanelli Round Table, and is sponsored this year by Dŵr Cymru.

All event details and road closures will be published at [newsroom.carmarthenshire.gov.uk](http://newsroom.carmarthenshire.gov.uk).

Carmarthen will welcome Father Christmas and his reindeer on Saturday, November 19, and the town's St Catherine's Walk will host a craft fayre from November 27 right up until Christmas Eve.

Christmas in Llandovery starts on Friday, November 25, with a traditional lights switch-on, and the Dinefwr Christmas Fayre, Llandeilo, takes place over the weekend November 26-27.



To find out what's on, book tickets or more visit [www.discovercarmarthenshire.com](http://www.discovercarmarthenshire.com)

## Stay safe and well this winter

With winter approaching public services are working together to ensure that people across Carmarthenshire stay safe and well.

Advice is available from Hywel Dda University Health Board on staying well, including information on flu jabs and choosing well when you need health care. Volunteers will continue to provide services such as Meals on Wheels, and people are being asked to look in on their neighbours, particularly if they are elderly or vulnerable.

Carmarthenshire County Council staff will be gritting the roads as temperatures drop and providing road safety advice. Information on disruptions due to bad weather will be publicised on PSB websites, and on social media.

Dyfed Powys Police, along with partners including the County Council and Mid and West Wales Fire Service, will be carrying out initiatives such as Operation Bang (Be A Nice Guy) at Halloween and Bonfire Night, and Give Drink Driving the Red Card.



For more information or to sign up for alerts go to [www.i-Local.co.uk](http://www.i-Local.co.uk)

**SOUTH WALES' FAVOURITE PANTOMIME COMPANY FOR 23 YEARS**  
*The Friendship Theatre Group Presents...*  
**Thursday 12th Jan 2017 - Sunday 29th Jan 2017**  
**TICKETS ON SALE NOW**

**ALAN WILLIAMS AS MARGARITA JUICILITA** | **Y Ffwrnes Theatre** | Box office: 0845 226 3510 | [www.carmarthenshiretheatres.co.uk](http://www.carmarthenshiretheatres.co.uk)

Director - Dean Verbeck | MD - Robert Jenkins  
 Choreographer - Melanie Sullivan  
 Over £165,000 donated to local charities to date

**ROBINSON CRUSOE** & THE CARIBBEAN PIRATES  
 Written by Alan P. Frayn  
**DENNY TWP**



# News from the Public Services Board



Welcome to our winter edition of Carms News. We hope you find it informative and interesting, it includes articles on a variety of issues from all our partners, along with special features on community safety, changes to refuse collections, learning, health and the county council budget consultation. There is also information on carnivals and events, plus advice and tips to have a safe and happy Christmas.

We have recently published an e-version of Carms News, which will be produced twice a year, and will replace two of the hard copy editions delivered to your door. The other

two editions will continue to be hard copies.

We hope people enjoy the new e-format and find it convenient, we would appreciate any feedback.

Hope you all have a Very Merry Christmas and a Happy and Prosperous New Year!

**Cllr Emlyn Dole**

Vice-Chair Carmarthenshire Public Services Board



To receive the e-Carms News sign up on the PSB website

[www.thecarmarthenshirewewant.co.uk](http://www.thecarmarthenshirewewant.co.uk)



Carmarthenshire County Council  
Hywel Dda University Health Board

Mid and West Wales Fire and Rescue Service

Natural Resources Wales

Welsh Government

Dyfed Powys Police

Coleg Sir Gâr

University of Wales Trinity Saint David  
CAVS

Department for Work and Pensions

National Probation Service  
Community Rehabilitation Company

Brecon Beacons National Park Authority

Arts Council of Wales

Police and Crime Commissioner

We hope you enjoy reading Carms News.

If you would like to comment on any aspect of the publication or to include a feature on the 'your community' pages then please contact:

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County Hall, Carmarthen, SA31 1JP

Email: [carmsnews@carmarthenshire.gov.uk](mailto:carmsnews@carmarthenshire.gov.uk)

Tel: 01267 224665

Web: [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

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# A warm welcome awaits you



A warm welcome awaits at Merlin's training restaurant, Pibwrlwyd

Did you know you can eat out at Coleg Sir Gâr's training restaurant in Carmarthen, hire its equine arena at Pibwrlwyd and get a non-surgical facelift or a new hairstyle at Graig campus, Llanelli?

Coleg Sir Gâr offers more than just educational opportunities.

At its hair and beauty salons, the public can enjoy anything from a dry cut to colour correction as students' train to work in the industry. These treatments are offered at competitive prices as the

public is needed to support the development of students including professional cookery and hospitality learners who run Merlin's training restaurant, offering table d'hôte cuisine as well as special events including afternoon teas throughout the year.

**i** To find out more about facilities hire, Merlin's restaurant and salons, email [enquiries@colegsirgar.ac.uk](mailto:enquiries@colegsirgar.ac.uk)

**Become a registered Childminder in Carmarthenshire**

01267 246555

[www.fis.carmarthenshire.gov.uk](http://www.fis.carmarthenshire.gov.uk)

Cyngor Sir Gâr Carmarthenshire County Council



# Celebrate year of the legend

Carmarthenshire is making plans to celebrate the Visit Wales 'Year of the Legend' in 2017.

The council's marketing and media team is planning a range of exciting activities and events across the county and South West Wales based on legendary characters and stories.

Included in the plans is a digital 3D map of the region to showcase our fascinating cultural features, and a castles and gardens campaign to attract the booming coach and cruise ship market.

The 2017 'Year of the Legend' is

one of a series of themed years spearheaded by Visit Wales to promote what our country has to offer to tourists. The current 2016 'Year of Adventure' is aimed at the growing activity holiday market and promotes thrill-seeking adventures such as orienteering. 2018 will be 'Year of the Sea'.

Cllr Meryl Gravell, Executive Board Member for Regeneration, said: "Tourism is worth over £355million to the Carmarthenshire economy. It is vital that we continue to think of innovative ways to keep the industry buoyant."

**i** Community groups are being encouraged to organise events in their local area to celebrate the Year of the Legend. Funds may be available to support these through the Big Lottery Awards for All Scheme. For more information, email [Biglotteryfundwales@biglotteryfund.org.uk](mailto:Biglotteryfundwales@biglotteryfund.org.uk) or call 0300 123 0735.

# Pharmacy can help see you quickly

Carmarthenshire residents are being reminded their local community pharmacy can help with common illnesses such as a cold, as well as medicine advice, without an appointment this winter.

A visit to the pharmacist can provide peace of mind and is often quicker than a visit to hospital or GP. Some community pharmacies provide additional services such as support for quitting smoking and sexual health services.

Burry Port Pharmacy, Station Road, Well Pharmacy, Rhosmaen Street, Llandeilo, and both Medical Hall Pharmacy and St Clears Pharmacy also offer the new Triage and Treat service for low level injuries. This includes treatment for things like minor abrasions, sprains and strains, eye complaints such as sand in the eye, and removal of splinters from the skin. If an injury or illness is too serious to be treated in the pharmacy, the pharmacist will give advice about where to go.

**i** Pharmacy opening times during the Christmas Bank Holidays will be advertised a couple of weeks in advance from the website [www.wales.nhs.uk/sitesplus/862/page/46867](http://www.wales.nhs.uk/sitesplus/862/page/46867)

## UWTSD Theatre Design Students bring Roald Dahl's greedy crocodile to life



**i** For more information about the BA (Hons) Theatre Design and Production course at UWTSD's Carmarthen campus, please contact Stacey-Jo Atkinson by emailing [s.atkinson@uwtsd.ac.uk](mailto:s.atkinson@uwtsd.ac.uk) or visit the course's twitter and instagram pages at [UWTSD\\_perf\\_arts](https://www.instagram.com/uwtsd_perf_arts)

Students from the University of Wales Trinity Saint David's BA Theatre Design and Production course in Carmarthen had the amazing experience of being part of the recent 'City of the Unexpected' event - a celebration of Roald Dahl 100 that took place in Cardiff.

"This has been a fantastic project for our students and graduates to be involved in, I'm so proud of their work and commitment during this

summer," says Theatre Design and Production lecturer, Stacey-Jo Atkinson.

"It's such a privilege for us to be part of such an iconic event and the experience our students and graduates have gained has been invaluable."

The students cut short their Summer break and returned to the scenic workshop in Carmarthen during August to get to work on designing and building a new 12ft

crocodile puppet for the large-scale centenary event, under the direction of Scenic Construction lecturer and production manager, Dave Atkinson and professional puppet maker Jess Jones.

As well as working on the crocodile - which sat proudly on the wall of Cardiff Castle - two current students, Hadley Taylor and Katie King were both chosen to be work on placements. Recent graduates worked on the event too.

