



CarmsNews

Public Services Board providing you with news and information from Carmarthenshire



DISCOVER CARMARTHENSHERE THIS SUMMER



The Royal Welsh Argicultural Show

Find out about summer fun and adventure on the newly launched Discover Carmarthenshire website.

Packed full of user-friendly information about attractions, activities, beaches, castles, camping, caravanning, leisure centres, parks and much, much more, there's plenty of inspiration and things to do. A comprehensive What's On guide includes information about a range of events, from the Royal Welsh Argicultural Show, which Carmarthenshire is hosting this year, to walking tours and tea parties. The Royal Welsh Show will be held on July

24 - 27 at the showground in Llanellwedd. Along with livestock competitions, the show has something to interest everyone through its wide range of activities including forestry, horticulture, crafts, countryside sports, shopping, food and drink and a 12-hour programme each day of entertainment, attractions and displays. Come and visit us on Avenue D for entertainment, activities, news and information!

Discover fun and adventure right here on your doorstep this summer, whatever the weather.



www.discovercarmarthenshire.com
is the place to start your journey

From higher ed to being hired

If you're interested in higher education, the University of Wales Trinity Saint David offers a unique, friendly learning environment; a nurturing community and a forward thinking approach, placing a huge emphasis on the employability of its graduates.

The last DLHE survey, which gathers information about higher education students, shows 92 per cent of UWTSd graduates were in employment or further study six months after graduation. UWTSd fully prepares its students for the workplace using a dynamic and innovative approach, including programmes such as Life Design - a four-step programme that's available to all students through workshops, events, and online and offline resources designed to help students make the most of their time at university and be ready for life in a rapidly changing world.

UWTSd is also widely recognised as one of the world's foremost institutions in creativity based entrepreneurship education and has become one of the best higher education institutions in the country for producing successful graduate start-up businesses. A range of entrepreneurship and employability enhancement opportunities are also offered.



For further information on any of the courses offered at UWTSd on its Carmarthen, Lampeter and Swansea campuses, go to www.uwtsd.ac.uk

Education helped Inspire adult learner

A fashion degree student at Coleg Sir Gâr has won an Inspire adult learner's progression award which recognises the achievements of exceptional individuals who have overcome significant challenges in their lives.

Before returning to education, Nina Miklaszewicz had faced many challenges, including bringing up five children on her own, living in a women's refuge and working three jobs to try and make ends meet. In celebration of her achievements, in June this year, Nina Miklaszewicz was invited to a prestigious awards ceremony in Cardiff where she

received the Wales-wide award at the largest celebration of adult learning in Europe.

Despite being a bright pupil, Nina left school at 16 due to her low attendance, as she was caring for a family member. Nominated for the Inspire Progression Award by Steve Kelshaw, director of learner support at Coleg Sir Gâr, he said: "Nina's journey is incredible; she is the embodiment of this award as an adult learner who has progressed against the odds."

Follow Nina's story on page 16



**ROYAL WELSH SHOW
24-27 JULY 2017**

CARMARTHENSHERE

inspirational places, inspirational people

Visit us at the show... on Avenue D

Visit us anytime www.carmarthenshire.gov.wales

#DISCOVERCARMARTHENSHERE

FEATURE
County 2017



News from the Public Services Board



Following undertaking and publishing the Carmarthenshire well-being assessment earlier this year the next steps for the Public Services Board is to work on developing its County Well-being Plan by May 2018.

This is a requirement under the Well-being of Future Generations (Wales) Act.

This process is now underway and a set of initial well-being objectives have been identified.

Engagement events with stakeholders and partners has taken place during recent

weeks to identify short, medium and long-term actions the PSB can take in order to make progress against those objectives.

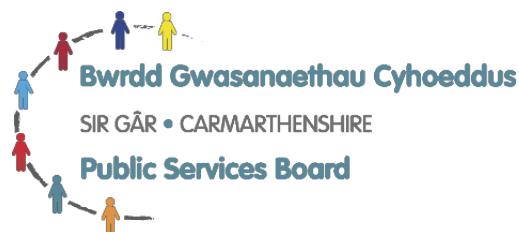
The PSB will focus on areas where collective action can be taken across the public sector to make progress.

A further consultation on the content of the draft plan will take place during the autumn and further information can be found on thecarmarthenshirewewant.wales website.

Cllr Emlyn Dole Vice Chair PSB

To find out more, or to sign up for information, visit the PSB website:

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:

Marketing and Media, Carmarthenshire County Council,
County Hall, Carmarthen, SA31 1JP

Email: carmsnews@carmarthenshire.gov.uk

Tel: 01267 224665

Web: www.thecarmarthenshirewewant.wales

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Praise for staff as hospital smashes performance targets



Hywel Dda Chief Executive Steve Moore (pictured above left with staff) has praised staff and clinicians working at Prince Philip Hospital's new Acute Medical Assessment and Minor Injuries Units, as new figures show they are smashing performance targets and leading the way in modern medicine.

New data shows that 40 per cent of patients who are admitted to the

AMAU with a medical emergency are now going home within 24 hours - compared with 25 per cent under the old A&E / Clinical Decisions Unit (CDU) based service.

The average length of stay at Prince Philip is now 6.8 days for emergency medical admissions, compared with 8.8 days under the old system - despite the hospital admitting an average of 200 more patients a month than it did before.

And in the MIU, 97 per cent of patients are now being discharged within four hours, compared to 89 per cent under the CDU service - and they are also now waiting for around 45 minutes less to be seen, on average, than they were before.

In addition, the hospital became the only acute site in Wales to hit a national NHS target of treating 95 per cent of patients within four hours, including during the difficult winter period.

Police base opens

A new base for police officers has opened in Llanelli.

The base is in one of the buildings already on the site of the current Llanelli Police Station which has recently been refurbished and had additional temporary accommodation to allow staff to work from there.

The base has a new entrance for the public and will be open from Monday to Friday 9am - 2pm; 2.40pm - 5pm.

Members of the public can call in to report a crime, ask for crime prevention advice, or arrange to meet an officer to discuss any local policing issues.

Superintendent Gary Mills said: "This level of investment in Llanelli police station clearly demonstrates our commitment to keeping a local policing base in the town and our desire to ensure our facilities are fit for operational use for the future. The development of a new structure on the old site keeps us in town where our communities have said they want us to be and will ensure that we are able to provide the highest standards of service to our communities in the Llanelli area."

The remainder of the current Llanelli police station site will be placed on the market for sale after it is fully vacated.

Work is continuing on the proposal to acquire land in the Llanelli area, and develop a new cell complex and station to meet the custody requirements in Carmarthenshire.



• Call us on 101 if you have information to share. Or, if you are deaf, hard of hearing or speech impaired, text the non-emergency number on 07811 311 908.

• To report a crime anonymously via independent charity Crimestoppers call 0800 555 111.

• Throughout the day activity and advice is being shared via our local Twitter accounts and on our corporate Twitter account (@DyfedPowys) #TotalFocus.

Work starts on multi-million-pound wellness village

Work has started at Delta Lakes in Llanelli ready for the multi-million-pound Wellness and Life Science Village.

Initial ground works are underway to support the future development of the Llanelli Waterside Joint Venture land.

Alun Griffiths (Contractors) Ltd has been appointed following a competitive tender exercise.

It includes raising site levels to accommodate new buildings with crushed stone being imported and compacted in layers.

All the necessary planning consents are in place and the works are expected to be completed in August.

The Wellness and Life Science Village – which will see an investment of more than £200million – is being led by the council, under the ARCH (A Regional Collaboration for Health) programme, which is a partnership between Hywel Dda and Abertawe Bro Morgannwg Health Boards and Swansea University.

It is also a key project for the Swansea Bay City Region and will receive £40million City Deal funding.

The proposals include an Institute of Life Science with laboratory and clinic space and an incubation facility for business start-up, research and development; a wellness hub incorporating a new 'state-of-the-art' sports and leisure centre, a wellbeing centre, a wellness hotel and an assisted living village all interlinked and set within a 'green' eco-park.

Council Leader Emlyn Dole said: "This is a very exciting time for the region and I am delighted to see initial works have started. This project will create up to 1853 good quality, well-paid jobs and boost the economy by £467 million over 15 years."



Council Leader, Cllr Emlyn Dole, and Chief Executive Mark James are pictured with local members Cllr Louvain Roberts and Cllr John Prosser and representatives of the contractor Alun Griffiths Ltd.

Local companies given the opportunity to be involved

Earlier this summer, Kier, the company awarded the contract to build the Canolfan S4C Yr Egin development in Carmarthen hosted an event for local sub-contractors and suppliers to encourage businesses in South West Wales to help them deliver the ambitious project.

Canolfan S4C Yr Egin is an exciting creative and digital centre that will be based on the University of Wales Trinity Saint David's campus in Carmarthen.

This transformational development will also be home to S4C's main headquarters as well as a number of companies and organisations working with the creative and digital industries.

Yr Egin will also be a centre that will be at the heart of the community providing opportunities for local people to enjoy the building and its resources – a cafe, auditorium and performance areas.

Construction started in March with the centre on track to be completed by summer 2018.

During the 'Meet the Buyer' event, over 30 small and medium sized construction companies attended



the event to meet with Kier to discuss working on the Canolfan S4C Yr Egin project.

Ray Selby, Project Director of the Canolfan S4C Yr Egin development is keen to see as many local companies being part of the development and is delighted that Kier is working closely with both the University and S4C to ensure that the project generates wider benefits in the region throughout the construction period.

"We are committed to ensuring our activity as a University delivers a

range of economic, social and environmental benefits to our local communities. When awarding the contract to Kier we were clear that we would expect them to work closely with us to allow local contractors and suppliers to get involved. It is often difficult for local companies to access projects of this size so it is great to see a major contractor like Kier working with us to source local companies to help deliver this iconic building," he says.

Apply for a degree

Coleg Sir Gâr offers a wide range of university courses through its partnership with University of Wales Trinity Saint David.

Courses include HNDs, degrees and post-graduate programmes accredited by the university and delivered by Coleg Sir Gâr across its Carmarthenshire campuses.

Over recent years, additional degree programmes have been developed such as a BSc honours in animal behaviour and welfare and a degree in veterinary nursing.

Many courses are flexible and offer part-time and full-time study options and unlike larger universities, class sizes are smaller, offering the learner a more personal study environment with more contact time with lecturers. The college is also well connected within many industries and sectors and places a strong emphasis on employment skills.

