



CARMSNEWS

Public Services Board providing you with news and information from Carmarthenshire



Have your say on the council budget – take part in our consultation. See page 8

People urged to be winter wise



People are being urged to be Winter Wise by booking their flu jab early, visiting their local pharmacist for minor ailments, and making sure friends, family and neighbours are being well looked-after.

With winter fast approaching, doctors, nurses and other healthcare professionals are once again urging residents to think local and use community healthcare services if they are ill or need non-urgent treatment. With demand on hospitals rising it is crucial that only those most in need of specialist or emergency care attend their local A&E. Residents can play their part and help to ease the pressure on hardworking clinical staff by Choosing Well and making sure they use the right healthcare options for their needs.

The Hywel Dda University Health Board has worked with the Welsh Ambulance Services NHS Trust, local authorities and the third sector to prepare for the busy period ahead with a winter plan. This is available on the health board's website and sets out how the organisation is preparing to run services as smoothly as possible to ensure

patients' needs continue to be met 24 hours a day. This year the health board is signposting people towards community pharmacies, which can see and treat people with minor ailments and avoid them having to go to their GP or A&E department.

The Common Ailments Service covers 26 conditions whereby a pharmacist can assess and provide medication at no charge, if suitable, without the need for a prescription. The service allows patients to seek advice or treatment from a participating community pharmacy, rather than their GP, for a defined list of ailments.

Patients are also being urged to use the health board's Triage and Treat service in participating community pharmacies if they have a low-level injury or illness, in a bid to free up pressure on busy A&E departments this winter.

Health professionals are urging all those eligible to have their flu vaccine as soon as possible, and infection prevention specialists are reminding people not to visit patients in hospitals and care homes if they have been feeling unwell.



For more information visit
www.hywelddahb.wales.nhs.uk/winterwise

World-class student



A chef-de-rang from Carmarthenshire representing Coleg Sir Gâr, has won a medal of excellence for her world-class skills in restaurant services at WorldSkills, Abu Dhabi.

Elizabeth Forkuoh, a hospitality, supervision and leadership student at Coleg Sir Gâr and former pupil of Coedcae Comprehensive School, represented the college within Team UK at the largest international skills Olympics.

Team UK retained their top 10 position at WorldSkills this year rivalling 45 nations. The journey towards Team UK selection has been a life-changing experience for Elizabeth and also for Alfie Hopkin who represented the college competing in the web design competition.

Elizabeth steadily rose through the competition ranks whilst at college and made such significant headway in UKSkills competitions, she received employment offers from some of the top restaurants in the country. As a result, she now works for Gleneagles in Scotland, one of the best restaurants in the UK for customer care and food service. She also underwent professional training at The Ritz, completed a wine appreciation course in London and attended a training event in Taiwan. She also won a British Education award when she was at college and working part-time at the Stradey Park Hotel.

Alfie Hopkin, a former Ysgol Glan y Mor student, is studying a computing and IT level three diploma at Coleg Sir Gâr. Throughout his competition journey, Alfie received significant training from the college and UKSkills to prepare him for the Abu Dhabi event including design training at James Good, JavaScript and Client-side training in Norway and pressure testing in Brazil.

Elizabeth and Alfie were two out of four competitors representing Wales within Team UK.

Backing Team UK and the Welsh contingency is Coleg Sir Gâr and Coleg Ceredigion principal Barry Liles who in his role as Skills Champion for Wales and in partnership with the Welsh Government-funded Inspiring Skills Excellence project, ensures the Welsh contingency is supported throughout their competition journey.

Call 01554 748179 or
admissions@colegsirgar.ac.uk
to develop world-class skills at Coleg Sir Gâr

Carmarthenshire Family Information Service

Looking for Childcare? Family Support Services?

You can call the Family Information Service on **01267 246555**

or visit their website at www.fis.carmarthenshire.gov.uk



Gwasanaeth Gwybodaeth i Deuluoedd
Sir Gaerfyrddin
Family Information Service
Carmarthenshire



News from the Public Services Board



As the Police and Crime Commissioner for Dyfed-Powys, I would like to welcome you to the winter edition of Carms News.

At this time of year, safety is paramount for things such as health and travel. People also need to be aware during the holiday season of home and personal safety.

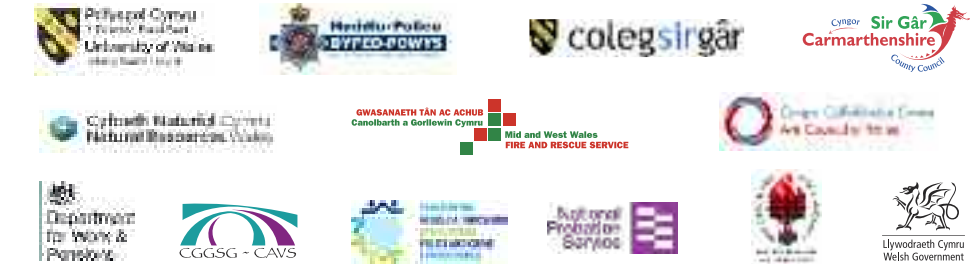
Inside you will find useful articles relating to this along with local news, policing, community events, guidance on community safety, changes to refuse collections and various articles regarding health and education.