# Carwyn's first-class college degree

Coleg Sir Gâr computing graduate Carwyn Thomas has praised his tutors for a university education he studied at college where he gained a first-class honours degree.

Carwyn initially joined a full-time course after school, opting for the vocationally-led level three national diploma course, now known as an extended diploma.

"Carwyn is an example of a thorough progression from leaving Ysgol Gyfun y Strade to gaining his degree with us and he's been a fantastic student all the way through," said Denise Hudson, Coleg Sir Gâr computing lecturer. "The college offers the degree in partnership with University of Wales Trinity Saint David and we were thrilled to see Carwyn graduate in our ceremony this year."



Carwyn Thomas

**i** Find your college degree course 01554 748179 [admissions@colegsirgar.ac.uk](mailto:admissions@colegsirgar.ac.uk)

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## Your community

### Canolfan S4C Yr Egin designs



During the summer, the University of Wales Trinity Saint David revealed the latest designs for Canolfan S4C Yr Egin - a development that will be home to S4C's main headquarters as well to a cluster of companies and organisations from the creative industries.

Canolfan S4C Yr Egin will be an innovative development that will be located on the University's Carmarthen campus and will open in early 2018. It's a development that has an exciting vision that will transform and shape the creative industries in South West Wales and beyond.

There will also be many

opportunities for local people to enjoy the building as well as its various resources - a cafe, auditorium and performance stages that will offer a range of events for diverse audiences.

"The economic impact of Canolfan S4C Yr Egin will be significant, contributing more than £11m to the local economy each year," says Gwilym Dyfri Jones, Associate Pro Vice Chancellor at the UWTSd.

Ian Jones, S4C's Chief Executive said: "After many months of hard work, the plans for Canolfan S4C Yr Egin are coming to life before our eyes and it is very exciting to see work progressing in such a way."

### Shane gets in the swim



Prifysgol Cymru  
Y Drindod Dewi Sant  
University of Wales  
Trinity Saint David

Former Wales rugby star Shane Williams used the facilities and expertise at the University of Wales Trinity Saint David (UWTSd) Carmarthen to train for IRONMAN Wales that took place in Tenby during September.

To improve his swimming technique, Shane worked with Geraint Forster, Programme Director of BSc Outdoor Fitness at UWTSd. Shane has also previously worked with Dr Peter Herbert, a UWTSd physiologist, to complete a V02 Max test at the University's High Performance Laboratory.

Speaking before the event, Shane said: "The work with Geraint and Pete at UWTSd has been of huge benefit to me, that's why I keep coming back for more training." Triathlon is one of the fastest growing sports in the UK and UWTSd has responded to the popularity of the

sport not only through the development of triathlon-focused degree courses such as BSc Outdoor Fitness, but also by being the headline sponsor of the Swansea Triathlon, hosted by Activity Wales Events.



If you're interested in Sport, Health and Outdoor Education and would like to know about the degree courses offered at UWTSd, you can contact Geraint directly by emailing [g.forster@uwtsd.ac.uk](mailto:g.forster@uwtsd.ac.uk)

## Fun and games at Parc Howard's new play area

A new play area for younger children is going down a treat at Llanelli's Parc Howard.

Toddlers and children aged up to 12 are enjoying the new facilities, which have a charming woodland theme. New slides, climbing frames tunnels and wobble bridges are all part of the new playground, which also boasts a wizard's tower fortress and forest shop to encourage imaginative play. Pre-existing play equipment on the lower level of the playground will also be refurbished.

The playground is located adjacent to the historic Parc Howard mansion, which is also in line for investment as part of a 'masterplan', which includes investment in the play area for older children, as well as improving the visitor offer and attracting more people to enjoy the grounds.



Cyngor Sir Gâr  
Carmarthenshire  
County Council



# Learning Carmarthenshire

## Ysgol Bro Dinefwr officially opened



The new £30million Ysgol Bro Dinefwr at Ffairfach has been officially opened.

A ceremony was held shortly after the start of the new term, with special guests invited to witness the unveiling of a plaque and the presentation of a ceremonial key and 'Secure by Design' certificate by contractors Bouygues UK.

Bro Dinefwr caters for 1,200 pupils, including a 200-pupil sixth form and 30-place specialist provision for children with additional learning needs. It provides first class accommodation and facilities, plus high quality vocational courses with other Dinefwr schools and Coleg Sir Gâr.

The category 2B bilingual school was delivered by the Council through its Modernising Education Programme, in partnership with the Welsh Government through its 21st Century Schools programme. It is part of an overall investment of around £70million in schools in the Dinefwr area.



Find out more and get a birds-eye view of the school in stunning aerial footage at [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

## New Student Union president

With the first term of this academic year well underway, here's an opportunity for you to meet the University of Wales Trinity Saint David's new student president, Daniel Rowbotham, who explains about a great initiative to ensure students' safety.

"Hello there! My name is Dan Rowbotham, and for this year I am the University of Wales Trinity Saint David Student Union Group President, also known around campus as 'Dan Pres'. I graduated from the Carmarthen campus over the summer and have been in my post since the end of June.

"Student life in Carmarthen is unique, a lot of time is spent in the Students' Union, but we also

support many of the town's local businesses, with many of its pubs and bars being very popular with the student population!

"For many, a good night ends up with a portion of cheesy chips and garlic mayo, laughing about awful dance moves on the dance floor, and pathetic chat up lines before calling a cab and getting back to campus.

"This year, the Students' Union is working with local taxi company JRV Cars, to ensure that students are arriving home safely after a good night out. Through the 'safe taxi scheme' partnership, students will be able to call the company and be taken home - and if due to any unforeseen circumstances where students are unable to pay at the



end of the journey - details will be taken for the fare to be settled during the week.

"This is a great example of a local business, the Students' Union and the Student Services Department working together to ensure students are kept safe and well during their time at UWTSU in Carmarthen."

## Top notch A-levels



Coleg Sir Gâr A-level student Anthony Clarke who is studying geology at St Andrews is presented with his results from lecturer Charles Freitas Smith

Coleg Sir Gâr this year achieved an excellent crop of A-level results. The percentage of A\* - E grades was again high at 98%, with 22 out of 29 subjects posting a 100% pass rate.

Students on the A-level Academic, Cultural, Excellence (ACE) programme achieved outstanding results with three out of four examination entries yielding either an A\* or A grade, enabling them to go to their first choice of university, including those within the Sutton 30 Group.

## Coleg Sir Gâr can put you on the stage



If performance is your passion, then it's worth visiting Coleg Sir Gâr's creative industries team.

The college's creative industries provision consists of dance, performing arts, drama, music technology, creative media production and theatre production arts.

The team work with many external organisations at its Graig campus in Llanelli, working with ground-breaking performers and companies to broaden students' skills.



Get your talent under the spotlight and visit an open evening or call 01554 748179



### LLANELLI REINDEER PARADE - SATURDAY, 3<sup>RD</sup> DECEMBER 2016

Ymlaen Llanelli, the town's Business Improvement District is thrilled to announce that it is bringing the ever popular Cairngorn Reindeers to Llanelli on Saturday, 3<sup>rd</sup> December.

Six reindeer will tow a sleigh carrying Santa through the town from the Eastgate Development to Spring Gardens starting at 1pm. There will be street entertainment in the town as well as children's rides and on-stage entertainment at Spring Gardens throughout the afternoon.

Please come along for a festive, fun-filled, family day out!

For more information, please check out the Ymlaen Llanelli Facebook page or call 07803 503972.



YMLAEN  
LLANELLI  
PROSPER TOGETHER



# Bin collection changes –

A number of changes have been made to bin collections in Carmarthenshire and we have put together some of your frequently asked questions.

from  
October 31

## Why is my collection day changing?

Our refuse collection vehicles are ageing and need to be replaced in order to deliver an improved service to customers without disruption. At the same time, we have reviewed the collection routes across the county to make them more efficient. By reducing the number of vehicles, we are saving money by reducing maintenance and fuel costs and improving the council's carbon footprint.



## Why has my collection time changed?

The collection routes have been revised and this means the time of your collection could change as a result. Even if you have not had a change of day, the time could still be affected. We can never guarantee that your rubbish will be collected the same time every week, and we advise people to put their bins out before 6am on the day of their collection (and after 6pm the evening before).



## Why have you changed the vehicles and are my bags/food still being recycled?

The vehicles were ageing and needed to be replaced in order to deliver an improved service to customers without disruption. The new vehicles have a separate sealed pod at the front for food waste and a blue/black bag compartment at the rear. The food waste will continue to be composted and blue bags sorted for recycling at Nantycaws.