Lifelong learning is key to the college's culture and learners range from school leavers to mature students.

The college's art school, Carmarthen School of Art, has a reputation for nurturing students to develop their own individual, creative style.



To apply for full-time study, apply through UCAS using institution code C22. To apply for part-time study contact the college on 01554 748179.

Eligible for funding?
Find out at financialsupport@colegsirgar.ac.uk or studentfinancewales.co.uk

NEW for 2017: BSc honours rugby coaching and performance, BSc honours football coaching and performance, (subject to validation), HND mechanical engineering (full-time).

Your community

Pride In Your Patch

Pride In Your Patch is a project that is helping you make a difference in your communities. Working in partnership with a range of organisations, we can help you spruce up your area offering expert advice, equipment and assistance on:

- litter picking
- fly-tipping removal
- graffiti removal
- painting and general sprucing up
- strimming and weed clearance
- making your space more wildlife friendly

You can volunteer as an individual or a group. You can do as much or as little as you like – it's completely up to you!

We work with Keep Wales Tidy and can support volunteers, community groups, registered charities, town and community councils and not-for-profit organisations to clean up areas of public land.

Contact Pride in Your Patch Co-ordinator
Brian Mogford on 07887 932066
or email prideinyourpatch@cardiffshire.gov.uk

Diabetes info

A Prince Philip Hospital Consultant is at the heart of a study to improve diabetes self-management - by "prescribing" short information films to patients with the condition.

Dr Sam Rice, Consultant Physician and Endocrinologist, found that people living with Type 2 Diabetes who watched the films were able to reduce their blood glucose levels.

In a study carried out at two GP practices within the Hywel Dda and ABMU areas, routine tests showed a clinically significant improvement in HbA1c - an established marker of diabetes control - after just three months. In contrast, no reduction in HbA1c was observed in the non-watchers.

Dr Rice said: "With patient self-management widely recognised as an increasingly important treatment it is encouraging to see that this low cost and scalable solution is reaching many more patients than would otherwise be the case."



The videos can be found by clicking on the following links:

- **Pre-Diabetes -**
www.medic.video/w-pre
- **Type 1 Diabetes -**
www.medic.video/w-typ1
- **Type 2 Diabetes -**
www.medic.video/w-type2
- **Gestational Diabetes -**
www.medic.video/2-gest

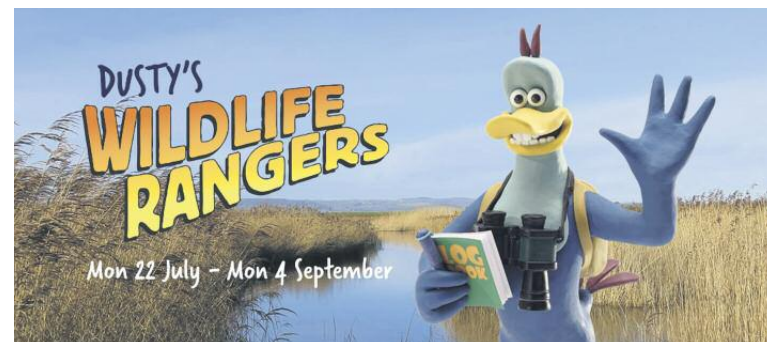
Dusty's Wildlife Rangers at Wetlands

Will you take up the challenge and become a Wildlife Ranger this summer? Go on a wetland canoe safari or follow a bike trail, learn ranger skills like how to identify wildlife, hand feed our birds plus much more!

When you arrive you'll receive your free Wildlife Ranger log book packed with everything you need for a day of exciting discoveries. Jump aboard our canoe safari to experience a watery treasure trail and spot a range of wonderful wildlife along the way. This kilometre-long canoe ride is great fun for all the family. (Children must be over five to ride on the canoes.)

Or get your helmets on and pedals at the ready and explore our wetlands on wheels! We have a range of bikes of varying sizes for adults and children, including a small number of children's bike trailers and bikes with stabilisers.

The Wildlife Rangers run from July 22 to September 4. The canoe safari



and bike trail are available daily from 12pm - 4.30pm, (canoe safari weather dependent). No additional cost to loan bike or canoes but we do accept donations which allow us to maintain our equipment.



For more details call
01554 741087 or visit www.wwt.org.uk/visit/llanelli

Digital content created

A group of second year students from the University of Wales Trinity Saint David (UWTSD) in Carmarthen have been working with the National Trust in Pembrokeshire on the launch of its new visitor base at Freshwater West.

The students were tasked with developing multimedia promotional material to showcase the beautiful area of coastline off Freshwater West as well as the new Guppton Farm residential activity centre.

Using cutting edge Panasonic and Sony cameras to film the coastline, the farm and the night sky, the team has produced a series of professional films and photographic material that provide a truly unique view of this special part of the west Wales.

"Working with the National Trust has been a fantastic opportunity," says student, Rhys Rasmussen. "It's allowed us to put our practical skills to use in a professional environment."

Mike May, Business Development Officer for National Trust Stackpole, said: "We have thoroughly enjoyed working with the UWTSD Film and Digital Media team for the second year. The output, using the latest digital techniques, has been very professional. The student team have put a lot of energy and skill into the project, and we are delighted with the results."



For further information on live project opportunities with the School of Film and Digital Media at UWTSD, please contact Dr Brett Aggersberg, b.aggarsberg@uwtsd.ac.uk

Heritage tours

Heritage tours are taking place this summer at the historic Stradey Castle in Llanelli.

Visit this remarkable Victorian house which is virtually unchanged since it was built by the current owner's great, great grandfather in 1850. You will be shown round by the owner, Patrick Mansel Lewis, and served light refreshments. The wonderful woodland gardens, full of flowering trees and shrubs are also available to explore.

Stradey Castle has been home to the Mansel Lewis family since it was built and is a rare example of a 'set piece' Victorian house which has been in the same family for five generations. Architecturally, it has been untouched for the past 150 years and the house still contains the same furniture, fittings and paintings from the late 19th Century.

This Grade 2* castle, set in a secluded location outside Llanelli, is now open for heritage tours, filming, concerts, parties, photoshoots and wedding receptions.



For further details visit www.stradeycastle.com

College launches new community sports facility

Coleg Sir Gâr has launched its new community sports facility which is a 3G artificial grass pitch funded by Sports Wales Collaborative Group.

Due to the decline of the college's ageing artificial turf pitch at the Graig campus, Llanelli, a new facility has been developed which is aimed at sports clubs and the wider community to help engage and encourage participation in sport.

With access to the community at the forefront of this facility, the college has put in place a coordinator who will manage the hire and use of the pitch, provide first aid and extend public access to weekends, evenings and school holidays.

The Inspire Sport Community Hub is facilitated by the college but involves strategic funding partners including the college, Sport Wales, FAW, WRU and Hockey Wales.



For 3G and winter gymnasium booking enquiries contact inspirehub@colegsirgar.ac.uk

Learning Carmarthenshire

New Seaside school

Work is progressing on the new school for pupils in the Seaside area of Llanelli.

Ysgol Pen Rhos is due to open its doors in Spring 2018, and will cater for 420 pupils plus 60 nursery places. Local contractors TRJ are carrying out the work at the former Draka site in Copperworks Road. Ysgol Pen Rhos was officially established in September 2016 to replace the former Copperworks infants and nursery, and Lakefield primary schools. Pupils will remain in the old school buildings until the new school has been completed.

Ysgol Pen Rhos will be a new dual stream, bilingual community primary, offering education through English or Welsh to children aged between three and 11. The new school building is being delivered through Carmarthenshire County Council's Modernising Education Programme, with funding through the Welsh Government's 21st Century Schools initiative.



Bursaries

If you're a student currently studying at Coleg Sir Gar or Coleg Ceredigion and are interested in progressing to higher education, UWTSd offers a specific progression bursary worth £1000 for students from our partner colleges enrolling in the first year of a full time, undergraduate UWTSd course on the Carmarthen, Lampeter and Swansea campuses.



For more information, go to www.uwtsd.ac.uk/bursaries

£22m invested

Another £22million is being invested in schools across Carmarthenshire this financial year.

Over 30 schools are to benefit through the county council's Modernising Education Programme.

It takes the total MEP spend to date to around £280million, which includes building two new secondary schools and 10 new primaries.

Major projects this year include Ysgol Pen Rhos in Llanelli, Ysgol Parc y Tywyn in Burry Port, and Ysgol Trimsaran, all new buildings. Investment also continues in the Llanelli Vocational Village scheme including the completion of a major scheme at Coedcae. Plans are also in place for a new development for Ysgol Dewi Sant and Penygader.

Cwm Tywi East, Llandeilo, Ammanford, Laugharne, Gorslas and Pontyberem are all in line for investment, along with a number of other schools.



More information on the MEP is available at Carmarthenshire.gov.wales

Two selected for Team UK



Two students from Coleg Sir Gâr are representing the UK at WordSkills, Abu Dhabi this October following a rigorous selection process.

Elizabeth Forkuoh, competing in restaurant services and Alfie Hopkin, competing in web design, are two out of four competitors from Wales who have been selected to compete as part of Team UK at the largest skills competition in the world.

Coleg Sir Gâr has an established reputation for students competing at national and international level. Three have returned from EuroSkills with a gold and two silver medals and many others have competed as far as Sao Paulo and Calgary.



As Skills Champion for Wales, college principal Barry Liles is at the helm of Wales' involvement in skills competitions and is passionate about promoting the nation at international level. Coleg Sir Gâr also leads the Welsh Government funded project, Inspiring Skills Excellence in Wales, which supports Welsh competitors training to compete nationally and internationally.



Develop your talents to international standards at Coleg Sir Gâr 01554 748179

Clearing advice

Here's some great advice from UWTSd for students who may find themselves in the Clearing process this summer.

"Students should get some advice from their tutors about the options available to them and look up the institutions with vacancies in their chosen subject via the UCAS website, the media or individual institution websites. Students can also talk to Clearing line advisors to find a course that's suitable for them," says Melanie Jones, Executive Schools and Colleges Marketing Officer at UWTSd.

"Using the unique Clearing number and personal ID number, students can contact each institution directly, where trained staff will be on hand to advise them about any vacancies that may be available on each specific programme.

"One of the best ways to find out about an institution is to visit its campus. Many places will hold a Clearing Open Day, which offers a great opportunity to judge if the course and the place are the right choice. Clearing Open Days will be held at UWTSd's campuses in Swansea, Carmarthen and Lampeter on Saturday, August 19.