We also want to keep you updated of any upcoming events or fayres taking place across Carmarthenshire during the winter period. In 2018, it is the Year of the Sea celebrating Wales' coastline and inviting tourists to come and explore our shores, events and attractions. More information on this is also available in this edition.

We hope you find it interesting and would welcome any feedback on other topics or articles that could be included in our next edition. I would like to take this opportunity to wish you all a very Merry Christmas and a happy New Year.

Thank you

Dafydd Llywelyn
Dyfed Powys Police and Crime Commissioner



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; www.carmarthenshire.gov.wales
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Open your heart and give a child a home

People in Carmarthenshire are being asked to open their hearts and homes for children in need.

It comes as part of a National Adoption campaign and a search to find loving families willing to give a child a home. More than 35 children have been adopted in the county in the last two years, but there are still children waiting with the greatest need for sibling groups.

Amy, from Carmarthen, adopted Lorraine and Elaine when they were three years old. Her natural daughter, Martine, has been so inspired by her mum's experience that she has decided to follow in her footsteps and is in the process of adopting herself.

Amy said: "I've always wanted lots of children. When I heard there were two sisters I was very keen. They are very close and caring towards each other. I wouldn't change a thing although the first few years were very difficult as they had never any ground rules - they were whirlwinds! Go for it and don't be scared if things don't go exactly how you planned, it takes time to build a relationship. I live for my girls, they are my life, all of them."



If you can give a child a home call 01267 246970 or you can email adoptionenquiries@carmarthenshire.gov.uk

Creating opportunities on your doorstep

Are you thinking of higher education? Interested in studying a subject you love close to home?

The University Wales Trinity Saint David and Coleg Sir Gâr offer a huge range of courses across their campuses in Carmarthenshire ranging from Honours degrees, Foundation degrees, Higher Education Certificates and Higher National Diplomas and Certificates.

In creating the new UWTSD Group, with Coleg Sir Gâr and Coleg Ceredigion and Coleg Sir Gâr as full partners, learners are provided with the very best university opportunities, without needing to leave South West Wales. As well as learning more about their subjects, students have the opportunity to gain the skills that employers seek whilst having a great student experience within friendly campus communities.

A short guide has been prepared by the University of Wales Trinity Saint David and Coleg Sir Gâr on how to find your way through the application process:

- Choosing the right course to study is very important. See information on degree courses in Carmarthenshire at both UWTSD and Coleg Sir Gâr.
- Location is important, students should research the city or town they're interested in and check out the accommodation on offer. The UWTSD group offers courses throughout South West Wales including courses at its partner college, Coleg Sir Gâr.

Book appointments online



Appointments for customer service centres in Carmarthenshire can now be made online.

With a click of the mouse, people can book a time, date and place to suit themselves.

The new online booking service follows the introduction of an appointments system at the CSCs, aimed at giving customers more choice and flexibility, plus avoiding queues. The system also provides people with a list of documentation required so that a second visit would not usually be necessary.

Appointments can still be made over the phone or by person at the CSCs, and people can still drop in without an appointment for things like collecting

blue bags, concessionary travel passes, recycling bins, advice or information.

Customer services executive board member Cllr David Jenkins said: "The appointments system has been trialled over the past 12 months, and customer feedback has been very positive. We are taking it a step further with the launch of the online system so that people can book appointments themselves at the day and time that suits them best.

"It should eliminate waiting time, making the service more efficient and a better experience for our customers. However, it is important to stress that people will always be welcome to pop in at any time and staff will be happy to help, or to make an appointment for them."

To book an appointment visit www.carmarthenshire.gov.wales



Look for signs of modern slavery

Modern slavery is a crime which is often hidden in plain sight.

Dyfed Powys Police want to make Carmarthenshire hostile to slavery and to provide the best possible support for survivors. Due to the hidden nature of slavery and their reluctance or inability to seek help, many people may not realise they've come into contact with a victim. This is why it's important that everyone knows some of the signs to look out for. Being aware of slavery will help us to rescue more survivors and bring their perpetrators to justice.

For further details visit www.wales.gsi.gov.uk/anti-slavery



Mental health project award

Hywel Dda University Health Board is celebrating after winning an NHS Wales Award.

A project on "Working Hand in Hand to Transform Mental Health" - won the Citizens At The Centre Of Service Re-Design And Delivery award, supported by Wales Council for Voluntary Action. Hywel Dda Chief Executive Steve Moore said: "This prestigious award recognises the commitment, forward-thinking and collaborative approach shown by staff, service users, partners and the public in improving mental health services for the future." The NHS Wales Awards are organised by 1000 Lives Improvement, a national service delivered by Public Health Wales.