## Why aren't I having food bin liners anymore?

Your property was previously (before October 31) serviced by a small vehicle and the crews carried the food waste directly into an open-backed lorry in the bags provided (these were stronger than normal food bin liners). Your property will now be serviced by one of our new types of refuse vehicles which means your food bin will be emptied directly into a sealed compartment on the lorry (so there is no need for the stronger liners to be supplied). If you would like to continue using liners, these can be purchased from a number of local shops and online stockists. Alternatively, you can use newspaper /kitchen roll to line your bin.



## Why do some people have food bin liners and others don't?

Some households are serviced by a smaller vehicle and are supplied with liners which are strong enough to be carried by the crews directly into the open-backed lorry (these liners are costly and only issued where absolutely necessary for operational reasons). Other households are serviced by refuse vehicles where the bins are emptied directly into the lorry.



## My bin/bags have not been collected as I forgot my day had changed, what do I do?

Please take your food bin/bags in and put out on your next correct collection day. Please note the four black bag limit has been suspended during November. Alternatively you can take your blue/black bags to your nearest household waste recycling centre.



## My bags haven't been collected as I forgot my week has changed, what do I do?

Please take your bags in and put out on your next correct collection week. Please note the four black bag limit has been suspended during November. Alternatively, you can take your blue/black bags to your nearest household waste recycling centre.



## I've had a double blue bag week, what do I do with my black bags?

The four black bag limit has been suspended during November so you can put out all your black bags on your next scheduled black bag collection. If you are unable to store them, you can take them to your nearest household waste recycling centre. Please do not put them out on a blue bag week, as they will not be collected.



## I've had a double black bag week, what do I do with my blue bags?

Please keep your blue bags until your next scheduled blue bag collection. If you are unable to store them, you can take them to your nearest household waste recycling centre. Please do not put them out on a black bag week, as they will not be collected.



## I don't want any changes, I get confused.

If you are aged 50 and over and need help or advice with your recycling, Age Cymru Sir Gar may be able to help. They can advise you on what to put in your blue bags and help you to recycle glass and other small items such as light bulbs and batteries. For more information please visit the website [www.agecymru.org.uk/sirgar](http://www.agecymru.org.uk/sirgar), email [info@agecymrusirgar.org.uk](mailto:info@agecymrusirgar.org.uk) or call 01554 784 080.





# frequently asked questions

## Why is the current garden waste collection stopping at the end of October?

The council was collecting garden waste in vehicles where it was mixed with food waste. Local authorities have to record and report on all the waste it collects and Welsh Government prefer that garden waste is collected and reported separately. The new refuse collection vehicles, which come into operation on October 31, will have a separate pod at the front which will only be able to contain food waste. Between **October 31 and December 2**, to help residents get used to the changes, garden waste placed out on a **black bag** week (in pre-purchased council garden waste bags) will be collected. It will not be collected on a blue bag week. No further collections will be made after this time until the new scheme is introduced.

## What do I do with my garden waste now/over the winter?

As we are now in the winter months, householders should not have a lot of garden waste to dispose of. If you do have any, you can use a home compost bin or use your nearest household waste recycling centre. If you require assistance with your gardens, there are a number of third sector organisations which, for a small charge, can help such as Age Cymru Sir Gar and the Coleshill Community Association (contact details below).

### Age Cymru Sir Gar

Website: [www.agecymru.org.uk/sirgar](http://www.agecymru.org.uk/sirgar)

Email: [info@agecymrusirgar.org.uk](mailto:info@agecymrusirgar.org.uk)

Telephone: 01554 784 080

### Coleshill Community Association Grounds Maintenance Team

Website: <http://www.carmarthenshire.gov.wales>

Telephone: 01554 744251

## What do I do with my remaining bags?

You can use any remaining bags to take your garden waste to a household waste recycling centre if you wish. The bags can be put directly into the garden waste skip.

## Can I get a refund for the bags I have left?

No refunds are being issued. Any remaining bags can be used to take your garden waste to a household waste recycling centre.

## When and how will I get my garden waste collected again?

A new garden waste collection service will start in April, further details will be provided soon.

## Why don't you start the collections before April?

There is very little garden waste in the winter months it is not viable to set it up before the spring.

## When can I apply for the new service and how much will it cost?

Details will be publicised nearer the time.

## Composting

Home composting is one of the most environmentally-friendly and cost-effective ways of dealing with garden waste. Around one third of our waste can be easily composted at home – from garden clippings to cardboard, tea bags and paper.

By composting instead of putting everything in your bin you can help us to greatly reduce the amount we send to landfill.

### Why should we compost at home?

Did you know that composting at home for just one year can save global warming gases equivalent to all the CO2 your kettle produces annually or your washing machine produces in three months?\*

- If this waste is buried in landfill, air cannot get at it so it breaks down producing methane gas and contaminates ground water. This contributes to global warming, and means that vast sums of money have to be spent treating the ground water that leaches out of the landfill.
- Financial savings – The final product of home composting is a natural chemical free source of plant food, which will save on shopping for pre-packed compost and fertilisers.
- Most pre-packed compost contains peat, when this is taken from peat bogs it damages wildlife habitats.
- Home compost improves the texture and nutritional quality of your soil.



### How does it work

Composting is a way of speeding up the natural decay of organic matter, by creating the ideal conditions for small organisms to thrive. They love a moist environment with lots of air pockets, and just a teaspoon of soil contains about a billion organisms.

In the initial stages bacteria and fungi eat their way through the softer waste, multiplying rapidly and generating heat up to app. 60°C that's about the same temperature as a cup of tea. After 4-6 weeks the heap starts to cool down, at this point the larger bugs like beetles, worms and centipedes start to munch their way through the tougher materials.

Using a compost bin, it will take from 6-12 months to make your compost. The process is much slower in the winter months and if you have a lot of large woody material it can take longer, so it helps to break it up first.

## Where can I get a bin?

Compost bins can be purchased from us for £12 including delivery. Order yours online by visiting [ilocal.carmarthenshire.gov.uk/apply-request](http://ilocal.carmarthenshire.gov.uk/apply-request) or phone 01267 234567 (please have your credit/debit card handy when you call).

You can also visit one of our four cash desks in Carmarthen, Llanelli, Ammanford and Llandeilo

Please allow up to 4 weeks for delivery after payment is processed..



## Festive bin collections

Residents are being reminded that there are changes to bin collections over the Christmas and New Year period.

To find out when your bins are being collected and if it is a blue or black bag week, you can visit [ilocal.carmarthenshire.gov.wales](http://ilocal.carmarthenshire.gov.wales) and click on My House. The changes will also be published on the council website; keep an eye out in your local newspaper and/or listen for messages on Radio Carmarthenshire. You can also sign up for text or email alerts on a range of council services including bank holiday bin collections on i-Local.

# REMEMBER

You can check if your collection day / week has changed by visiting [ilocal.carmarthenshire.gov.wales](http://ilocal.carmarthenshire.gov.wales) and click on My House. Enter your postcode, select your address and click go.



# State of the art pitch



Coleg Sir Gâr's brand new 3G rugby and football pitch is open for public hire.

The FIFA and WRU pitch is based at the Graig campus, Llanelli.

Adult and junior training: full pitch £75 per hour; half pitch £45 per hour; third of a pitch £30 per hour. Also available for weeknight and weekend hire.



Contact 01554 748147 or 07852 245587 or [jonathan.garcia@colegsirgâr.ac.uk](mailto:jonathan.garcia@colegsirgâr.ac.uk)

# Carmarthenshire Fuel Clubs



Local fuel clubs saves the community on average **£6000** every month!!

Buying in bulk makes much more sense

Join a Local Fuel Club **TODAY** and save **£££'s'**

For further info please contact Maria Evans, Community Engagement Officer, email [MLEvans@carmarthenshire.gov.uk](mailto:MLEvans@carmarthenshire.gov.uk) or call 01267 228855



# Flexible Learning students graduate with Early Childhood degree

The first group of students to study the BA Early Childhood (Flexible Learning Route) at the University of Wales Trinity Saint David graduated during summer – following a degree course over two years rather than the traditional three year route.

The Flexible Early Childhood degree is designed to combine students' work and volunteering commitments with study on evenings and weekends. Students access lectures and tutorials during some twilight and evening sessions as well as on some pre-arranged Saturdays each term.

This is an ideal course for those interested in developing their knowledge and understanding of the issues which impact on young children and their families. It also

provides an opportunity to integrate full-time study with students' work commitments, allowing students to study and work at the same time.

“Choosing the fast track flexi route was a very positive decision for me,” says recent graduate, Marie Moore.

“I was a single working parent with a mortgage to pay so it enabled me to continue working whilst I earned a degree in order to better myself and future financial situation. I even got a first!”



# More homes for people in need



Over 60 new council homes will be built in Carmarthenshire over the next two years in an £8.5million investment to grow the local authority's housing stock.