For a list of course vacancies at UWTSd, visit www.uwtsd.ac.uk or call 0300 323 1828.

Students win national engineering awards



The Institute of Agricultural Engineers (IAGrE) has awarded two students with UK-wide awards for engineering designs manufactured as part of project work at Coleg Sir Gâr.

Philip Matthey, from Burry Port, has been awarded the Student Project Award for his flat 8-grab design with rotational feature, which takes away the need for hand stacking machine-made bales.

Michael Mathias from Cardigan won the Student Safety Award for his

trailer brake adjustment alarm which alerts a tractor driver if the trailer brakes are starting to wear. This is a new award to encourage innovation in safety design.

Geraint Evans, Coleg Sir Gâr agricultural engineering lecturer at Gelli Aur campus said: "We're thrilled that our students were awarded two out of the three national IAGrE student awards.

"Our students have won IAGrE awards consistently since 2013 which I think demonstrates the calibre of their work, they also won two out of the three student awards this year."

UK award winners: Philip Matthey, 18, winner of the Student Project Award and Michael Mathias, 20, who won the Student Safety Award pictured with Coleg Sir Gâr agricultural engineering lecturers, Geraint Evans (left) and Colin Jones (right)



If you're interested in becoming an agricultural engineer, start your educational journey with an extended diploma at Gelli Aur. Call 01554 748179.

Keeping our communities safe



Work to improve service

Dyfed Powys Police has been undertaking work to improve the way we respond in order to put the public first as part of the wider Police and Crime Plan.

This work is to continue and we will be looking to ensure that we are in a position to meet the demands that we will be facing in the months and years ahead. This will include gaining an improved and detailed understanding of what we actually do now and the demand this places on us as an organisation; looking for any trends to predict what will increasingly affect us in the future and ensuring that our efforts are not diverted to other tasks when our priority is to protect those who are most vulnerable within our society who are central within our plans for the future.

Officers are being encouraged to be out of the stations and actively patrolling their areas, and as an example of gaining a better understanding of our demands, we have recently adjusted shift patterns to better reflect the peaks in demand we experience throughout the week on a 24/7 basis. They are equipped with hand held devices that are essentially mobile police stations. They give officers mobile access to a number of force systems and processes, enabling them to deal with incidents, record crimes and so much more while out on patrol. If you see an officer using these devices be assured they are not on their personal phones - they are actively engaged in their duties in a modern and agile way.

A 24-hour policing presence will be maintained in all areas of the force and members of the public will not experience any change in the current level of police service they receive.

A number of police stations will have improvement works carried out to ensure that the facilities are fit for operational use in the future. No changes to the current front desk opening hours at police stations or the number of police officers are being made at this time.

List of opening times are available on the website and noted below. We also have an "If we are in we are open" policy in other stations and outside the times noted.

Ammanford

- Monday to Friday 8am - 6pm
- Saturday and Sunday 9am - 5pm

Llanelli

- Monday to Friday 9am - 2pm; 2.40pm - 5pm

Carmarthen

- Monday to Friday 9am - 2pm; 2.40pm - 5pm

- Meeting with our policing teams face-to-face is only one way of engaging with Dyfed-Powys Police. The Service can also be contacted via 101, the police non-emergency number and 999 in an emergency.

- For general enquiries emails can be sent to contactcentre@dyfed-powys.pnn.police.uk or you can email your local Neighbourhood Policing team, details on our website www.dyfed-powys.pnn.police.uk

- Deaf, Hard of Hearing or Speech Impaired members of our communities can text 07811 311908. You can also follow us on twitter and facebook.

Illegal raves

Dyfed-Powys Police is investigating following an illegal rave that took place in Halfway Forest, near Llandovery at the end of May.

Chief Inspector Matt Scrase said: "Gatherings such as illegal raves can cause considerable anxiety to the community and can be extremely dangerous. We have made several arrests in connection with this rave - and we will not tolerate people trespassing on private land, causing considerable damage and disturbing the community."

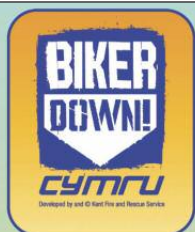
"We want people to come to Dyfed-Powys and enjoy what we have to offer, but I would urge people to think twice before coming here to behave irresponsibly and spoil it for other people."

National Resources Wales have estimated that the damage left by the illegal event will cost around £2000-£3000 to clean up.

Chief Inspector Scrase added: "With the summer months ahead, farmers, landowners and local communities are encouraged to report any suspicious activity immediately to the Police; this may be an unusual number of vehicles, especially camper vans or trucks in the area, or illegal trespassers. I can assure local communities that Police will take appropriate action to deter illegal gatherings and deal robustly with any criminal offences discovered or disclosed."



Anyone with information is asked to call 101. If you are Deaf, hard of hearing or speech impaired text the non-emergency number on 07811 311 908.



Would you know what to do?

Our Road Safety team is offering a FREE three hour course:

- Incident scene management
- First aid for motorcyclists
- Science of being seen



On completion you'll get a Certificate of Attendance and a biker's First Aid kit.*

For more information visit www.carmarthenshire.gov.wales/roadsafety
To book a place on a course email: info@bikerdowncymru.org.uk

*subject to availability



Dyfed-Powys Police held a Force Day of Action, with a #TotalFocus on tackling individuals and groups who take advantage of those who are most vulnerable to exploitation.

Police officers, PCSOs, Special Constables and multi-agency partners were busy executing arrest warrants, undertaking spot checks and pooling intelligence to crackdown on those known to be offending.

Superintendent Ian John, force lead on the activity, said: "Abuse of the most vulnerable more often than not takes place behind closed doors or in dark corners. Today is about shining a light on those spaces and raising awareness of the tell-tale signs."

"We ran multiagency operations across the force to raise awareness of the signs that might suggest someone is being exploited and, confronted head on those known to be offending."

Our work with partners is key to tackling those who take advantage of the most vulnerable. The activity saw us together, put a #TotalFocus on activity including modern day slavery, child sexual exploitation (CSE), domestic abuse, drug supply and misuse and, travelling

criminality.

Superintendent John added, "If you know about it, report it. The exploitation of the most vulnerable cannot be tackled by us and our partners alone. Our communities have a big part to play in this."

"We police the safest towns and villages across England and Wales, but we know that that means little to those who are living with the misery, torment and pain of criminal exploitation day-in day-out. We need to hear from you if you are suffering. We also need you to tell us if you suspect that others are being taken advantage of."

- Call us on 101 if you have information to share. Or, if you are deaf, hard of hearing or speech impaired, text the non-emergency number on 07811 311 908.
- To report a crime anonymously via independent charity Crimestoppers call 0800 555 111.
- Throughout the day activity and advice was being shared via our local Twitter accounts and on our corporate Twitter account (@DyfedPowys) #TotalFocus.

Keeping our communities safe



Police are tackling a rise in burglaries in Carmarthenshire.

There has been a recent increase in burglaries in areas across the county and the partners in the Fair and Safe Communities' group support police efforts to raise awareness, highlight police action being taken in response, encourage residents to contact Neighbourhood Policing Teams to get crime prevention advice and to sign up to the Community Messaging Service. Police have introduced a number of interventions such as:

1. Crime prevention advice and target hardening has been delivered in burglary hot spot areas by re-visiting victims of crime.
2. Property marketing initiatives have been used with local NPT officers and Special Constables attending vulnerable areas and forensically marking items of property. This is ongoing.
3. The public are encouraged to contact their local policing team if they wish to discuss home safety or require security/crime prevention advice or the forensic marking of property.
4. Police will also be promoting the availability of our "Holiday security boxes" (on temporary loan) when people are away from home during the holiday period. Funding for the boxes was provided in 2015 by the Carmarthenshire Community Safety Partnership. Promotion to be undertaken using Dyfed Powys Community Messaging.

The increase in burglary may be attributed to a few factors due to the time of year, such as better weather with more people leaving windows open and holiday time with people going away. So protect yourselves by leaving homes secure.

Dyfed Powys Community Messaging Service

The 'Fair and Safe Communities' group is promoting the Dyfed-Powys Community Messaging Service to keep members of the public up-to-date on crime and security issues.

You can sign up to D.P.C.M - Dyfed-Powys Community Messaging Service - by clicking on the weblink <https://www.dyfedpowyscommunitymessaging.org/en/>

Follow that registration process to receive prompt relevant updates from the Police and partner agencies via e mail, text messaging, smartphone and /or social media sites.



Measures to deter burglary



The 'Fair and Safe Communities' group is backing police initiatives to make it harder to burglar homes and to get rid of stolen property afterwards.

The police are looking to increase delivery of crime prevention advice by NPT officers by setting up stall in public locations and promoting home security issues and advice.

The police are also visiting premises dealing in likely goods,

in order to identify stolen property and where possible identifying possible offenders who may have sold on stolen goods.

Target-hardening of dwellings is also being promoted - crime prevention officers will conduct follow up visits to victims of burglary and liaise with local authority housing department colleagues and private landlords to consider protecting vulnerable properties.

Motorcycle safety campaign

Operation Darwen is an all Wales campaign which runs from early Spring through until the autumn and is aimed at motorcycle safety and reducing casualties on the roads.

Over the coming months, officers from the Roads Policing Unit will engage with riders popular meeting spots for enthusiasts as well as certain routes as part of the operation.

Go Safe vans will also be deployed as part of the operation.

Police are also encouraging bikers to ensure their machines are ready for the months ahead. For many it is a leisure activity which can see their

bikes put away throughout the winter months and then brought out and used straight on the roads. As part of the operation, officers will also be checking bikes are roadworthy, paying particular attention to tyres. Worn or under inflated tyres on motorcycles have been one of the most common themes during collisions, and yet is easily prevented by riders doing basic checks.

Superintendent Huw Meredith, Head of Specialist Operations said: "Motorcyclists have long been identified as particularly vulnerable road users and reducing the number of road deaths and

casualties on the roads of Dyfed Powys is a priority of our Roads Policing Units. Everyone must take responsibility for their own and others safety on our roads and be aware of their riding manner. Action will be taken against anyone choosing to ride or drive anti socially, recklessly or illegally on our roads"

Throughout the campaign BikeSafe representatives will be out and about speaking to riders and a number of BikeSafe engagement days have been organised for the summer months.