X Factor finalist Lloyd Macey who graduated from UWTSD

- The application deadline is January 15, 2018 so by December, students should make sure they have finalised their choices and that their personal statement is in order.
- Between January and March offers from universities should start to come in, but if students haven't heard back yet, there's no need to panic - universities have until May to respond.

For courses at UWTSD call 01267 676767 or email admissions@uwtsd.ac.uk or for degree courses at Coleg Sir Gâr, call 01554 748179 or email Admissions@colegsirgar.ac.uk. The UCAS application deadline is January, 15 2018. You can also visit www.uwtsd.ac.uk and www.colegSirgar.ac.uk

Your Community

Tuck into tasty winter menu



Children across Carmarthenshire are tucking into tasty meals following the launch of the new Winter menu.

It's full of home cooked dishes including spaghetti bolognese, chicken wraps, pasta bakes, pizzas, roast turkey, and cawl.

Each day there is a vegetarian choice, plus a selection of vegetables. Roast dinners are served

every Wednesday and traditional fish and chips every Friday. Desserts include sponge and custard, yoghurt, fruit and jelly, homemade shortcake biscuits or fresh fruit.

The menu, designed by Carmarthenshire County Council's catering service, is nutritionally analysed to offer the perfect balance of healthy meals with taste and goodness, plus reduced fat and salt.

For more information visit www.carmarthenshire.gov.wales

Dyfed Powys Police's force day of action

Police officers, PCSOs, special constables and partners put #TotalFocus on tackling the crimes that impact on vulnerable people within communities on the force day of action.

They also offered tailored support for victims and witnesses of crime. Police executed arrest and search warrants, undertook spot checks on identified individuals, properties and businesses and provided practical and emotional support to victims and witnesses of crime.

Chief Constable Mark Collins said: "There was an increased police presence in Carmarthenshire and throughout the Dyfed-Powys area during our second Force Day of Action as we work to ensure

we continue to police the safest towns and villages across England and Wales.

"Proactive policing sought out those who are known to be offending and targeting the more vulnerable people in our communities.

"There was also a strong focus on caring for victims and witnesses of crime, as being a victim or witness of crime can be a terribly traumatic experience."

Officers and staff provided victims and witnesses of crime with details of a victim and witness service called Goleudy, which is funded by the Police and Crime Commissioner Dafydd Llywelyn. Goleudy had Victim Service officers available throughout the day to offer practical and emotional support via the hotline 0300 123 2996.

For more information visit www.goleudyvictimandwitnessservice.org.uk

University ranked in UK Top 20

The University of Wales Trinity Saint David's continued success and improvement was reflected once again in the latest University League table published recently by The Times and The Sunday Times Good University Guide 2018.

This latest League Table shows that the University is now ranked 16th overall in the UK for 'Teaching Quality' and third in Wales. UWTSD has also performed strongly for 'Teaching Quality' and 'Student Satisfaction' in a number of academic subjects. Key findings from The Times and The Sunday Times Good University Guide 2018 include UWTSD ranking:

- 4th in the UK & 1st in Wales for 'Teaching Quality' in Business Studies
- 4th in the UK & 1st in Wales for 'Teaching Quality' in Classics & Ancient History
- 1st in Wales for 'Teaching Quality' in History
- 9th in the UK and 1st in Wales for 'Teaching Quality' in Computer Science
- 1st in Wales for 'Teaching Quality' in Mechanical Engineering
- 8th in the UK & 1st in Wales for 'Student Experience' in Business Studies
- 1st in Wales for 'Student Experience' in Mechanical Engineering

For further information about the university, go to www.uwtسد.ac.uk

Lecturers practice what they teach



This autumn, two of the University Wales Trinity Saint David's Performing Arts lecturers swapped the lecture room for the theatre as they both worked on two critically acclaimed productions.

Stacey-Jo Atkinson, Programme Director of the Theatre Design and Production degree course worked as the production designer on Fio's recent tour of The Mountaintop, while Dave Ainsworth, Programme Director of the BA Acting course starred in the Torch Theatre's anniversary production of One Flew Over the Cuckoo's Nest.

Stacey-Jo and Dave's experience of working in the theatre industry allows them to teach what's current and relevant to the students ensuring that all graduates are industry ready. "I'm a strong believer that if you're teaching it, you're involved in it," says Stacey-Jo. "I feel passionately that by continuing with my professional practice, I'm able to give students the benefit of my recent experiences and ensure that their learning is relevant and very much industry-focussed." Dave added, "It's fantastic to be able to share my experiences of working on a variety of productions."