The plan forms part of a £60million Affordable Homes Commitment which aims to deliver 1,000 more affordable homes across the county by 2021.

As well as building new homes, the council is growing its stock by

buying properties – more than 20 have been bought already.

Carmarthenshire is one of only half of Welsh local authorities to retain its housing stock, and became the first in Wales to build new council accommodation since the 80s when it developed 12 new homes in 2014 – an act followed up shortly later when it became the first in Wales to suspend its Right to Buy policy in order to protect its stock.

Executive Board Member for Housing, Cllr Linda Evans, said: “We are completely committed to making more homes available for those in highest need. By using a range of innovative solutions I am confident we will meet our target by 2021.”



If you're interested in finding out more about the Flexible BA in Early Childhood, you can contact Glenda Tinney by emailing [g.tinney@uwtsd.ac.uk](mailto:g.tinney@uwtsd.ac.uk)



# Information

## Frequently Asked Questions...

### How can I find out about events leading up to and over the Christmas period?

Visit [www.discovercarmarthenshire](http://www.discovercarmarthenshire) for all the information on festivities in the county.

### How can I find out when my child starts back school after the Christmas holidays?

The school term begins on Wednesday, January 4. Please visit [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales) and go to the schools page for more information. For school disruptions in bad weather visit the emergency schools section.

### How can I keep my home warm in the cold weather?

Check to see if you are on the best tariff – a few simple online checks or phone calls should tell you if you can save on your fuel bills, if you can save – switch! You could also consider joining a ‘collective switch’ where you can group together with others to secure an even better deal. See Cyd Cymru. If you live in a rural area and use oil, consider joining a Fuel Club, where you can buy oil in bulk with your neighbours, and share the savings.

### Struggling to pay winter fuel bills?

Talk to your supplier and see if there is any way that they can help you. They may be able to offer you a better deal. Making just a few simple changes around your home could make all the difference to your health – and your pocket.

### How can I find out about my consumer rights?

If you have bought goods or services and need a repair, replacement or refund, you can read about your rights on the government’s Consumer Rights website.

[www.gov.uk/consumer-protection-rights](http://www.gov.uk/consumer-protection-rights)

### How can I find out which roads are gritted?

[www.ilocal.carmarthenshire.gov.uk/my-nearest/](http://www.ilocal.carmarthenshire.gov.uk/my-nearest/)

### Are you planning a festive or New Year’s Eve party?

Find out if you require a temporary events notice:  
Call 01267 228787 / 228801

### How can I find out hospital visiting times over Christmas?

Amman Valley Hospital	01269 822228
Glangwili Hospital	01267 235151
Llandovery Hospital	01550 722200
Prince Philip Hospital	01554 756567

## Childminding - is it for you?



Successful candidates who recently passed the CYPOP5 Childminding Course: Jayne Williams, Kylie Watts, Samantha Bream, Ian Rees, Lucia Ward, Adam Poskitt, Avril Rees, (Childminding Development Officer), Tasha Harvey, Richard Griffiths, Amy Hillman and Rhian Scott.

### Would you like to become a registered childminder? If so, maybe we can help you.

Currently, there is a shortage of registered childminders in Carmarthenshire especially within the Gwendraeth, Teifi, Tywi, Aman and Llanelli areas.

Childminding is a highly rewarding career for those who enjoy working with children and are passionate about giving children the best start in life. Working with children is a fun, flexible and you can work from home.

To register as a Childminder you will need to complete and pass CYPOP5 (Children and Young People Optional 5) which is a unit of the Level 3 CACHE Diploma in Home-based Childcare.

The Childminding course is funded by the Family Information, Childcare & Play team at Carmarthenshire council and delivered by Avril Rees, Childminding Development Officer to help support potential childminders on their new career path.



If you are interested in becoming a Registered Childminder please contact the Family Information, Childcare and Play team on 01267 246555 or visit [www.fis.carmarthenshire.gov.uk](http://www.fis.carmarthenshire.gov.uk)

## Careline personal alarm service

### There are a range of personal alarms and monitors that can help you remain living at home safely and independently.

Careline is a personal alarm service that Carmarthenshire County Council provides. The alarm is monitored 24 hours a day, seven days a week, every day of the year, enabling you and your loved ones to have total peace of mind at the touch of a button.

The service can help people with different needs from older people who may live alone, providing them with the knowledge that help is always at hand, to those living with medical conditions, learning difficulties or mobility problems. It provides peace of mind for family members knowing that loved ones can access help immediately, if needed.

The alarm pendant is simple to use - it can be worn around the neck or as a wrist band. It works in the home and surrounding areas.



Careline can be installed in one visit. Applying for an alarm is simple - all you have to do is contact Careline on 01558 824283 or e-mail [careline@carmarthenshire.gov.uk](mailto:careline@carmarthenshire.gov.uk).



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# Healthier Carmarthenshire

## Flu jab - it takes a minute, lasts a year and could save your life

If you are in any of the groups recommended to have a flu vaccine, it is important that you have it, free of charge, at your GP practice or at some pharmacies.

If your child is in the age range for vaccination, you should be contacted by your GP or school nursing service.

The vaccine offers good protection against flu in the flu season it is given and is normally available from the end of September. So beat flu before it beats you!

Hundreds of the council's frontline social care workers are also receiving their annual flu jab to help protect the vulnerable people in their care.

Carmarthenshire County Council ensures all staff in contact with those most at risk are immunised to minimise the spread of flu.



**i** For more information about the flu vaccine visit [www.nhsdirect.wales.nhs.ukwww.beatflu.org](http://www.nhsdirect.wales.nhs.ukwww.beatflu.org) or phone NHS Direct Wales on 0845 46 47. You can also or speak to your doctor, or nurse or local pharmacist.

## Moving for better Careers

Children need to move more in order to improve both their health and learning according to Dr Nalda Wainwright, Director of the Wales Institute of Physical Literacy at the University of Wales Trinity Saint David.

"Children are spending more and more time sitting still watching TV, playing on iPads, computers and phones," says Dr Wainwright. "This is worrying because we know from research that if children don't learn to move well at an early age, they aren't likely to become active as they grow up. This means they have a greater risk of being overweight or obese, developing type 2 diabetes, high blood pressure, osteoporosis and many other health conditions that are linked to lack of physical activity."

It is really important that young children have a foundation of good movement - and this comes through a lot of physical play with the help of teachers and parents. The good news is that by developing their physical skills, children are also developing their brain and improving their learning.



**i** For further information on the work of the Wales Institute of Physical Literacy at the University of Wales Trinity Saint David visit [www.uwtsd.ac.uk/wipl](http://www.uwtsd.ac.uk/wipl)



Hywel Dda University Health Board will hold a careers fair in Newcastle Emlyn on Thursday, 3 November for anyone who is interested in finding out more about the range of amazing career opportunities on offer.

The event, which will be held at Newcastle Emlyn Leisure Centre between 9am and 5pm, will include health board experts who can show the different opportunities there are within healthcare and to answer any questions.



### Landlords need to register

Landlords in Carmarthenshire are being reminded that there are just weeks left before the deadline to register with Rent Smart Wales under the new housing laws introduced in Wales.

By November 23, all landlords must register and self-managing landlords and agents will need to obtain a licence.

To obtain a licence, self-managing landlords and agents must either complete training on-line or attend an approved training course.

Fulfil the training requirements of your landlord licence application with Carmarthenshire County Council - an approved Rent Smart Wales landlord training provider.

Further information about our training course can be found by searching for 'landlord' at

[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

**Only Two Dates Left November 3rd and 18th BOOK NOW!**



## New services at Minafon GP surgery

New services are in place to support patients of Minafon GP Surgery, serving Kidwelly, Ferryside and Trimsaran.



If you missed the public meetings held by the practice and Hywel Dda University Health Board during October, you may not be aware that the surgery has new support staff and ways of working to ensure continued provision of services to the local community whilst there have been GP workforce challenges.

New initiatives include:

- A telephone assistance service for GPs and patients to make a joint decision as to whether a face-to-face appointment is needed
- A new Advanced Physiotherapist service to provide treatment for a lot of common musculoskeletal presentations, such as pain in the joints
- A new Nurse Manager to see and treat patients with minor illnesses such as chest infections

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# Healthier Carmarthenshire

## New £1 million gym suites



**i** For more information visit [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

**Carmarthenshire County Council is investing over £1million upgrading fitness facilities and equipment in its leisure centre gyms.**

With a new gym already open in Llanelli, and two to follow in Carmarthen and Ammanford, the new gym layouts will give users a fantastic environment to work out

in. They include new Life Fitness equipment which allows members to work out in a more stimulating, interactive way – able to watch the latest sporting events or listen to their favourite tracks on Youtube to add a personal touch to their work-outs. By using a Life Fitness Connect App, members can also access personalised work-outs

from the touch of a button Friendly, qualified, staff will always be on hand to offer support and guidance, and there is no extra cost to membership fees.