- Further details will be publicised locally and on the BikeSafe website www.bikesafe.co.uk
- Social media users can also follow the campaign via the #OpDarwen and #RideSafely hashtags.
- Riders are also encouraged to visit the Wales by Bike website (www.walesbybike.co.uk) for information and guidance regarding courses, routes and safety advice.

passpluscymru

Is there a young driver in your family?

If they are aged 17-25 and live in Wales, tell them about Pass Plus Cymru. For only £20 they can gain valuable experience and skills.

Remember, passing their test is just the start



01267 228285
dragondriver.com



Have Your Say

Carmarthenshire County Council well-being objectives

Well-being objectives for Carmarthenshire have been developed following extensive consultation.

Every public body is required to implement five key ways of working since the introduction

of the Well-being of Future Generations Act Wales (2015), which is a law about improving the social, economic, environmental and cultural well-being in our area.

The five key ways of working in future decision making are: looking to the long-term; taking an integrated approach; involving a diversity of the population; working with others in a collaborative way; and understanding the root causes of issues to prevent them from occurring.

Following consultation through a councillors' seminar, well-being assessment data analysis, and a well-being survey of 2,500 residents, we identified 'what things in life matter to us'.

We consulted with a further 2,000 people on the draft objectives, and then finalised our Well-being Objectives for 2017-18:

1. Help to give every child the best start in life and improve their early life experiences
2. Help children live healthy lifestyles
3. Continue to improve learner attainment for all
4. Reduce the number of young adults that are Not in Education, Employment or Training (NEET)
5. Tackle poverty by doing all we can to prevent it, help people into work and improve the lives of those living in poverty
6. Create more jobs and growth throughout the county
7. Increase the availability of rented and affordable homes
8. Help people live healthy lives (tackling risky behaviour and obesity)
9. Support good connections with friends, family and safer communities
10. Support the growing numbers of older people to maintain dignity and independence in their later years
11. A council-wide approach to support ageing well
12. Look after the environment now and for the future
13. Improve the highway and transport infrastructure and connectivity

Our Objectives and their Action Plans showing how they were selected, how they will be achieved and how their success will be measured can be viewed at [www.carmarthenshire.gov.uk /Council & Democracy/Consultation & Performance](http://www.carmarthenshire.gov.uk/Council%20&%20Democracy/Consultation%20&%20Performance).



Current consultations

ENDS

JULY

28
2017

Carmarthenshire cycling strategy

Why are we consulting?

To allow feedback to our countywide cycling strategy - this will ensure all residents have a say on content. Views and ideas will be used to finalise the full cycling strategy and format of the end product.

This consultation runs until July 28 2017

ENDS

SEPT

15
2017

Active Travel

We would like your views on our draft Integrated Network Map - our 15 year plan to improve walking and cycling routes across the county.

This consultation runs until September 15 2017

Rent survey

We want to know your thoughts about rent - how it is spent, and how much you should pay. Should tenants pay more for a house in high demand? What should the money you pay in rent be used for?

Visit our housing section on www.carmarthenshire.gov.wales to complete the survey.



To view or take part in current consultations visit www.carmarthenshire.gov.wales you can also register to be notified of future consultations.

What well-being means to you

During 2016 Carmarthenshire Public Services Board (PSB) engaged with the residents to find out what well-being means to our residents and communities and what you want well-being to look like in the future.

Ways of engaging included focus groups, drop in sessions, school workshops, county events and a well-being survey open to all residents of Carmarthenshire.

A total of 2,582 survey responses were received and have been used along with findings from other engagement activity to develop and inform the Carmarthenshire Well-Being Assessment.

The Assessment explores key issues which positively and/or negatively affect well-being in Carmarthenshire and will be used by the PSB to develop objectives for improving well-being across the County, both now and for the future.

A final copy of the Well-being Assessment and information on the ways to further engage with the development of the County Well-being Plan is available on thecarmarthenshirewewant.wales website.

This work responds to requirements of the Well-being of Future Generations (Wales) Act.

Help us improve our NHS



Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Help us improve our NHS for Mid and West Wales

This summer Hywel Dda University Health Board - which provides NHS services for people living in Carmarthenshire - is asking local people what they want from their future health services.

Transforming Mental Health Services - Consultation

Our 12-week consultation - The

Journey to Recovery - will give people a chance to have their say on the health board's proposals to improve services in Carmarthenshire, Ceredigion and Pembrokeshire.

What we are aiming to achieve is a service that is accessible by all 24 hours a day; has no waiting lists; moves away from hospital admission and treatment, to hospitality and time out; and provides day time out and opportunities.

Transforming Clinical Services

'Transforming Clinical Services'

invites you to join in our big conversation about our local NHS. We want to talk to and hear from everyone who uses, cares about or interacts with our services. We want to listen to the views and experiences of many people and groups to help develop a range of solutions that genuinely meet the needs of our communities.

The four key things we think we must do better 1) Quality of care 2) Meeting the changing needs of patients 3) Making our resources go further; and 4) Joining up services.



Please read our documents and background information, available from www.hywelddahb.wales.nhs.uk, and tell us what you think by 15 September 2017.

Documents can be accessed or requested by:

Emailing: hyweldda.engagement@wales.nhs.uk

Visiting our website: www.hywelddahb.wales.nhs.uk

Writing to us at: FREEPOST HYWEL DDA HEALTH BOARD

Calling us on: 01554 899 056 (please leave a message for us)

Information

Frequently Asked Questions...

Dyfed Powys Police

Q. What is the role and responsibilities of the Police and Crime Commissioner?

A: I am responsible for:

- Setting the direction and priorities for Dyfed-Powys Police
- Publishing the Police and Crime Plan
- Engaging with Communities and being the public's voice on policing matters
- Working closely with community safety and criminal justice partners
- Supporting victims and bringing people to justice
- Commissioning services to make communities safer and to supporting the vulnerable
- Appointing and if necessary, dismissing the Chief Constable
- Dealing with complaints and disciplinary matters against the Chief Constable
- Holding the Chief Constable to account
- Setting the annual police budget and precept level

Useful contact details:

Office of the Police and Crime Commissioner
PO Box 99, Llangunnor, Carmarthen, SA31 2PF,
Email: opcc@dyfed-powys.pnn.police.uk
Call: 01267 226 440



Are you looking after someone else's child?

Did you know if you've been caring for a child for more than 28 days, or someone is caring for your child and they're not a close relative, this could be classed as a Private Fostering Arrangement.

If so, you are legally obliged to inform the Carmarthenshire Children's Services Department.

A close relative is an aunt, uncle, step-parent, grandparent or sibling - but not a cousin, grand aunt/uncle, or a family friend.

By informing the local authority of your circumstances, the best help and advice can be provided to support you and the child involved.

If you would like further details, or if you're already involved in such an arrangement, please contact Carmarthenshire Children's Services Department on 01554 742322.



Advertorial

Coleg Sir Gâr

Q. How do I apply for a university course at Coleg Sir Gâr?

A: For full-time study, apply through UCAS using institution code C22 or for part-time study apply directly to the college.

Q. Do I have to book to attend an open evening?

A: No, just visit the campus where your choice of course is delivered

Q. Where can I find out about funding eligibility to study at Coleg Sir Gâr?

A: Contact the team at financialsupport@colegsirgar.ac.uk or studentfinancewales.co.uk for degree level.

Useful contact details: Course and application enquiries - 01554 748179

Transport enquiries - 01554 748025

Merlin's Restaurant bookings (term time only) - 01554 748620

Carmarthenshire County Council

Q. Does my child qualify for a school uniform grant?

A: Financial assistance of up to £105 is available for pupils in year 7 who are eligible for free schools meals, or where families are in receipt of certain benefits. For more information or to apply online visit Carmarthenshire.gov.wales

Q. Where can I get help to trace my family history?

A: Carmarthen & Llanelli libraries offer a family history service. Email FHS@carmarthenshire.gov.uk or call your local library for details.

Q. Are affordable homes for first time buyers only?

A: No, they are for anyone who cannot afford a home to meet the needs of their family on the open market. To check your eligibility or for more information visit Carmarthenshire.gov.wales



If you want to find out more about fostering children in Carmarthenshire please get in touch today

www.carmarthenshire.gov.wales/fostering

maethu foster
Oes lle yn eich bywyd i blentyn? is there room in your life for a child?
0800 0933699



Healthy Carmarthenshire

Call for free on 111



Patients who are registered with a GP in Carmarthenshire can now dial 111 to access their GP Out Of Hours service and NHS Direct Wales - making it easy to get the advice, support or treatment that is right for them.

The free-to-call phone number has been launched to make it easy for people in the county to get urgent healthcare support if they are feeling unwell and their own surgery is closed.

People calling 111 will firstly speak to a specially-trained call handler who will ask a series of questions.

This will allow the service's experienced healthcare

professionals to prioritise calls so the most seriously ill are treated first.

Depending on the urgency of their condition, some people will get a call back from a nurse, doctor or pharmacist if they call out of hours. If they need to see a GP out of hours, they will be asked to attend one of the primary care centres within Hywel Dda.

Crucially, people who dial 111 but who really need an ambulance will be put straight through to the emergency ambulance service.

Please note that the 999 number should only be called in the event of a life-threatening emergency.

Manage your mind

Mindfulness has had a lot of coverage in the media over the past few years and is now being taught at the University of Wales Trinity Saint David as part of its Work-based learning programmes.

"For a meditative practice, with its roots in Buddhism, it is interesting to consider where the practice has found its place in the 21st century," says lecturer, Heather Fish.

"From the NHS, to schools, universities and heavy industry, more and more people are trying it out and finding that it can, indeed, be beneficial for our physical, emotional and mental health.

But what is mindfulness?

"It is about being awake in the present moment, instead of living our lives on automatic pilot," continues Heather.

"We spend a lot of our time either reliving or pre-living our lives in the theatre of the mind, focusing on what has happened already and what might happen next. The practice of mindfulness enables us

to bring ourselves back into the moment, once we have noticed that our mind has wandered.

"The body is a great way of managing our minds, which might sound a little strange. In mindfulness, when we notice our mind has wandered, we come back to the present by bringing our attention to the breath, and the body. Wherever our minds may go, our bodies can only ever be in the present moment. Yet mindfulness is not only attention training, we do this with a quality of kindness to ourselves, rather than harshly judging ourselves – which may be our usual approach!"