For details about Performing Arts courses offered at UWTSD, visit www.uwtسد.ac.uk/performing-arts

Park for just £1 this Christmas

Christmas shoppers can park for just £1 in Llanelli's multi-storey car park on Saturdays.

Ymlaen Llanelli, the town's Business Improvement District (BID), is behind the initiative which aims to attract more people into the town centre during the festive season. The offer will run every Saturday until December 23, and applies to the 400-space car park in Murray Street.

The BID is also organising a number of events, including the return of the Cairngorn Reindeer parade on December 2.



End loneliness

The Campaign to End Loneliness has revealed that nine in 10 people in Carmarthenshire believe loneliness in older age is more likely than ever.

Almost two-thirds also said that admitting to loneliness was difficult. Claire O'Shea, Campaign Manager for the Campaign to End Loneliness, said: "We will be assessing loneliness in Pembrokeshire and Carmarthenshire, and working to find solutions with the local communities. We want to break down that stigma - a stigma that means 80% of older people fear admitting to being lonely. And, with the majority of our communities wanting to address the loneliness epidemic, we know that we can do this."

For more information visit www.campaigntoendloneliness.org.uk

News in Brief

Discover the history and archaeology of Carmarthenshire



You can discover Carmarthenshire's history and archaeology.

The Carmarthenshire's Antiquarian Society has a varied and stimulating programme of lectures and visits to historic sites around Carmarthenshire and beyond.

For further details visit the website www.carmants.org.uk

Ceremony to mark milestone



The construction of Yr Egin - the University of Wales Trinity Saint David's new digital and media centre - reached a milestone this autumn with a 'topping out' ceremony held on the site in Carmarthen.

The practice of 'topping out' is a tradition in the construction industry and celebrates a significant point in the construction phase when the building reaches its highest point.

"This ceremony was an important milestone for the project," said Professor Medwin Hughes DL, UWTSd's Vice Chancellor.

"The building has reached its highest point and clearly indicates the realisation of the University's exciting and bold vision to develop a creative and digital cluster that will greatly benefit the county, the region and the creative industries across Wales."

For further details about the Yr Egin project, email yregin@uwtsd.ac.uk

Commissioner's community funding

To further support the delivery of the Police and Crime Plan, Commissioner Dafydd Llywelyn has set out how services will be commissioned for the communities of Dyfed Powys.

In May 2017, he made available a funding programme for the community to apply to, which had £75,000 available for projects that support the priorities within the Police & Crime Plan and to supplement activity already underway across the communities of Dyfed-Powys.

The fund was inundated with applications from community groups, charities and organisations across Dyfed Powys. Some 106 applications for funding totalling £460,000 were received! Following consideration of these against set criteria, 11 applications were successful. The geographical split was as follows:

- 5 Carmarthen
- 2 Ceredigion
- 2 Pembrokeshire
- 1 Powys
- 1 All 4 Counties

A total of £49,855 was awarded to a variety of projects that supported initiatives such as tackling online child sexual exploitation and diversionary activities for young people.

Cambridge student praises college



Stephen Hughes, a former Bryngwyn student, studied A-levels at Coleg Sir Gâr and following a set of high-flying A results, he's studying geography at University of Cambridge.

Coleg Sir Gâr was always Stephen's first choice as he was attracted to the positive and supportive environment, respected lecturers and reputation of its A-levels. Stephen, who studied geography, history, government and politics and world development, praised his lecturers who he said pushed him in his academic studies, giving him books and ideas to explore. "Closer to exams, their support with exam technique was invaluable," he said. "It was a richly rewarding experience as I am

now a very capable independent worker which put me in great stead for university life."

As a student on the ACE programme, an initiative to support particularly academic students, Stephen was encouraged in his aspirations to apply for Cambridge. "My geography lecturer guided me through the process," said Stephen. "His past experience of Oxbridge applications meant I learnt all the tricks to writing a good personal statement and how to tackle the critical thinking of entrance exams. Overall, I think Coleg Sir Gâr is a perfect learning environment, it's relaxed but with all the support you could need. I can't thank my lecturers enough for believing in me and putting me in an excellent position for the future."

School admissions – apply online

Parents are being reminded that they need to apply online for their child's school place.

Pupils due to start in secondary school next September need to apply by December 22. There is no automatic transfer, applications must be made by the deadline, and parents will be informed of the outcome on March 1. For children due to start in nursery or primary school the deadline for applications is January 31 2018.

If a child was born between September 1 2014 and August 31 2015, they could start full time school in September 2018, or January/April 2019.

Children who were born between September 1 2015 and August 31 2016, could start school part time in January, April or September 2019.

Parents will be informed of the outcome of the primary application on April 16, and nursery applications in October.

**Applications can be made at www.carmarthenshire.gov.wales/schooladmissions
People without internet access can contact their local school which will be happy to assist, or they can visit their local library to use the computers available there.**

Kier appoints UWTSd student to work on Yr Egin project

Kier Group plc, the main contractors managing the construction of Yr Egin has appointed a student from the University Wales Trinity Saint David to work with the company on the ambitious project.