**THE search is on to find Carmarthenshire's sporting stars of 2016.**

Nominations are open for 13 categories at the annual Sports Personality ceremony to be held in February.

Categories include Sports Personality, Young Sportsman and sportswoman, Disabled Sportsman and sportswoman, Sports Coach, Sports Volunteer, Young Volunteer, Team of the year, Young Team of the year, Community Sport Coach and High Performance Coach, Outstanding Services to Sport and Sporting Hall of Fame.

The awards in its 19th year are organised by Carmarthenshire Council's sports and leisure team and recognise the sporting achievements of athletes, coaches and volunteers across Carmarthenshire.

Winners will be announced in a glittering event at Y Ffwrnes on Friday, February 3.

Executive board member for regeneration and leisure, Cllr Meryl Gravell said: "Carmarthenshire has an excellent reputation in Welsh sporting circles. The awards provide an opportunity to congratulate and honour the county's accomplished sports stars and unsung heroes who keep their clubs on the go."

**The closing date for nominations is Friday, November 25.**

Forms are available on our website or email [ActifSirGar@carmarthenshire.gov.uk](mailto:ActifSirGar@carmarthenshire.gov.uk)

### Fitness tip

#### Triceps dips

Your triceps make up three-quarters of your arm muscle and on average are twice as big as biceps. Triceps instigate shoulder and elbow rotation and this exercise uses the deltoids and pectoralis major, so a great exercise for improving upper body strength. You can also do this at home, on the bottom of the stairs, a chair or on any sturdy surface that supports your body weight.



- Position your hands shoulder-width apart with your fingers facing forwards and elbows facing backwards at the side of your body
- Extend your legs straight out in front of you
- Take a deep breath and slowly lower your body until your forearm and upper arm are at 90 degrees
- Exhale that breath and push back upwards until your arms lock out again
- Repeat for 10 reps before taking a one-minute rest and completing three sets



Coleg Sir Gâr student Catrin Stoneman - fitness instructions by Martyn Bowles



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# Have Your Say

## Childcare in Carmarthenshire



Parents and carers are being urged to have their say on childcare in Carmarthenshire.

An online survey is underway on Carmarthenshire County Council's website, which asks everyone to give their opinions on their current childcare arrangements.

The council is looking to improve the availability of childcare in the county as well as developing services which meet the needs of parents/carers.

Completed surveys will have the option to be entered into a free prize draw with a chance to win a £350 Argos voucher, skiing lesson at Pembrey Country Park and a signed rugby ball/shirt.

One form per family and the closing date is December 16. All answers will be treated in confidence.



If you have any questions, or need help in completing the questionnaire please contact the Family Information, Childcare & Play Office on 01267 246555.

## Current consultations

ENDS

DEC

**16**

2016

### Parent/Carer Consultation

All local authorities have statutory childcare duties under the Childcare Act 2006, to secure sufficient childcare as far as is reasonably practicable to meet the local needs of parents and carers in order to enable them to undertake training or return to employment.

In order to assist us in developing childcare we are required to produce a Childcare Sufficiency Assessment at 5 year intervals analysing demand for, and supply of registered childcare within the County.

**This consultation runs until 16 DEC 2016.**

DEC

**05**

2016

### Parliamentary Constituencies Review

The Parliamentary Constituencies Review is now being undertaken by the four UK Boundary Commissions in their respective parts of the UK. The Boundary Commission for Wales are now seeking representation on their initial proposals. The review will take place over approximately two and a half years with final recommendations submitted to Parliament in September 2018 and if agreed the new constituencies will take effect at the next scheduled General Election in 2020.

**This consultation runs until 05 DEC 2016.**

DEC

**02**

2016

### Review of Electoral Arrangements for the Community of Llangydeyrn Community Council (Pontyates and Llangydeyrn Wards)

Carmarthenshire County Council is conducting a review of electoral arrangements to consider a request received by Llangydeyrn Community Council to reduce the number of Community Councillors representing the Pontyates and Llangydeyrn Community Wards. Currently Pontyates is represented by 8 Community Members and the proposal is to reduce this to 6. Llangydeyrn Community Ward is currently represented by 4 Community Members and the proposal is to reduce this to 3. **This consultation runs until 02 DEC 2016.**

JAN

**04**

2017

### Carmarthenshire County Council Budget

The county council consults on its budget every year. A series of proposals will be considered by the Executive Board before the formal consultation is carried out.

**This consultation will start on 18 NOV 2016 and end on 04 JAN 2017**

i-Local

To view or take part in current consultations visit i-Local, you can also register to be notified of future consultations.

## High-potential development

Businesses specialising in life sciences, professional and commercial services, and special projects, were amongst the first to discover opportunities to develop new business premises situated alongside The Beacon in Dafen, Llanelli.

An audience of potential property developers and industry influencers gathered at The Beacon to learn about the development site and speak with officers about their long-term business options in Carmarthenshire.

Cllr Meryl Gravell, the council's Executive Board Member for Regeneration, said: "Carmarthenshire has an enviable track record in business and property development, and today was an opportunity to reinforce this as a place to invest and develop.

"We've had lots of positive discussions and our team will work hard with developers and industry professionals to bring forward any plans to develop.



## Students' awarded at Royal Welsh Show



**Coleg Sir Gâr students at Gelli Aur agricultural campus have been awarded at this year's Royal Welsh Show.**

Aled Davies won the Royal Welsh Agricultural Society's 2016 Student of the Year Award and the Gwili Jones Travel Award. The award was introduced in 2013 in memory of the late Mr Gwili Jones who established his agricultural

machinery business at Peniel. It aims to encourage learners to explore, examine and evaluate different cultures and production systems that could prove beneficial in their field of employment.

Three students have also benefited from the NFU Wales Gareth Raw Rees Memorial Travel Scholarship. Aled Davies, Mark Harries and Jordan Davies have received a financial contribution towards a college study tour of New Zealand where they will explore various farming systems and grassland management techniques.



Sow the seeds to get agriculturally trained at Coleg Sir Gâr 01554 748179 – Welsh medium courses are also available.



# Studying for a degree



Learn how to cast metal with Coleg Sir Gâr's BA honours in sculpture course held at the college's Carmarthen School of Art

**Coleg Sir Gâr, in partnership with University of Wales Trinity Saint David, offers a number of degree courses across Carmarthenshire.**

University courses are offered in a number of areas which include construction management, counselling, veterinary nursing, business management, animal behaviour and welfare, childhood studies, ceramics and jewellery, social care studies, sport coaching and performance and electronic engineering.

The college's Carmarthen School of Art is also an excellent option for university study. With lecturers and practising artists all based on one campus the student journey is exceptionally creative.

For full-time study, apply through UCAS using institution code C22. Part-time study is by application to the college.

**i** Find out if you are eligible for funding email [financialsupport@colegsirgar.ac.uk](mailto:financialsupport@colegsirgar.ac.uk) or [admissions@colegsirgar.ac.uk](mailto:admissions@colegsirgar.ac.uk) to find out more about courses

# UK Skills

Fourteen students from Coleg Sir Gâr will be competing at the UK's national skills show in Birmingham this November.

Representing their college and Wales, students will test their skills in environmental science, visual merchandising, restaurant service, nail enhancements, IT software solutions for business, industrial control and health and social care, competing to be named the best in the UK in their skill area.

Competitors meeting the eligibility criteria for WorldSkills international competitions will also compete for their chance to be selected to compete at the Squad UK selection event for WorldSkills Kazan 2019.

Last year, the college was awarded the highest ranking college in Wales and fourth in the overall league table of medallists UK-wide.

**i** Phone Coleg Sir Gâr on 01554 748179 or contact the college through Facebook or Twitter.

# Supported Lodgings

Do you want to make a difference?

Do you think you could have a positive influence on a young person's future?

Do you have a spare room?

Could you offer a home to a young person aged 16 to 25 who may be leaving care, or who may not be able to live at home?



In return we can offer:

**A weekly allowance of up to £130 per week**

**Training**

**On-going support**

If you are interested in finding out more about the Supported Lodgings Scheme, please go to:

[www.llamau.org.uk/supportedlodgings](http://www.llamau.org.uk/supportedlodgings)

or contact us on 01554 740002 during office hours for an informal chat.



Llamau working in partnership with Carmarthenshire County Council. Llamau is expert at providing support for young people and vulnerable women facing homelessness, helping them on the road to independent living. Registered charity number: 701772

# It's My Shout production



Students from the University of Wales Trinity Saint David's Performing Arts and Design courses have been perfecting their production skills thanks to an exciting partnership with It's My Shout.