For further information about Mindfulness, you can contact Heather by emailing h.fish@uwtsd.ac.uk

Choose Well this Summer

Residents in Carmarthenshire are being encouraged to Choose Well this summer and reduce pressure on busy Emergency Departments during the peak holiday season.

With another Bank Holiday coming up next month, residents are being asked to think early about booking repeat prescriptions and checking opening hours for GP practices and community pharmacies.

Choosing Well when you need health advice or support - by dialling 111 to speak to your GP Out of Hours, or by visiting your pharmacy or dentist, for example - can have a hugely positive impact. The Choose Well guidance can help families when they aren't sure of the best health service to meet their needs. You can access advice and local contacts from the webpage www.hywelddahb.wales.nhs.uk/chooswell, or by downloading the Choose Well app on your mobile phone, which uses GPS to find your nearest service.



For more information on pharmacy opening times, visit www.wales.nhs.uk/sitesplus/862/page/46867



Dedicated new resource for diabetes patients



A dedicated resource for diabetes patients in Llanelli is set to be opened at a newly-refurbished building on the Prince Philip Hospital site next month.

The Llanelli Diabetes Service is co-locating a number of community and hospital based services into the new centre, which has been named after a recently-retired Senior Diabetes Consultant in Carmarthenshire, Dr Meurig Williams.

The facility is near the residential blocks at the top of the site and will house a number of services including Diabetic Eye Screening Wales, Vascular Podiatry, Leg Ulcer Clinics, Diabetes Nurse Specialist Clinics, Chronic Conditions Clinical Psychology, Dietetics, Insulin Pump and Antenatal clinics, all with a view to becoming a one-stop diabetes centre for patients.

Dedicated car parking facilities will also be available for patients at the new centre, which is due to open on 17 July.

Diabetes consultant, Dr Sam Rice, said: "We are delighted to open the Meurig Williams Community Diabetes Centre. It will be the first time in Wales that all these services for patients with diabetes will be located in the same building. This will help to ensure that our patients get all of the correct elements of care that they need."

Use the great outdoors to improve fitness

According to Geraint Forster, programme director of BSc Outdoor Fitness at the University of Wales Trinity Saint David, exercising in natural environments is more mood enhancing and stress relieving than exercising in urban environments or indoors.

"Having to focus on the uneven terrain of a trail run, or a mountain bike ride helps us to switch off from day-to-day life. Even just looking at images of nature whilst exercising indoors can enhance our mood and reduce stress," says Geraint.

"I know that I feel far better equipped to cope with a busy week if I have had my couple of hours to myself out on the coast path on a Sunday morning."



If you're interested in finding out more about Sport related courses at UWTSd, including the BSc in Outdoor Fitness, please contact Geraint Forster by emailing g.forster@uwtsd.ac.uk

Healthy Carmarthenshire

Walking your way to health



Keep healthy with urban walks this summer - experts say that walking just three miles a day can help lessen or even prevent the effects of many illnesses.

Brisk walking on a regular basis helps reduce blood pressure, reduce the risk of diabetes, helps with weight loss and can reduce the risk of falls, particularly in the elderly as it can improve balance, coordination and joint flexibility.

Walking has mental health benefits too as activity often helps to reduce anxiety and depression. And it's something we can all do - not just those of us living in the countryside - Carmarthenshire offers a superb series of urban walks aimed everyone living, working, or visiting the area.

Carmarthen, Ammanford, Llanelli and Burry Port each offers six walks, all measured so you know just how far you've been.



Visit discovercarmarthenshire.com for maps and information.
To find out more about Walking and Health visit change4lifewales.org.uk

Fitness tip

What are HIIT workouts? High Intensity Interval Training or HIIT, is a new highly popular exercise taking the fitness world by storm. HIIT session include short high intensity exercise periods followed by short rest periods. One major benefit of a HIIT workout is the short period of time needed to complete one, allowing for it to be slotted into even the busiest of days.

Research has shown that by completing a 15-minute session will produce greater progress than completing an hour's long jog on a treadmill. Additionally, a HIIT workout will burn more calories and fat than after a run, this is due to the fat burning that occurs hours after a session has been completed.

This is an example of a HIIT session that can be completed at home.

Complete each exercise below for 45 seconds followed by 15 seconds rest in between – complete this three times.

- Star jumps
- Lunges
- Squats
- Half-burpees



By Catrin Stoneman, FdSc in Sports Coaching and Performance at Coleg Sir Gâr

What's on: healthy activities

Walking Well Carmarthenshire

Come and walk with us, you've nothing to lose and much to gain! Walking even short distances can help us feel better mentally as well as physically. The free walks organised by our Volunteers are designed to be attainable by everyone. For more details, contact Helen Williams on 07986 526732 or visit www.walkingwellcarmarthenshire.org.uk

Tuesdays and Saturdays

Wildlife walks Carmarthenshire/ various locations - Meeting at 10am.

For info call Trixie Evans on 01554 751950 or 07503 675569 or visit www.wildlifewatch.org.uk or www.walkingwellcarmarthenshire.org.uk

From Tuesday 18 July 2017 and fortnightly Brynmanan - Meet at the Black Mountain Centre at 10.20am.

For details call Tim and Teresa Dunn on 01269 824070 or Scott Davies on 01269 823400

From Wednesday 19 July 2017 and fortnightly St Clears - Meet in St Clears Leisure Centre. For details call Nigel Bailey on 01267 211666

Carmarthen - Meet at Carmarthen MIND Centre at 10am. For details call Peter Davies on 01267 230674 or 07766 168961.

From Thursday 20 July 2017 and fortnightly Kidwelly - Glan Yr Afon Nature Reserve - Meet in the carpark at 10.30am. For details call Ray Davies on 01554 890147.

From Thursday 20 July 2017 and fortnightly Kidwelly - Glan Yr Afon Nature Reserve - Longer walk. Meet in the carpark at 10.30am. For details call Ray Davies on 01554 890147.

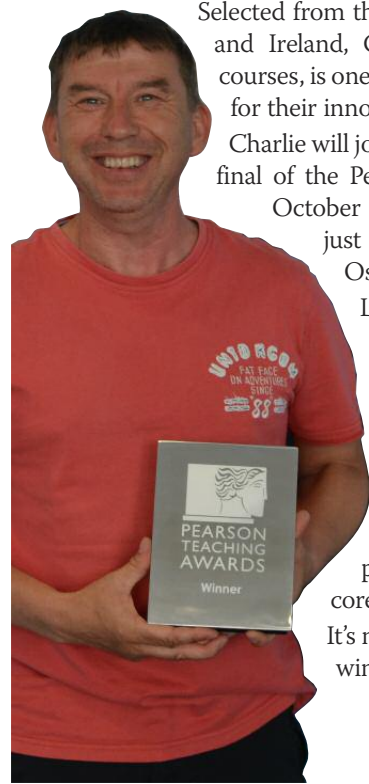
From Friday 21 July 2017 and fortnightly Llandeilo - Meet The Station carpark, Llandeilo 10.30am. For details call Philip James on 01558 685746.

Sallyamblers - Meet in Ramps Skateboard Park, Sandy, Llanelli at 10.15am. For details call Bev Dunn 07580 854162.

***All information correct at time of print*

Pearson teaching award for Charlie

Coleg Sir Gâr lecturer Charlie Hammond, has won a silver award in the Pearson Teaching Awards' category of outstanding use of technology.



Selected from thousands of nominations across the UK and Ireland, Charlie, who runs outdoor adventure courses, is one of 56 winners who are being recognised for their innovative teaching methods.

Charlie will join fellow silver award winners at the UK final of the Pearson Teaching Awards in London in October where they will find out who has won just one of 11 Gold Plato Awards, the UK's Oscars for teachers.

Louis Dare, e-learning development manager at Coleg Sir Gâr said: "Charlie has effectively adopted the use of ILT in the classroom using Google Classroom as a platform for assignments, learner files and course management.

"He's highly proactive and experimental and has excelled in the project using student feedback as the core driver for progression."

It's not too late to get on course with award-winning lecturers, call 01554 748179.



Recruitment open day



Glangwili Hospital is to host a recruitment open day on Saturday September 9.

The day will be an opportunity for Hywel Dda University Health Board to showcase the varied roles on offer at the hospital in Carmarthenshire, as well as the many services provided at the hospital.

This is all part of an ongoing recruitment effort to attract medical, nursing and allied healthcare professionals to local healthcare services.

There are a number of roles within all scheduled and unscheduled care services, as well as within community and primary care services.

Lisa Gostling, Director of Workforce and Organisational Development for Hywel Dda University Health Board: "We are excited about hosting our next recruitment open day at Glangwili Hospital, so we can highlight what potential candidates can gain from working with us here in Hywel Dda.

"I would encourage interested healthcare professionals to come along to our open day to find out more and meet with some of our medical, nursing and allied healthcare professionals at the hospital. We will have information about career opportunities, training and development programmes, flexible working and job sharing opportunities, plus other unique benefits available to staff."

Further details about the event and how you can book your place will be publicised soon.

In the meantime, for enquiries about recruitment opportunities in Hywel Dda University Health Board please contact tina.coleman@wales.nhs.uk or follow on Twitter @HywelDdaJobs or on LinkedIn at: www.linkedin.com/company/hywel-dda-university-health-board.



Leader of the council, Cllr Emlyn Dole, has appointed a new Executive Board.

As Leader and Chair of the Executive Board, Cllr Dole has overall corporate leadership and represents the Council on the WLGA, the Swansea Bay City Region and the Public Services Board. He also leads on Economic Development and collaboration.

Cllr Mair Stephens is Deputy Leader, managing council business and leading on transformation, innovation and change.

Continuing their roles are Cllr David Jenkins as member for Resources and champion of Armed

Forces; Cllr Hazel Evans as member for Environment; Cllr Linda Evans as member for Housing and champion of Equalities and Ageing Well; and Cllr Jane Tremlett as member for Social Care and Health, champion of Carers and Dementia Care, and Disability Ambassador.

Cllr Glynog Davies is the new member for Education and Children's Services; Cllr Cefin Campbell the new member for Communities and Rural Affairs; and Cllr Philip Hughes the new member for Public Protection. A new portfolio of Culture, Sport and Tourism is led by Cllr Peter Hughes-Griffiths, who is also the Town and Community Councils Ambassador.

Local adult learners benefit from University's GWLAD project



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

Adult learners and employees across south west Wales are benefitting from UWTSD's GWLAD project.