Welsh-medium, Religious Education student Meleri Haf Owen had been on placement with Kier over the summer but has since been taken on as an administrator for the duration of the project to work with the construction company whilst also completing her studies.

Yr Egin, UWTSd's new digital and media centre in Carmarthen, is a transformational development that will be home to S4C's main headquarters as well as a number of companies and organisations working with the creative and digital industries.

"It's great to work on such an exciting project as Yr Egin," says 20-year-old Meleri from Foelgastell.

"During my work with Kier, I've gained many new administrative skills and learnt more about the construction industry. I'm really pleased to have been given this opportunity whilst also completing my degree at UWTSd."

If you want to ACE your A-levels contact Coleg Sir Gâr's admissions team on 01554 748179.

For details about work experience and community engagement opportunities offered by Kier, email Amanda.Swoboda@kier.co.uk

Learning Carmarthenshire

Welsh in the Workplace advice

A Welsh in the Workplace evening, which provided free advice to local businesses and prospective employees, was held at Yr Atom in Carmarthen.

During the event, three prominent local business people took part in a panel discussion on the use of bilingualism in their businesses. The panel, chaired by Radio Cymru presenter Marc Griffiths, included Janet Collins of LHP, Eurig Lewis from Jackie

James and Justin Thomas from Aramar. Angharad Harding, Manager at Yr Atom said: "The aim of this event was to demonstrate the importance of the Welsh Language in the workplace and show that being able to use Welsh and English fluently is a huge advantage for your business. Many employers value Welsh Language Skills because they can help create a better relationship between a company and its customers."



For further details about Yr Atom visit www.yratom.cymru

Information on school emergency closures

Information on emergency school closures is available on Carmarthenshire County Council's website.

Whatever the reason for the school disruption such as fire, flood, heavy snow, or construction work, up to date information will be provided for all registered schools within the county. Schools provide the information directly and the web page is updated every 30 seconds so that all details are current. With winter approaching schools could experience emergency closures due to adverse weather conditions.

Information on planned closures, such as inset days and schools holidays, is also available.

Visit www.carmarthenshire.gov.wales and go to education.

Your business could benefit from an apprentice

Welsh Government has introduced an employer incentive for businesses recruiting new apprentices but there are already many benefits to taking on an apprentice.

Apprentices can bring new skills and enthusiasm to an organisation and companies can offer existing or new staff with accredited, free training.

Coleg Sir Gâr offers a significant range of apprenticeship programmes which have been developed for business, by businesses, covering a vast range of sectors and industries.

For an informal chat and to find out more, call 01554 748179 or admissions@colegsirgar.ac.uk



Outstanding teacher award

Coleg Sir Gâr lecturer Charlie Hammond has been nominated for a Gold Plato Pearson's Teaching Award following his silver award presented earlier this year for exceptional contribution to the teaching profession.

Attending the UK grand finale of the Pearson Teaching Awards in London and nominated by pupils, parents and colleagues, outdoor adventure lecturer Charlie Hammond's exceptional contribution won him the award in the category of Outstanding Use of Technology in Education, supported by Google.

He took part in a ceremony hosted by BBC Breakfast and Countryfile presenters and broadcast on BBC2, celebrating Britain's 'classroom heroes' where 11 Gold Plato awards were presented.

Charlie Hammond began using emerging learning platforms to improve communication between himself and his students. He developed this with the aim of reducing paper by combining various types of VLEs. By the time Google Classroom was launched he saw that many of the tools he needed could be combined in one place. He grew his strategy and influenced his colleagues to try new techniques and maximise their digital skills.

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."

For more information about courses at Coleg Sir Gâr please contact 01554 748179 or admissions@colegsirgar.ac.uk

New £6.8m school opens its doors in Trimsaran



Children in Trimsaran have moved into their new home with the completion of the £6.8million school.

Building work was completed in time for the school to move in for the beginning of the autumn term. The school, which caters for 210 children with 30 nursery places, is a brand new state of the art building. The second phase of the work involves demolishing the old school building and landscaping the area. Following that, the school will hold its official opening.

Ysgol Trimsaran was founded in 1875, and since then has had various buildings, including one made from war surplus aluminium. The old junior school was built in 1968, and the infants in 1975. Since then, the buildings have deteriorated and become overcrowded.

The new school was built through Carmarthenshire County Council's Modernising Education Programme, with funding through the Welsh Government's 21st Century Schools

initiative. To date, around £250million has been invested in schools throughout Carmarthenshire, with several new ones being built and others being extended and refurbished.

A £4million investment is currently being made in Ysgol Pontyberem through the MEP to remodel and refurbish the school. Along with internally remodelling the building to better utilise the space, it will provide improvements to the car park and landscaping.