Now in its 14th year, It's My Shout Productions Ltd specialises in producing short films for television and screen for a wide variety of partners including BBC Cymru Wales and S4C. They help find the best new talent in Wales, providing hands on training for young people, alongside industry professionals.

Thanks to the initiative, students from the UWTSU have played an integral role in creating seven short dramas and seven documentaries that will be broadcast on BBC Wales and S4C later this year.

The initiative has been a partnership between the University's Faculty of Art and Design; the School of Performing Arts and the team behind Canolfan S4C Yr Egin - the new centre for the Creative and Digital Industries that will also be the new home of S4C's main headquarters in Carmarthen.

# New science block at Coedcae

Celebrations have been taking place as Coedcae School opens its new science block.

The new build is the first of two phases to be completed as part of a £6.7 million investment under the council's Modernising Education Programme (MEP).

Phase two is now underway to refurbish the existing school. Improvements to transport and pedestrian access are also planned with covered walkways throughout the site.

Work is expected to take 12 months to complete with half the funding for the scheme coming from a Welsh Government grant, through its 21st Century Schools initiative, and the other half from the council's MEP.

Education executive board member, Cllr Gareth Jones said: "We're thrilled to be able to



provide this first class facility for the pupils of Coedcae School. This major investment will not only improve the school's overall condition, but it will offer a sustainable future for the 1100 pupils it accommodates."

The investment at Coedcae follows major schemes in Llanelli over

recent years, including the building of new schools at Ffwrnes, Maes y Morfa, Brynsierfel, Ysgol y Felin, Bryn and Brynteg, and improvements plus extensions at others including Swiss Valley, Llannon, Halfway, Ysgol Y Strade and Glan y Môr.

# Learning the language?



...you are welcome to contact us in Welsh



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# Extensive budget consultation to be carried out

**Extensive public consultation is to take place this autumn for the county council budget for the next three years.**

People will be given a series of opportunities to make their views known on the savings proposals that are currently being drawn up. None of the proposals would go ahead prior to discussion by council. All comments will be taken into consideration by councillors before they make a final decision on the budget.

The council has to save around £31 million over the next three years, with reductions of £11.5 million planned for next year. Some 80% of the council's funding comes direct from the Welsh Government, and given the ongoing financial constraints in the public sector, this funding is expected to reduce year on year. The impact of this, coupled with inflationary and demand

pressures, means that the authority has to find a huge amount of savings across all its service areas.

As in previous years, officers have identified efficiencies regarding operational issues, and full council will debate and decide upon any service changes that may result from the budget proposals.

Last year's consultation, which involved roadshows, stakeholder events and an online questionnaire, was very successful and the feedback helped inform members, with many proposals being changed as a result.

This year, consultation will include the online questionnaire; Insight events with local schools and Carmarthenshire Youth Council; meetings with town and community councils, seminars for county councillors and consulting with various stakeholder groups such as the 50+ forum.



## Operational and policy proposals considered

All departments in the county council have been asked to find savings. The range of savings are being proposed by departmental officers and include both operational and policy changes. Both will be determined by councillors in the final budget setting.

The county council delivers hundreds of services from education and social care to libraries, leisure, transport and street cleaning. All the proposals being put forward for discussion will be published in the Executive Board agenda for Monday, November 21, and consultation will start immediately afterwards. The meeting is open to the public, or it can be viewed on the webcast, either live or in the archives the following day.



More information on the consultation will be available on the i-Local website from mid-November, on the council newsroom and in the local press. Feedback will be published in the next edition of Carms News.

*Have your say*

To take part in the consultation visit [www.i-Local/consultations](http://www.i-Local/consultations)  
The survey will be live from November 21 to January 4.

## Investment across the county



Along with the revenue budget, councillors will discuss the capital budgets which pays for major schemes and developments.

These include the investment in schools, building new roads, regeneration projects and housing.

A new 15 year regeneration plan was launched recently which aims to create 5,000 jobs and boost the economy

of Carmarthenshire. It includes a number of key transformational projects which cover the whole county.

Proposals for the capital budget for the next three years will also be published as part of the agenda that goes before the Executive Board on November 21.

**Apply NOW! – online – [www.carmarthenshire.gov.wales/schooladmissions](http://www.carmarthenshire.gov.wales/schooladmissions)**



**Parents!**  
You must apply for a school place

**DEADLINE:**

**Primary – 31st January 2017**

**Secondary – 16th December 2016**



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[www.carmarthenshire.gov.wales/schooladmissions](http://www.carmarthenshire.gov.wales/schooladmissions)



# Environment



**Residents across Carmarthenshire are being urged to turn up and take part in a series of litter picks.**

Individuals and organised groups who roll up their sleeves and get involved will be rewarded for their efforts.

In a joint initiative between the Carmarthenshire Council's recycling section and housing department, with support from Keep Wales Tidy and SPICE, the aim is to improve the quality of the local environment through community action.

In return volunteers will earn Time Credits, which they can save and spend on a host of local and national leisure or educational activities.

Some 35 bags of rubbish including large amounts of dog mess, builders bags and an old armchair were collected in a recent Penyfan Park clean up.

## Events

**Fri, 10am – 12pm  
on 18/11/2016  
at Trallwm Community Hall**

**Fri, 10am – 12pm  
on 02/12/2016  
at Swiss Valley Community Hall**

The Pride In Your Patch project was developed as part of the council's Carmarthenshire Homes Standard programme, a £220million investment in council homes, gardens and communities. Originally designed to involve tenants in improvement works on their gardens and outdoor spaces, Pride In Your Patch has since evolved to promote all kinds of community involvement from shared allotments to litter picks in an effort to instil civic pride.

**i** **Want to get involved, or need to know more?**  
Call 01554 899288 or email  
[prideinyourpatch@carmarthenshire.gov.uk](mailto:prideinyourpatch@carmarthenshire.gov.uk)

## Salmon stocks threatened by decline in fry numbers

Some salmon stocks in Wales are facing an 'unprecedented' threat after a dramatic decrease in the numbers of salmon fry in several Welsh rivers especially the Tywi.

Routine monitoring by Natural Resources Wales (NRW) officers revealed fry numbers (young salmon hatched in the spring of 2016) at critically low levels on the Tywi, Usk, and Clwyd in most of the sites fished. These are rivers which previously produced consistent fry numbers.

In the Tywi catchment fisheries surveys this year found salmon to be absent from 31 of the 37 sites monitored.

Peter Gough, NRW Principal Fisheries Advisor, said: "These initial survey results are unprecedented in Wales in 30 years of monitoring and are clearly very concerning, especially as our salmon and sea trout stocks already face serious challenges.

"The decline in fry numbers will not only harm the biodiversity of our rivers but could also have an economic impact on the angling and tourism sector".



Each year NRW monitors the juvenile fish stocks across Wales. This monitoring has an important role to play in the sustainable management of natural resources to help us understand, enhance and manage our fish stocks.

It's more important than ever now, that every fish caught is released back in the river to have an opportunity to breed in the future. NRW are also starting a local initiative "Taclo'r Tywi" to work

positively with all sectors and interested parties associated with the river, with the aim of developing a "Living Tywi" sustainable plan for the future.



## Fairtrade University Status



® The University of Wales Trinity Saint David (UWTSD) has retained its status as a Fairtrade University by making a strong commitment to supporting and using Fairtrade produce across its campuses.

To achieve Fairtrade status, UWTSD has demonstrated that it's achieved five key goals, including instating a formal Fairtrade policy; ensuring that Fairtrade products including food and cotton are made available for sale in all campus shops; ensuring Fairtrade products are served at all meetings and events hosted

by the University and the Student Union; arranging campaigns on campus to increase the understanding of Fairtrade and the establishment of a Fairtrade Steering Group.

UWTSD has surpassed these five goals and has clearly demonstrated its dedication to making its Carmarthen, Swansea and Lampeter campuses Fairtrade as part of its overall commitment to sustainable development.

"We're delighted that UWTSD has retained its status as a Fairtrade University and that the feedback we received from the assessors was so positive," says Dr Jane Davidson, Pro Vice Chancellor for External Engagement and Director of INSPIRE (Institute of Sustainable Practice, Innovation and Resource Effectiveness).




## 2016 - 17 CIC MEMBERSHIP

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# Third year students visit Ohio

Three third year students from the University of Wales Trinity Saint David have recently returned from a visit to the University of Rio Grande Ohio, USA.

Alexandra Deakin; Emily Knell-Davies and Rhiannon Sinnott are all studying BA Primary Education with QTS (Qualified Teacher Status) on the University's Carmarthen campus and were each awarded a scholarship to look at schools in the USA.

The students were interested in a period abroad and approached Kath Griffiths in the University's International Office for possibilities. Due to the strong links between UWTSU and the University of Rio Grande, Kath suggested the students should go to Ohio.