GWLAD is an innovative project aimed at developing the skills of employees across the region. Based at the University's Wales Institute for Work-Based Learning and supported by the European Social Fund GWLAD offers up to 70 per cent funding for businesses and third sector organisations to upskill their staff.

Somebody who has already taken advantage of the project is Carmarthen Town Council Events Officer Jenny Fox. Jenny, who

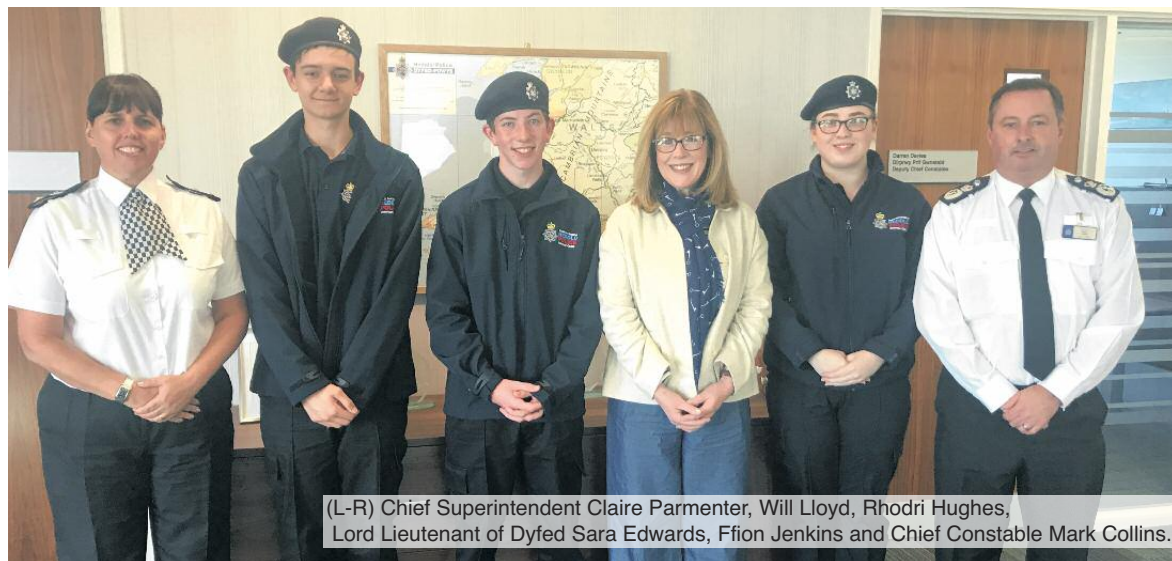
enrolled on a Digital Marketing course, said: "As somebody in employment it has been a different direction for me to follow. This comes with its difficulties as I have never been a university student before. However, I can honestly say that the staff have been so welcoming and I've received excellent support from my tutor, Carys Ifan.

Having experts on hand to give advice specifically to your working needs has been amazing. All aspects of the course are specific to your own professional requirements."



For further information contact Kelly Morris at UWTSD on 01267 225169 or kelly.morris@uwtsd.ac.uk

Police cadets recruited



(L-R) Chief Superintendent Claire Parmenter, Will Lloyd, Rhodri Hughes, Lord Lieutenant of Dyfed Sara Edwards, Ffion Jenkins and Chief Constable Mark Collins.

Three police cadets have been recruited to assist the Lord Lieutenant of Dyfed Sara Edwards in her official duties.

Will Lloyd, from Pembrokeshire, Ffion Jenkins, of Carmarthenshire, and Rhodri Hughes, of Ceredigion, have been assigned to help out with her official duties and ceremonial tasks as local representative of Her Majesty the Queen.

They will provide additional support alongside the military

cadets who already work with the Lord Lieutenant. "I'm delighted to appoint three Lord-Lieutenant police cadets representing all three counties of Dyfed," said Lord Lieutenant of Dyfed Sara Edwards. "I look forward to their involvement in the course of my official duties."

Ffion Jenkins, aged 16, of Ammanford, attends Amman Valley Comprehensive School. She has been a Police Cadet since September 2015. She said: "I feel

very honoured, privileged and excited to represent the Carmarthenshire Police Cadets and to being the first Carmarthenshire Lord Lieutenant Cadet."

The National Volunteer Police Cadets is supported by the Association of Chief Officers. The scheme, which launched in Dyfed Powys in 2015, is undertaken by the majority of Police Services across the UK.

Test and Go sexual health service

Carmarthenshire patients can now take advantage of a new pilot service aimed at making it easier to check if they have any sexual health worries without having to see a doctor or nurse.



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

The three-month "Test and Go" pilot, which launched in June, is a minimal contact service for people who do not have any symptoms or concerns, but who would like to take a sexual health test for peace of mind.

Patients who request the service will be invited to a specialist clinic and given a pack with instructions to test for chlamydia and gonorrhoea. Blood tests for HIV and syphilis can also be carried out at this time.

Patients will be shown to a bathroom where they are asked to provide a swab or sample, which they simply leave in a specimen container before they leave.

Results are usually sent to patients via text message within 7-10 days, and the text message will either explain that all results are negative - meaning that no infection has been found - or, the text message will advise patients to contact the clinic to make a further appointment.



**For more information on
"Test and Go" or to book an appointment,
phone 01267 248674**

Business development

The Business Development Innovation team at Coleg Sir Gâr offer bespoke and tailored training solutions for



colegsirgâr

businesses, many of which are free and have flexible delivery to suit the individual needs of the company.

The Business Development Innovation team listens to the needs of companies and offers guidance and advice with a high level of customer care, working in line with staff and company availability.

Whatever your business and training needs may be, or the size or industry of your business, the team will be pleased to offer help and support.

Call to action:



**Does your business need support with staff
training? Contact 01554 748344 or
bdi@colegsirgar.ac.uk.**

Grant funding ending

The first project supported by a fund to develop new and existing business premises in Carmarthenshire is nearing completion.



The £4.4m Carmarthenshire Rural Enterprise Fund awarded £60,000 to Sauro Architectural Design based in Carmarthen. The funding will create three jobs, bring a derelict building back into use, and allow a new two storey extension to be constructed.

Sauro Architectural Design director Peter Sauro said: "We are grateful to have been awarded the grant funding for the project. It is going to allow us to create new jobs and to expand our business"



**For further information about future funding
opportunities, please contact Yvette Pellegrotti
on 01267 242429, or e-mail
ympellegrotti@carmarthenshire.gov.uk**

10 Top Ten Tips for writing your personal statement

If your son or daughter is in Year 12 and is interested in applying for a place at University, then the Summer is a great time for them to start drafting their personal statement. Parents could offer to help by highlighting their areas of strength, and helping with ideas of how they can fill any gaps in their experience.

Writing a personal statement can be challenging so staff and students at the University of Wales Trinity Saint David have created their top ten tips for writing your personal statement to help you get started:

- 1 Write about your interest in the course and where this has stemmed from
- 2 Go into detail – what have you enjoyed about the subject during your current studies?
- 3 Do you read about the subject in your spare time? If yes, what and why was it interesting?
- 4 Write about any relevant work experience
- 5 What skills have you gained from your part-time job/work experience/current studies/hobbies?
- 6 Don't just list your skills – give examples of how you've gained them and use them daily
- 7 Keep linking back to the course/subject area
- 8 Don't talk about things that aren't relevant
- 9 Use spell check!
- 10 Be positive and sell yourself – tell us why you'd be perfect for the course

Make the most of a legendary summer in Carmarthenshire!

Step back in time into the land of myth and fable as you discover Carmarthenshire's legendary past and present this summer.

Discover some of our greatest stories as part of Visit Wales's international 'Year of Legend' campaign, the perfect chance to delve in to our county's spellbinding history and sample some of its exhilarating modern-day adventures.

Find out about the famous mythical wizard Merlin who was born in Carmarthen and lies buried just outside the town.

Combine legend-locating with wonderful walking at Llyn y Fan Fach, a sparkling lake in which an enchantress is said to dwell - one of many tales from the Mabinogion, Britain's earliest prose literature, that unfolded in Carmarthenshire.

Step back into the past at our impressive array of castles, from the dramatic ruins of Carreg Cennen to the fairytale towers of Kidwelly, and stop and smell the roses at one of the country's newest legendary landmarks, the National Botanic Garden of Wales.

Encounter legendary landscape and living heritage at historic Pendine Sands, a mecca for motor-racing enthusiasts, and explore the house of one of our most famous residents, Dylan Thomas, in Laugharne.

And for a faster-paced adventure, try mountain bike racing in Brechfa Forest, white water rafting in the River Teifi, or beach fun ranging from horse-riding to kite-buggying. But make sure you don't leave without tasting our legendary food and drink, from award-winning cheeses to cakes fit for a prince.

Embark on a legendary adventure in Carmarthenshire. Thrill-seekers will love our amazing natural playground, where activities include white water rafting, mountain biking and kite-buggying, while food-lovers will be delighted with our mouth-watering local produce, from champion cheeses to incredible ice-cream.



For more information on Legends in Carmarthenshire and to watch the new videos which provide plenty of ideas of things to see and do throughout the region, visit www.southwest.wales

Discover a summer of fun and adventure

Would you like a summer of adventure? Look no further than right on your own doorstep here in Carmarthenshire.

A wide range of adventure activities are available from quad biking and caving, to abseiling and coasteering. Or try horse riding, gorge walking, white water rafting, sea kayaking, parakarting or land yachting.

Maybe you'd prefer something like laser tag or paintball? Or paddle boarding, a waterman tradition which began in the early 20th Century. Or try zip lining or take a high rope course which includes completing a number of obstacles.

Carmarthenshire has amazing beaches for windsurfing or kite surfing, with several windsurfing schools dotted around the coastline to help anyone from absolute beginners to seasoned sailors.

Water babies can enjoy river swimming along the River Teifi, rushing through white water and meandering down gentle stretches. Mountain biking, walking, fishing, cycling – there is no end to the activities on offer.



New look website launched

Carmarthenshire *Sir Gâr*
discovercarmarthenshire.com darganfodsigar.com

There's plenty to do right here on your doorstep this summer, whatever the weather.

So if you and your family fancy a day out, or even a 'stay-cation', you'll find plenty of inspiration and things to do on our new-look Discover Carmarthenshire website.

Packed full of information about local attractions, a What's On guide and a variety of interesting trails whether you're on your feet or your wheels, www.discovercarmarthenshire.com is the place to start your journey.