Internal works include a complete reconfiguration of the building with new floors and ceilings, installation of a lift platform for wheelchair users, updating electrical equipment and a new ventilation system.

In addition the building will undergo a full decorating programme, and will provide specialist rooms for additional learning needs, design and technology and art, as well as new toilet provision. When completed, the project will provide the school with 270 primary school places.

For more information on the MEP visit www.carmarthenshire.gov.wales

Be safe & be seen in winter



Be safe and be seen this winter, is the message from Carmarthenshire County Council's road safety team.

As the evenings become dark earlier and it becomes more difficult for drivers to see pedestrians, children are being encouraged to wear bright or fluorescent clothing by day and reflective by night.

Reflective materials reflect the light from car headlights and at night-time can be seen up to three times as far away as non-reflective materials. However, reflective materials are not as effective during daylight.

Advice for parents:

- make sure your child can be easily seen, especially at night, on dark days and in bad weather;
- explain to your child why they should always wear something bright;
- bright or fluorescent clothes show up best by day, especially in dull or misty weather;
- in the dark, reflective material is best and shows up in car headlights. Remember, fluorescent clothing doesn't work after dark;
- it is an offence to cycle at night without a white front light, a red back light and a red reflector at the back, so make sure that your child's bike is properly equipped and working.

For more information visit our road safety pages at www.carmarthenshire.gov.wales

Keeping our communities safe



Stay safe on our roads



Carmarthenshire County Council's Road Safety Unit offer courses to help keep people safe on our roads.

Dragon Rider Cymru is a motorcycle training course which enhances driving skills. Biker Down

Cymru teaches people how to manage the scene of a motorcycle collision, including basic first aid, helmet removal and being seen.

Older Driver Refresher Course aims to keep motorists driving safer for longer, and Pass Plus Cymru is a course for new drivers aged 17-24.

For more information visit: www.carmarthenshire.gov.wales/roadsafety

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@Carmarthenshireroadsafety

Driving Wales to international skills success

As Skills Champion for Wales, Coleg Sir Gâr and Coleg Ceredigion principal Barry Liles is at the forefront of aspiring young people to develop high quality, world-class skills.

Skills competitions are used to drive this ambition, which are held on a Welsh, UK and international level. This year, 36 competitors from the UK are competing at WorldSkills Abu Dhabi, four of which are from Wales, two of which represent Coleg Sir Gâr, which is an impressive percentage of UK representation. Coleg Sir Gâr students have been selected for Team UK since 2009 when carpentry student Cliff Williams made the team competing in WorldSkills Calgary. He was followed by web designer David Bowen who competed for in WorldSkills London, 2011. Carpenter Gareth Jones won gold in EuroSkills in 2012 followed by Simon McCall and Eleni Constantinou who won two silvers at EuroSkills in 2014 for hairdressing and carpentry with Eleni progressing to represent the UK and Coleg Sir Gâr in hairdressing at WorldSkills, Sao Paulo in 2015. Coleg Sir Gâr computing lecturer Mike David is also a training manager with WorldSkills and has been selected as an expert judge at WorldSkills San Paulo and EuroSkills, Gothenburg. Develop skills of international levels at Coleg Sir Gâr on 01554 748179.

Dedicated victim support service

A service dedicated to helping witnesses and victims of crime is looking for volunteers.

Goleudy is a service commissioned by the Police and Crime Commissioner that provides anyone affected by crime, regardless of if they've reported it to the police, with the support they need to recover from their experience.

It relies on volunteers to provide a tailored support plan to witnesses and victims and the service is crying out for more help. In particular Goleudy is looking for Community Victim Support Volunteers, who are required to give confidential listening support and practical help to victims and witnesses of crime.

Goleudy manager Nichola Rance said: "Our service relies quite heavily on support from volunteers and our numbers are currently very low. This means witnesses and victims of crime may not be getting the help they would like.

If we were able to boost our volunteers' numbers significantly we would be able to get people on the road to recovery much faster.

The role of Community Victim Support Volunteers is a rewarding and interesting opportunity for someone who likes the idea of helping vulnerable people get through a difficult time."

The role entails contacting people who have been

We Care award



Assistant Chief Constable Pam Kelly and last year's winner Graham Jennings accepting his award

Dyfed-Powys Police is celebrating the work of officers and staff with the #WeCare award – and your help is needed.

We're encouraging people to nominate individuals who have gone above and beyond to provide exceptional care and support.

This could range from a PC who has kept a victim updated on the progress of an investigation, or a chaplain who has supported a family during tragic times, to a schools officer who has helped youngsters deal with difficult issues.

The award also extends to members of staff who have proved to be invaluable to communities and groups too.

Chief Constable Mark Collins said: "We had a great response last year, and we'd like to hear from anyone who has had a positive experience with a member of the Dyfed-Powys Police family, no matter how brief their contact with the force might have been.