"We were delighted to send three students from our BA Primary Education course to Rio Grande," said Kath.

"The link is so important to us, to help preserve the Welsh-American connection. It is also important for us at UWTSU to create global graduates and to offer as many opportunities as possible for our students."



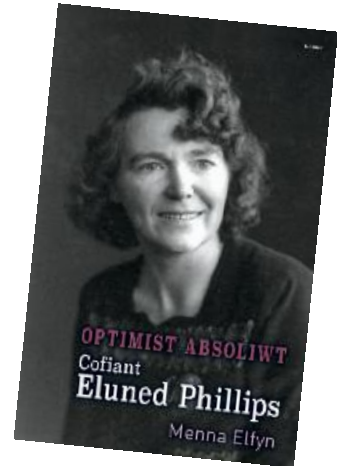
# Biography of Eluned Phillips

Professor Menna Elfyn - Director of Creative Writing at the University of Wales Trinity Saint David - has written a Welsh language biography of Eluned Phillips entitled *Optimist Absoliwt: Cofiant Eluned Phillips*.

The biography traces the unconventional life - both personal and public of the only woman to be crowned twice at the National Eisteddfod during the twentieth century.

Menna knew Eluned Phillips and was familiar with some of her work and the stories surrounding her colourful character but when she was given the opportunity to delve deeper into the life of the charismatic redhead from Cenarth, Menna was inspired to pen the biography of her life and work.

While studying Eluned's personal papers, many of which were in her own handwriting, Menna came across a few treasures that helped gain a greater understanding of the bard. The volume of the work showed her versatile creativity and having painstakingly read her manuscripts, Menna decided that Eluned's contribution had to be recorded.



**Optimist Absoliwt: Cofiant Eluned Phillips is available from all good bookshops and online retailers or directly from the publisher, Gomer Press [www.gomer.co.uk](http://www.gomer.co.uk)**

# What's On

No.1 website

For more information on these and other events taking place in the county, and to promote your own event FREE OF CHARGE visit:

[discovercarmarthenshire.com](http://discovercarmarthenshire.com)

## Christmas in Carmarthenshire...

Fri 18th November:

- 🎅 Llanelli Christmas Carnival
- 🎁 Carmarthen Christmas Lights Switch-on
- 👂 Llandeilo Festival of the Senses

Sat 19th November:

- 🦌 Carmarthen Reindeer Day

Sat 3rd - Sat 24th December (Saturdays only)

- 🚂 Santa's Magical Steam Trains, Gwili Railway

Sat 26th & Sun 27th November

- 🦌 Dinefwr Christmas Fayre, Llandeilo

Sat 3rd December

- 🦌 Llanelli Reindeer Parade

Sat 10th & Sun 11th Dec

- 🦌 Christmas Craft Fair, National Botanic Gardens





# Children's Page



## Superhero lands in hospital

A new superhero is helping children and families who may be anxious about a visit to Glangwili Hospital.

Captain Get Well features in a video launched by Hywel Dda University Health Board to provide children with information about what to expect from a hospital stay from the treatments and tests that might be carried out to what facilities are on the ward for comfort and play.

Head of Communications Yvonne Burson said: "We're aware children can feel anxious about a visit to hospital. At the same time, we often receive lovely feedback about how our staff have helped children feel at ease and provided really compassionate care. We wanted to 'show' this in action to try and help children understand that hospital is here to help them, and you can even play at the same time."



The video, available in English and Welsh with subtitles for each to be accessible for children and families with sensory impairments, will be promoted through admission letters, digital screens in hospitals and the health board's social media channels.

You can view it from [www.hywelddahb.wales.nhs.uk/captaing](http://www.hywelddahb.wales.nhs.uk/captaing)

## Competition

A FREE bowling lane for one hour up to six people is on offer to one lucky winner of this edition's competition.

Colour in this picture and send it to Marketing and Media, County Hall, Carmarthen, SA31 1JP  
By Friday, December 2, 2016

Winner of the competition in the last edition was:  
Alanah Williams,  
Age 10,  
Ysgol Gwmraeg Brynsierfel



## Jermin Productions presents Dick Whittington

December 9, 10, 11, 13, 14, 15, 16, 17



Would you like to be in with a chance of winning a family ticket (for up to two adults and two children) to see Dick Whittington in Carmarthen's Lyric Theatre?

If so, please send your name, address and contact number to the Marketing and Media Team, County Hall, Carmarthen, SA31 1JP or email [carmsnews@carmarthenshire.gov.uk](mailto:carmsnews@carmarthenshire.gov.uk) by Friday, November 25.

The lucky winner will be contacted accordingly.

To book tickets to see the show visit [www.theatrusirgar.co.uk](http://www.theatrusirgar.co.uk) or call the box office on 0845 2263510.



'Tis the season to go bowling

Xcel Bowl the only place to party this Christmas!

bowl - play - eat - party - enjoy - make a difference

[www.xcelbowl.co.uk](http://www.xcelbowl.co.uk)

01267 225990





# Keeping our communities safe



## Pegasus Scheme



Police are urging people with speech difficulties that makes it hard to communicate to join the Dyfed Powys Police Pegasus Scheme.

It is a service designed to make it easier for people who live and, or work in the Dyfed Powys Police area to communicate with us quickly and easily on both the 101 and 999 numbers. Registering for the scheme is free. Once a person is registered and their selected password is approved the individual is a member of the scheme.

Chief Inspector Dyfed Bolton said: "The Pegasus Scheme is really simple. The caller will only have to say 'Pegasus' and give their password to be identified by our call handlers. They will then have access to that person's information and how best to communicate with that person."

Pegasus users are also provided with a Pegasus keyring to carry, so that if they are approached by Officers/PCSOs and find it difficult to communicate with them they can show their card, provide their password to allow officers access to their details.

**Application forms for the scheme are available from your local Neighbourhood Policing Team. Approach them when out and about or make a request through the police Communication Centre on 101 or through the advice section of our website [www.dyfed-powys.police.uk/en/advice/the-pegasus-scheme/](http://www.dyfed-powys.police.uk/en/advice/the-pegasus-scheme/)**

## Give drink-driving the red card



The council's road safety unit has teamed up with the Scarlets this Christmas to remind drivers that even a small amount of alcohol can put them over the limit.

Posters and z-cards have been produced with facts and figures on drink-driving and its consequences.

Figures show that approximately one in seven deaths on Welsh roads involve drivers who are over the limit.

Causing death by dangerous driving whilst under the influence carries a penalty of up to 14 years in jail and a minimum two year driving ban.

There is a minimum one year driving ban and an unlimited fine if you are convicted of drink/drug driving; you could also get up to six months in prison and a criminal record.

Executive Board Member for Transport Cllr Hazel Evans said: "If you drink and drive, you considerably increase the risk of killing an innocent person, or yourself or both."



Follow us on Facebook  
@CarmarthenshireRoadSafety,  
Twitter @CarmsRoadSafety and Instagram  
@CarmarthenshireRoadSafety

## Sign up for Paul's Pledge



The Paul's Pledge campaign, dedicated to reducing violence and alcohol-related violence, is continuing its tour around schools and colleges in Carmarthenshire.

Paul Pugh was viciously attacked in Ammanford almost 10 years ago and suffered life-changing injuries. Paul is working closely with partners involved in the Carmarthenshire Community Safety Partnership

visiting teenagers to tell his story.

They are shown a hard-hitting short film about the attack, get to meet Paul and ask him about the impact of violence on his life, and can sign #PaulsPledge, an online pledge where people can commit to never commit or condone violence ([www.causes.com/paulspledge](http://www.causes.com/paulspledge)).

## Get on the bus for help to deal with drink and drugs problems

Councillors have got on board the bus to learn about work to help people deal with their drink and drug problems.

Drugaid Cymru brought its Bus to County Hall to allow councillors to find out more.

Drugaid's Bus is used by both Dyfed Drug and Alcohol Service (DDAS) for adults and Choices, Drugaid's young person's service.

Taking the services to where they are needed allows the organisations to reach more individuals and provide services to a wider range of people. They deliver a range of preventative sessions, harm reduction interventions, peer education, group work programmes and out-of-hours support to children and young people and adults in Carmarthenshire, Ceredigion and Pembrokeshire via this mobile provision.

The Our Choices service has taken the bus to schools and youth clubs across the region to give age appropriate information to children and young people about alcohol,



drugs - including new psychoactive substances formerly known as 'legal highs' - and energy drinks.

DDAS also uses the bus to raise awareness to the community about alcohol and drugs and it is also used

to spread messages for campaigns, for example Hepatitis C Awareness Campaign. The bus has a private area if anyone needs to have a confidential chat with a worker.