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The Big Cwtch
SUMMER PARTY

1st & 2nd September 2017
Crugybar, Carmarthenshire

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CARMARTHENSHERE'S AWARD WINNING
FAMILY FESTIVAL IS BACK!

WWW.THEBIGCWTCCH.COM

BOOKING HOTLINE
0330 808 5110

Environment

Bats legislation

Bats are the only mammals which can fly. They are warm blooded, they suckle their babies and are intelligent, social animals. British bats feed only on insects, of which they consume vast numbers to sustain their energetic lifestyles. A pipistrelle bat can eat up to 3000 midges in a single night!



We have 12 species of bat breeding in Wales. Many of these have suffered severe declines, not just in Britain but throughout Europe.

All British bat species are protected under the Conservation of Habitats and Species Regulations 2010 (as amended), known as the 'Habitats Regulations'. Bats have a unique relationship with humans, sometimes sharing our homes for part of the year. For this reason, Natural Resources Wales (NRW) deals with many hundreds of bat enquiries each year from householders.

This information is focused on the protection of bats in Wales and is not a comprehensive review of bat ecology or the law relating to bats.

Legislation

Under the Habitats Regulations, it is an offence if you:

- deliberately capture, injure or kill any wild animal of an EPS
- deliberately disturb wild animals of any such species
- damage or destroy a breeding site or resting place of such an animal

Disturbance is defined as that which is likely:

1. To impair their ability:

- to survive, to breed or reproduce, or to rear or nurture their young, or
- in the case of animals of a hibernating or migratory species, to hibernate or migrate; or

2. To affect significantly the local distribution or abundance of the species to which they belong.

Defra and the Welsh Government will publish a joint guidance document on the interpretation of the offences relating to disturbance, and to damage and destruction of breeding sites and resting places.

There are other offences relating to possession, transport and sale.

NRW issues licences under Regulation 53 of the Habitats Regulations to allow you to work within the law. See 'Bat Licensing' for more information.

| SPECIES | SCIENTIFIC NAME | DISTRIBUTION |
|---|--|---|
| Common pipistrelle (45kHz) Soprano pipistrelle (55kHz) Brown long-eared bat | Pipistrellus pipistrellus Pipistrellus pygmaeus Plecotus auritus | The three most common species. Found throughout Wales. Very dependent on buildings. |
| Noctule | Nyctalus noctula | Found throughout Wales – mainly roosts in tree-holes. Quite common. |
| Natterer's bat Whiskered bat Brandt's bat | Myotis nattereri Myotis mystacinus Myotis brandtii | The members of this closely related group may be more numerous in Wales than in much of Britain. Widespread and not uncommon. |
| Daubenton's bat | Myotis daubentonii | Daubenton's may be less dependent on buildings than others. |
| Greater horseshoe* Lesser horseshoe * | Rhinolophus ferrumequinum Rhinolophus hipposideros | Two critically endangered species. The greater horseshoe is largely confined to Pembrokeshire and Gwent. The lesser horseshoe has a wider distribution but is nevertheless still rare. |
| Barbastelle * | Barbastella barbastellus | A very rare species with only a few breeding populations known in Wales. |
| Serotine Leisler's bat | Eptesicus serotinus Nyctalus leisleri | Both species are rare in Wales and are more commonly found in southern England. |
| Bechstein's bat * Grey long-eared bat | Myotis bechsteinii | Very rare, with breeding populations restricted to southern England and possibly Wales. This species is rare in the UK with breeding roosts only known in England and Northern Ireland. |
| Nathusius pipistrelle Alcathoe's bat | Plecotus austriacus Pipistrellus nathusii Myotis alcathoe | A very rare species, closely related to the whiskered bat that has only recently been discovered in England. |

*Species listed under Annex II of the Habitats Directive.



If you are a householder and have concerns about bats at your property (other than queries related to planning applications or a development), contact our Enquiry Line for advice, telephone 0300 065 3000.



Green impact awards

Staff and students at UWTSO have had their efforts to promote sustainability recognised at a special award ceremony.

The Green Impact Awards are an environmental accreditation and awards scheme run by the National Union of Students. The programme encourages simple but powerful changes to the way we work in order to create more sustainable institutions.

This year 167 members of staff, in 17 teams, took part in the Green Impact programme. Together they put in place more than 650 green actions that helped to make the University greener and more sustainable. These actions are recognised by using Gold, Silver and Bronze standards.

Dr Jane Davidson, Pro Vice

Chancellor for External Engagement said: "I'd like to congratulate all staff for their work in gaining a Green Impact Award. The introduction of these Awards at the university has been a huge success and it's wonderful to see more people get involved with the scheme every year. The programme is an excellent way of encouraging simple yet high impact changes to the way we work in order to create a more sustainable institution."

The University's Strategic Plan makes a clear commitment to embed sustainability as a core principle across all aspects of the University.



Map the mini meadows

Map the mini meadows and help wild flowers set seeds across Carmarthenshire this summer.

That's the plea from the Carmarthenshire Biodiversity Partnership which is urging people to set aside a small area for wildlife. Insects such as bees, butterflies, moths and hoverflies help lots of plants set seed by helping with pollination.

However many of these pollinators are now under threat. Loss of habitat and plants to feed on are two of the main problems. The Carmarthenshire Biodiversity Partnership is asking people to set aside a small area of lawn or grass that they manage at home or at work.

Biodiversity Officer Isabel Macho said: "As an experiment why not



Keep a record of how many plants and creatures settle in and send the information and photographs with your house name or number and postcode to: Biodiversity@ Carmarthenshire.gov.uk to map the mini meadows.

mark out a one metre square of lawn and let the grass grow and flower – it can be fascinating to see the range of insect life that will live in your mini meadow. Listen for grasshoppers, watch for bees and count the butterflies. Daisies, dandelions and clover, which often spring up if grass is left to grow, are all important for pollinators."

Police crime plan launched

On Monday March 27, the Police and Crime Plan 2017 - 2021 was approved and launched.

The plan was developed with the Chief Constable and following consultation with officers, staff, partners and the public.

Police and Crime Commissioner Dafydd Llywelyn said: "The security and safety of the residents served by Dyfed-Powys Police is my priority as Commissioner, and through the Police and Crime Plan I have set the strategic direction and priorities for Dyfed-Powys Police during my term in office. "Partnership working is fundamental to delivering a joined-up approach to tackling the challenges that face all public services, such as a reduction in finances, the increasing diversity of our population and the rapid advances in technology.

"I will work closely with community safety and criminal justice partners to ensure that services are effective and efficient at keeping people safe, supporting victims and bringing people to justice. With our partners, we will explore opportunities for the joint commissioning of services to help make our communities safer.

"My priorities in the plan are keeping our communities safe; safeguarding the vulnerable; protecting our communities from serious threats; and connecting with communities. I will be holding the Chief Constable to account in respect of the delivery of this plan."

The purpose of the plan is to drive improvement in service provision to the public, and is supported by the Chief Constable's Delivery Plan.



To read a copy of the plan, please visit the following link:

www.dyfedpowys-pcc.org.uk/wp-content/uploads/2017/03/ProPrint-Dyfed-Powys-Police-Plan-FINAL-ENG.pdf

£75k community fund

A funding programme with £75,000 available to communities across Dyfed-Powys was launched by the Police and Crime Commissioner in April 2017.

Dafydd Llywelyn invited applications from groups and organisations in Carmarthenshire, Ceredigion, Pembrokeshire and Powys, who would use the funds to help improve people's lives.

The Commissioner's Fund offered grants of up to £5,000 to public sectors, private sector, charities, voluntary organisations and community groups so they can develop ideas that have a positive impact on the areas they work in. All projects must reflect in some way the priorities highlighted in the 2017-21 Dyfed-Powys Police and

Crime Plan, which are: Keeping our communities safe; safeguarding the vulnerable; protecting our communities from serious threats; and connecting with communities.

The closing date for applications was the 2nd of June 2017 and the Commissioner looks forward to awarding cheques to the successful applicants over the next few months.

A total of 21 groups and organisations made successful bids for funding in 2016. A wide range of schemes were supported, including £5,000 for the Carmarthenshire Water Safety Partnership, £3,700 for Pembroke Street Pastors, £5,000 for counselling for adult survivors of child sexual abuse, and £4,850 for garden tidy-ups through Age Cymru Sir Gar.



To find a full list of all successful applications for the Commissioners Fund from 2016, please follow the following link:

www.dyfedpowys-pcc.org.uk/en/communities-win-85k-commissioner-grants/

Nina wins Inspire award

From front page Nina's step back into education happened by chance when she accompanied a friend in a wheelchair to an open evening at Coleg Sir Gâr. She spoke to a tutor who recognised her potential, which led to a successful course application. "When you are told you can do something it's like magic dust to someone who feels worthless," said Nina Miklaszewicz. The first in her family to go to university, Nina used her new qualification to progress to a

fashion degree. "It's not just me that deserves a chance," she said. "People who have nothing are the ones who will work hard, they have fire in their belly and have something to prove. They only need a hand on to the ladder and they will run up it."

Previously describing herself as 'written off', Nina is now more determined than ever. "I am determined that my children and grandchildren get an education and we can break this cycle of poverty

and no ambition," she said. "It has taken me 40 years to get here and I'm not going to give up now."

Debbie Gill, who recognised her potential during her first visit to the college, said: "When I met Nina it was her passion, enthusiasm and drive to succeed that inspired me to support her. It's wonderful to see that her motivation and drive to further her own education is having such a positive influence on her children's education."

Business breakfast



A business breakfast event providing free social media management advice to local businesses was recently held at Yr Atom in Carmarthen.

The objective of this latest event was to offer advice and support to local business owners to help them market their businesses in an effective way through social media. The discussions were led by Lisa Jones who runs Sblash, a local Marketing and Consultancy business based in Llandeilo.

During that event those present also discovered more about what Yr Atom has to offer and what support and help is available to businesses in the town.

Angharad Harding, Manager at Yr

Atom said: "One of my aims is to nurture and develop partnerships across the town in order to promote the use of the Welsh language and to help ensure that Carmarthen is a truly bilingual town.

We also want to offer support and expert advice to help businesses grow. Today, it's hard to imagine business without the internet and social media. During these challenging times traditional marketing can be a strain on the budget of any small business. Social media marketing, on the other hand, is affordable in terms of actual financial costs and gives you a direct line to current and prospective customers."

Garden waste service



People in Carmarthenshire are being reminded not to leave sacks of garden waste out for collection.