Keep an eye on our website and our Facebook and Twitter accounts for further information.

Make Hate History – report it



People are being urged to 'Make Hate History'; to report hate crime as 'Reporting works'.

Dyfed Powys Police Chief Inspector Rhiannon Ivens said: "Hate crimes and incidents have a significant impact on victims and can cause serious distress, confusion and fear. We have to unite to stop this – together."

Police and Crime Commissioner Dafydd Llywelyn said: "Hate crime affects all communities and if not tackled can lead to the isolation and victimisation of individuals and vulnerable groups along with the polarisation of communities. I would like to see everyone challenging the underlying attitudes and behaviours in society that lead to hate crime being committed."

Report hate crime to Neighbourhood Policing teams or via the 101 non-emergency number or 999 during an emergency or online at www.report-it.org.uk



victims of crime, either on the phone, or at the victim's home, communicating a way appropriate to the person being supported, clearly explain the support Goleudy can offer to empower victims to

overcome the emotional, psychological and practical effects of crime.

For more information visit www.goleudyvictimandwitnessservice.org.uk.

To find out more about volunteering for Goleudy email volunteers@dyfed-powys.pnn.police.uk or call 01267 226463.

Keeping our communities safe



Stop thieves ruining Christmas this year

'Don't give thieves an early Christmas present.' That is the message from Carmarthenshire Fair and Safe Communities group when shoppers buy and wrap presents for December 25.

People are encouraged to keep in mind a few simple tips to avoid becoming a victim of crime this Christmas.

Christmas trees should be out of sight and away from street frontage windows if at all possible and presents not left on display. Store presents securely and out of sight until the last possible moment. Electronic and other valuable gifts should be property marked and, if people are going away for the festive season, they should let their neighbours know.

Timer switches and lights should be used when out celebrating to give the impression that somebody is home and also remember to close curtains. While out Christmas shopping, don't leave anything in unattended vehicles if possible and keep shopping with you until you return to your car.

But if that is not possible, always lock items securely in the boot and park in a busy, well-lit area. Never leave items on show on seats or in the foot wells of vehicles as this is an open invitation to thieves. Never leave wrapped Christmas presents in an unattended vehicle.

Once Christmas is over, if possible take any boxes from valuable gifts to your nearest household



waste site rather than leaving them outside for roadside bin collection so as not to advertise new purchases to potential thieves.

If you are going away over Christmas and the New Year why not loan security gadgets from your local police station to put off burglars?

Holiday Watch is a pioneering holiday security equipment loan scheme established by Dyfed-Powys Police's Neighbourhood Development Team with the support of the Carmarthenshire Fair and Safe Communities group.



For more information contact your local Neighbourhood Policing team on 101.

Force-wide review of CCTV

Dyfed Powys Police and Crime Commissioner Dafydd Llywelyn is standing by his election pledge to reinstate CCTV.

He said: "The benefits of having CCTV in place are considerable not only in terms of detection of crime but also prevention. Monitoring of cameras provides an enhanced sense of security to our communities in particular our more vulnerable groups and also to local businesses. I have committed to reinvest £2million in a four year project to reintroduce CCTV to 14 towns across the four counties. Dyfed-Powys Police is taking the work forward in consultation with local authorities and is following guidance set out in the Surveillance Commissioner's code of practice.

"I believe it's very important that the £2m investment achieves the best result possible. To get it right means we are rolling the project out county by county, starting with Carmarthenshire. We will review and learn as we go, so that the time and money spent over next four years serves our counties long beyond the end of the project duration.

Towns identified for reinvestment in CCTV are Llanelli, Carmarthen, Ammanford, Haverfordwest, Tenby, Saundersfoot, Milford, Pembroke dock, Pembroke, Fishguard, Aberystwyth, Cardigan, Welshpool, Newtown, Llandrindod, Builth, Brecon. They have been selected according to where people flock in numbers, and consequently where demand is greatest.

Victims' forum launched

A victims engagement forum has been launched to help people across Dyfed Powys.

Police and Crime Commissioner Dafydd Llywelyn has welcomed the move. He said: "I and my colleagues in criminal justice organisations are committed to ensuring victims are at the heart of the criminal justice system. We want to listen carefully to the voices of victims when shaping our services.

"I understand that the prospect of embarking on various stages of the criminal justice process is

daunting for victims. Engaging with victims through a variety of channels is key, and will help break down barriers that they face. Criminal Justice organisations locally will learn from poor experience and celebrate areas of strength. Our aim is to empower victims to feel more in control, and actively seek their help in supporting us to continually improve."

There will be opportunities to meet with the Forum co-ordinator and other victims. Confidentiality will be at the heart of all interaction as will the intention to utilise views and opinions to improve services.

For more information contact:

Caryl.bond.opcc@dyfed-powys.pnn.police.uk or phone 01267 226440.