# Keeping our communities safe



## Make the Right Call

Residents of Carmarthenshire are receiving guidance on how to 'make the right call' when contacting the police.

Dyfed-Powys Police has launched The Make the Right Call campaign, which includes a new Contact Us webpage, to make it easier for members of the public to know who to contact when reporting particular issues including stray dogs, fly-tipping, rowdy behaviour and parking problems.

Chief Inspector Estelle Hopkin-Davies, Force Communication Centre Manager, said: "On average, Dyfed-Powys Police's Force Communications Centre receives around a 1,000 calls every day from members of the public.

"While we encourage the reporting of crime and anti-social behaviour in order to help us keep our communities safe, we frequently receive a number of calls that are simply not a police matter.

"We're encouraging people to think more about how they can make the right call in the future."

To make the right call consider the following:

**In an emergency – dial 999**

The 999 number is a 24 hour service and should only be used in situations where there is:

- Danger to life
- Use, or immediate threat of use, of violence
- A crime in progress
- Serious injury to a person
- An offender has just been disturbed at the scene
- A need for immediate police attendance such as when a crime is about to be committed

**Non-emergencies - dial 101**

The 101 number should be used to report a policing issue that is less than urgent and does not require an emergency response. For example, if:

- Your car has been stolen
- Your property has been damaged
- You suspect drug use or dealing in your neighbourhood
- You wish to give police information about crime in your area
- You wish to make a general enquiry.



People across Carmarthenshire are being asked to support the White Ribbon campaign which aims to prevent violence against women.

White Ribbon Day is the United Nations' international day for the elimination of violence against women and falls on November 25

every year. The campaign aims to prevent violence against women and promote respectful relationships. It is led by men willing to take a stand against violence towards women and girls and to be positive role models in their community.

Leading councillors in Carmarthenshire are backing the campaign by pledging not to condone or commit violence against women and girls. Events are taking place across the country for people to join and show their support.



Would you like to support the White Ribbon campaign? Find out how at [www.whiteribboncampaign.co.uk](http://www.whiteribboncampaign.co.uk)

## Get safe online

Make sure you've got cyber-security wrapped up for your child if giving a new tablet or phone as a gift this Christmas.

Dyfed-Powys Police and Get Safe Online are encouraging parents and guardians to talk to children about the pros and cons of the internet and social networking.

When used correctly, it is an excellent way of keeping in touch with friends and family but it can also be a source of harm for a child. The main risks are associated with children befriending or talking with a stranger, cyberbullying, being scammed and identity theft.

Chief Inspector Dyfed Bolton said: "Teach your child to be very careful to communicate with only trusted people they know and to not reveal personal information, such as their address or date of birth, to anyone online. Above all, assure them it's okay to come to you or another trusted adult if they feel threatened by, or uncomfortable about something they've seen or done on the internet."



For more advice on helping your child stay safe online visit [getsafeonline.org/safeguarding-children/](http://getsafeonline.org/safeguarding-children/).

## Trading Standards Christmas Shopping Tips

Carmarthenshire Trading Standards Service is offering a Christmas shopping tick list:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> When choosing toys, only buy from shops you know;   | <input checked="" type="checkbox"/> If you are buying an item costing more than £100, use your credit card to gain additional protection;  |
| <input checked="" type="checkbox"/> Always check for the 'CE' mark on any toys you buy;   | <input checked="" type="checkbox"/> Watch out for fakes! Be wary of expensive items being sold at a much lower price than you would normally expect;   |
| <input checked="" type="checkbox"/> Check if a shop offers a returns policy if unsuitable.  | <input checked="" type="checkbox"/> Keep your receipts;  |
| <input checked="" type="checkbox"/> Check Internet shopping delivery times and make sure that there is a 'cooling off' period in case you change your mind. The trader should always provide their name and full postal address if you are paying in advance; | <input checked="" type="checkbox"/> Citizens Advice Consumer Services offers immediate advice over the telephone. Contact them on 08454 040506 or <a href="http://www.citizensadvice.co.uk">www.citizensadvice.co.uk</a> |
| <input checked="" type="checkbox"/> Be careful when signing up for credit. Read the small print and make sure you can afford the repayments;  |  |

**Dates for your diary**

### Pass Plus Cymru

- Ammanford fire station  
14th November
- Llanelli fire station  
12th December
- Carmarthen fire station  
9th January
- Ammanford fire station  
13th February
- Llanelli fire station  
13th March

### Biker Down Cymru

- Ammanford fire station  
7th February
- Llanelli fire station  
14th March

### Dragon Rider Cymru

- Ammanford fire station  
13th November
- Llanelli Fire Station  
5th February
- Carmarthen Fire Station  
5th March

### Road Safety Week

21st - 27th November

### Child Car Seat Checking

Parc y Scarlets  
22nd November  
3-6pm

For further details visit [Carmarthenshire.gov.wales/roadsafety](http://Carmarthenshire.gov.wales/roadsafety)

\*\*All information correct at time of print



## Get involved in your community

**LIFT programme:** Training and employment opportunities for people living in households where no-one is in work. Placements at Hywel Dda include portering, catering, admin and clerical, medical staffing, medical electronics, estates & healthcare nursing. [www.hywelddahb.wales.nhs.uk](http://www.hywelddahb.wales.nhs.uk)

**Casual catering assistants and supervisors in schools:** We have opportunities for casual and temporary employment to cover absences in schools throughout the county. Our working hours are ideal to fit around family commitments and school holidays. [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

**On-call firefighters:** Mid and West Wales Fire and Rescue Service currently has on-call firefighter vacancies in Ammanford; Carmarthen; Kidwelly; Llandysul; Llandeilo; Llandovery; Llanelli; Pontyates and Whitland. [www.mawwfire.gov.uk](http://www.mawwfire.gov.uk)

**Register as a volunteer:** There are always several hundred interesting and rewarding volunteering vacancies that need to be filled across the wide range of voluntary and community groups across the county – as well as those across the globe if you fancy work with more of an international flavour! [www.cavs.org.uk](http://www.cavs.org.uk)

**Cyfoeth apprenticeships:** Cyfoeth is our apprentice scheme which provides high quality structured training programmes that combine classroom learning with real on the job experience. [www.naturalresources.wales](http://www.naturalresources.wales)

**Catering staff:** We are looking for customer service superstars to work with us at the Swansea and Carmarthen Campuses. This casual role will be working with our excellent catering department serving staff and students high quality healthy food. [www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

## Is an apprenticeship for you?

**Apprenticeships are a way of gaining essential workplace skills whilst studying for an accredited qualification.**

These days, there are more choices of apprenticeship subject areas which often give the apprentice an edge on their competition to enter the workplace as they already have industry skills.

Coleg Sir Gâr offers a range of apprenticeships and traineeships where the employer and apprentice is allocated a personal advisor who ensures the smooth running of the apprentice's development and the workplace needs. Often, training can be tailored towards the need of an employer in a specific area, for

example, equine. "My British Horse Society qualifications were funded through my apprenticeship at Coleg Sir Gâr which was a big help as well as the support I received from my tutors," said Sam Fussell.



If you're an employer that wants to find out more about hiring a current or future employee as an apprentice or if you want to sign-up for work-based learning contact [enquiries@colegsirgar.ac.uk](mailto:enquiries@colegsirgar.ac.uk)

## You can earn while you learn

**Eighteen young people have started new apprenticeships with Carmarthenshire County Council.**

As well as earning as they learn, the apprentices are developing practical skills and preparing for the world of work, with the support of experienced staff in a number of fields. Officers support apprentices to learn about the various responsibilities of the council, placing them within departments where they can get involved and study towards a wide range of qualifications including business administration, youth work, countryside management, theatre lighting, and IT.

Over £1million has been invested in apprenticeship programmes in recent years, and for many their apprenticeships lead to full-time employment.



For more information and to find out what apprenticeship opportunities are available at the council, visit the jobs and careers page at [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

**1** Sir Gâr  
Carmarthenshire

**One Carmarthenshire is a team of advisors who offer advice and support regarding education, volunteering, training and employment opportunities, within the county**

For more information on these, please visit our website  
[www.onecarmarthenshire.co.uk](http://www.onecarmarthenshire.co.uk)

Phone **FREE** from a landline on **0800 9173 408** or check Facebook at **UnSirGarOneCarmarthenshire** and Twitter **@UnSirGar**

**1** yrhwb  
thehub

Based in the former Burton's store in Stepney Street, Llanelli, The Hub aims to make life easier for people seeking advice regarding:

*education, housing, volunteering, training and employment opportunities.*

Public access PC's also available for training, job searches and more...

Open 9 – 5 Monday to Thursday  
9 – 4.30 Friday

For more information:  
**0800 9173 408** or  
[www.onecarmarthenshire.co.uk](http://www.onecarmarthenshire.co.uk)