A new collection service, which started in April this year, provides participants with a 240 litre wheeled bin which is emptied fortnightly until November. Householders who pay in full when they apply to join the scheme receive a 15% discount costing £40.80 for the season. People can also choose to pay by direct debit with payments made in instalments, which costs a total of £48.

Other options available to residents are to home compost, or take garden waste to a household waste recycling centre (HWRC) where it can be disposed of free of charge. Compost bins are available to buy from the council for a subsidised price of £12, which includes delivery.

People who still have old starch sacks which were used previously are advised to use them to take their garden waste to a HWRC.



To apply for garden waste collections or to find out more, please visit www.carmarthenshire.gov.wales/gardenwaste



To find out more about the support available to businesses at Yr Atom please contact Angharad Harding on angharad.harding@uwtsd.ac.uk or 0300 3231848

Children's Page



Summer activities



A wide range of activities is being offered by the Actif Holiday Club to keep youngsters occupied during the Summer.

The club is aimed at children aged from eight to 12, and offers them a chance to take part in a wide range of fun activities at Carmarthenshire leisure centres, including racket sports, netball, obstacle courses, snorkelling, fun floats plus much more.

The fun packed programme, delivered by highly trained leaders, takes place from Monday to Friday from July 24 to September 1, at Carmarthen, Llanelli, Amman Valley, Newcastle Emlyn and St Clears Leisure Centres.



For a full timetable of activities or to book visit actifsirgar.co.uk/children or contact your local leisure centre:

- Carmarthen – 01267 224700
- Llanelli – 01554 774757
- Amman Valley – 01269 594517
- St Clears – 01994 231253
- Newcastle Emlyn – 01267 224731



Children's holiday club

A school holiday camp for six to 11 year olds is taking place at Coleg Sir Gâr's Graig campus in Llanelli in July and August.

Run by the college's 5x30 activity team, children will have access to sports facilities in a fun, supervised and safe environment.

The club runs from 9am to 1pm with an optional 8.30am drop-off and costs £10 per day.

Dates are July 27, 28, August 3 and 4, August 7-11 and August 24, 25.



colegsirgâr



For further details about the holiday club contact inspirehub@colegsirgar.ac.uk

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 August 25 2017

Winner of the competition in the last edition was:

Ela Phillips
6 years old
Ysgol y Gwynfryn, Pontiets



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Being Bilingual...

Did you know?

Carmarthenshire has the highest number of Welsh speakers in any of the Counties in Wales, and therefore in the world!

78,048

About three quarters of the world population speaks two or more languages.

Who'd have thought?!

Young children don't need to learn a language as adults do. They absorb languages if they are exposed to them enough.

Raising your child bilingually – You can help your child by following these steps

You don't have to speak Welsh at home to have Welsh education. Welsh medium education immerses children in the Welsh language from the start so that they become completely bilingual.

Cymraeg i Blant

Cymraeg i Blant groups – groups for parents of very young children to support parents to share the Welsh language with their children

Nurseries

Bilingual and Welsh medium nurseries – which introduce the Welsh language from the onset, through activities and communication

School

Meithrin classes in school – some schools have nursery classes and these classes are usually in Welsh if the school is a Welsh medium school

Nursery

Meithrin Nursery Groups – promoting education and development for children from two years old to school age

Primary and secondary education -

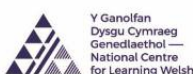
Welsh medium education is available in a number of schools across the county. Welsh is used as a teaching medium, and the children will learn Welsh and English as a subject as well.

Having experience of Welsh in all aspects; in leisure, at home and on TV improves their standard of Welsh and ensures that they become, and remain, fully bilingual.

A Language Charter is being introduced in primary schools across Carmarthenshire which helps provide more opportunities for children to use Welsh socially.

Any young person who has attained bilingual proficiency in primary school will be able to make a seamless transition to Welsh medium education in secondary school. This natural progression ensures that the young person is supported and developed throughout their education.

Organisations like the Urdd provide social, sporting and cultural experiences for children and Young people through the medium of Welsh. This supports and develops their Welsh language skills as they go through their education.



Menter Bro Dinefwr



in Carmarthenshire



Aa

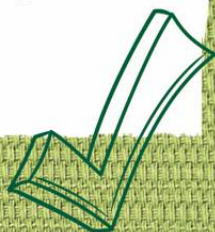
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Education



- Bilingual children tend to succeed well in education
- Bilingual people find it easier to learn additional languages
- Children in Welsh medium education do just as well, if not better, in English as children in English medium education.



Career

- Speaking two languages gives you another skill for your CV
- Bilingual people earn an average of 11% more in salary
- Employers need bilingual workforces in Wales, because services need to be offered bilingually.



Life

- Speaking two languages widens your horizons
- Being able to speak Welsh gives you access to a major element of Welsh culture, history and identity. This window to more than one culture enriches life
- Speaking Welsh can provide a key to a rich community life
- Being able to speak Welsh gives you a strong sense of identity and belonging
- Bilingualism and multilingualism nurtures empathy towards other cultures and people – which is important in our current climate
- Being able to move from one language to the other with confidence gives the individual self-confidence and pride.



Health

- Research shows that being bilingual delays the onset of Dementia and other symptoms of Alzheimer's.



Who'd have thought?!

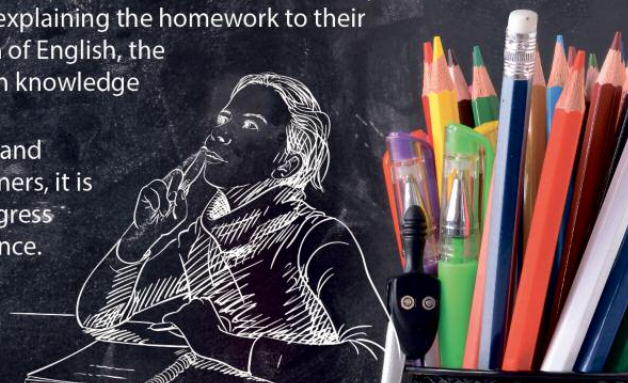
Bilingualism strengthens cognitive abilities – bilingual people tend to be more creative and flexible. They can be more open-minded and they also find it easier to focus on a variety of tasks at once.



'How can I help my child with homework if I don't understand much Welsh myself?'

Welsh schools set homework instruction in Welsh and in English so there will be no problem understanding what your child is being asked to do at home. The schools themselves will be happy to provide educational advice and the parents evening will be in your language of choice. Also, by explaining the homework to their parents through the medium of English, the learner strengthens their own knowledge and understanding.

As young people grow older and develop as independent learners, it is likely that they'll happily progress without extra parental guidance.



If a young person is bilingual at the age of 16 or 18, they will be able to adapt extremely well to further studies through either language in any subject.

For further information go to
www.carmarthenshire.gov.wales/welshlanguage

Get involved in your community

Volunteers wanted:

Have you got a few hours a week to help a family with young children? Home-Start Carmarthen-Llanelli recruit and train volunteers to help families with children aged 0-14 yrs. The volunteers, who have experience of parenting or looking after children, support other parents by visiting them in their own homes for a couple of hours a week.

Visit homestartcarmarthenshire.org.uk

Part time work in Carmarthenshire schools:

Looking for part time work that suits the needs of your family? Schools across Carmarthenshire have vacancies for breakfast supervisors, catering assistants and teaching assistants. Posts are advertised regularly on Carmarthenshire County Council's website with full details of the jobs, skills or experience needed, salary, hours and deadlines. All jobs are term-time only. Visit: Carmarthenshire.gov.wales for current vacancies.

Volunteering opportunities with the Police and Crime Commissioner:

The Police and Crime Commissioner's office has opportunities within its Independent Custody Visiting Scheme. Independent Custody Visitors visit police custody suites across the Dyfed-Powys area. They visit in pairs, unannounced, at any time of the day or night and provide an independent check on the welfare of the detainees in custody, and the conditions in which they are being held.

To find out more about eligibility or for further information please contact Caryl Bond, Engagement Support Officer:

•Call: 01267 226097

•E-mail: caryl.bond.opcc@dyfed-powys.pnn.police.uk

•Visit the Commissioner's website at

www.dyfedpowys-pcc.org.uk/en/work-with-me/volunteer/

Vacancies in residential care homes across Carmarthenshire



EICH CYNGOR **arleinamdani**
www.sirgar.llyw.cymru
YOUR COUNCIL **doitonline**
www.carmarthenshire.gov.wales

Casual Care Worker (Days and Nights)

Casual Work as and when required

£15,613* (Grade C) Fixed Point *Pro-rata

We now have the following casual vacancies in residential care homes and day services throughout the county:

Casual Care Worker (Days)

Casual Care Worker (Nights)

Carmarthenshire County Council is seeking to recruit a number of casual staff to cover for absences, to be available on an ad-hoc basis and sometimes at short notice.

A basic knowledge of Welsh is required. Support can be provided on appointment to reach this level.

For further information or an informal discussion on the above posts please contact:-

Sharon Dyer – Awel Tywi – 01558 822556

Jason Gregory – Dolyfelin – 01994 230039

Sandra Jones – Maesllewelyn – 01239 711990

Heike Clarke – Y Bwthyn – 01554 758911

Jayne Gingell – Y Plas – 01554 751359

Glenda Williams – Caemaen – 01554 771835

Lyndsay Smith – Llys y Bryn – 01554 758132

Bernadette Thomas – Cwmamman Day Centre – 01269 826059

Liz Williams – Cartref Cynnes Day Centre – 01267 230124

A Disclosure and Barring Service check will be requested for this post.

Job profiles and application forms are available at www.carmarthenshire.gov.wales

Shopmobility director needed

Carmarthen Caerfyrddin is looking for Volunteer Directors to assist in running the organisation.

CSC was established as a limited company/charity in 2011. Its aim is to provide a service to disabled and those with mobility impairment who visit the town of Carmarthen.

The organisation provides a comprehensive selection of mobility vehicles allowing individuals the freedom to shop and enjoy the

amenities of the town.

CSC is funded by hire charges, donations from individuals and organisations and by grants from Carmarthenshire council with whom we work in partnership and without whose financial assistance we would not function as effectively. The post of Volunteer Director would involve attending monthly meetings and occasionally assisting with the running the unit to cover for holidays and other periods of

absence of the two part-time staff.

Ideally, candidates should have a good working knowledge of finance and administrative matters and be committed to charitable work particularly assisting disabled people.



For further details call
07972184153

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