Winter road safety



Motorists across Carmarthenshire are being urged to stay safe on the roads this winter.

The council's road safety team has put together tips to help people as the dark nights and winter weather affects driving conditions.

- Prepare your car – Lights should be clean and working and the battery fully charged. Windscreen, wiper blades and other windows should be clean and the washer bottle filled with screen wash. Tyre conditions should be good including tread depth and pressure. Brakes must be working well. Fluids should be kept topped up, especially windscreen wash, anti-freeze and oil

- Is your journey essential?
- Ensure you have plenty of fuel in your car, warm clothes and a shovel in the boot
- Clear windows and mirrors before setting off
- Keep a scraper and a can of de-icer in your car
- Take a mobile phone with you
- Check weather forecasts
- Inform people of your travel plans
- Take it slow - On snow and icy roads stopping distances can be over 10 times that of normal dry conditions.

For further information on our courses and latest road safety campaigns:

Like us on Facebook @CarmarthenshireRoadSafety

Follow us on Twitter @CarmsRoadSafety and Instagram

@CarmarthenshireRoadSafety

Useful Information

Balancing the books

People in Carmarthenshire are being urged to have their say in decisions which affect their future.

Consultation on the county council's budget is starting with a number of proposals for changes being put forward for discussion.

They include suggestions from a range of areas including social care, leisure, culture, highways and transport, and education.

The council needs to save £9.5million for the next financial year – 2018-19 – and a total of £31million over the next three years.

All views gathered from the consultation, which runs from now until January 8, will be included in the budget report which will go before County Councillors for decision in February.

In the meantime, extensive consultation is taking place with seminars for county councillors, town and community councils, a public forum, scrutiny committees, schools budget forum and trade unions meetings. An Insight day was also held to consult with young people, including Carmarthenshire Youth Council, Coleg Sir Gar

students, and pupils from schools across the county.

The Executive Board approved the Budget Strategy and the start of the consultation at its last meeting. The survey is available online at i-Local, and hard copies are available at Customer Service Centres, libraries and leisure centres.

The proposals include both managerial and policy efficiency savings. Managerial savings are efficiencies that result in no perceivable change to the overall level of service delivery but may in some instances affect quality of service provided, whereas policy savings are service rationalisation proposals that will directly affect service delivery.

Resources Executive Board member Cllr David Jenkins said: "It is vital that we gather as many views as we can on these budget proposals before councillors take the final decision. Our aim is to continue delivering essential services and continue investment in our communities within the limited resources available to us. Some tough decisions will have to be taken so it is essential that we understand the priorities of people living in Carmarthenshire."

For more information visit i-local, www.carmarthenshire.gov.wales

Join our Pegasus scheme

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

It is a service designed to make it easier for people who live or work in the force area to communicate with police quickly and easily on both the 101 and 999 numbers.

Registering for the scheme is free. Once a person is registered and their selected password is approved the individual is a member of the scheme.

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

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

For more information about the Pegasus Scheme ask your local Neighbourhood Policing Team, visit www.dyfed-powys.police.uk/en/advice/the-pegasus-scheme/ or call 101.

Homes to rent

Looking for a home? Carmarthenshire County Council works with five housing associations to provide affordable houses to rent.

By applying once, you will be considered by all partners and you don't need to apply to each housing association separately.

We have an assessment process to sort applicants into priority for rehousing. This is based on the urgency of your circumstances and the type of house you need. Our allocations policy, published on our website, explains this fully.

We also have properties that we have been unable to allocate and let through the housing register, which are immediately available. You can search for these properties on our website by area, type of home, number of bedrooms or for sheltered housing accommodation.

You can call us for more information between Monday to Friday 8.45 to 5pm (4.30pm on Friday) on 01554 899389 or visit our housing pages at www.carmarthenshire.gov.wales

Future workforce

Glangwili Hospital's recruitment open day led to over 50 people being interviewed.

The event was attended by nearly 200 people and provided an opportunity for interested healthcare professionals to talk to staff about the varied roles on offer. The event also provided information about career opportunities, training and development programmes, flexible working and job sharing, plus other unique benefits available to staff. There were also presentations from different healthcare services and short tours of the hospital. Feedback was that the event was "very well organised", "really positive", "friendly and welcoming", "informative" and that the hospital was "...like a family".

The event was 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 care services, as well as within community and primary care.

For further information about recruitment opportunities please contact Sally Owen/Tina Coleman via RecruitmentCampaigns.hdd@wales.nhs.uk.

PSB draft well-being plan developed

A draft Carmarthenshire well-being plan has been developed following extensive consultation with the public.

A well-being assessment was conducted, along with engagement events held across the county. Using the findings of those engagement activities, the draft plan was produced by the Public Services Board.

The role of the board, which brings together a number of different organisations providing services to the public in Carmarthenshire, is to improve the social, economic, environmental and cultural well-being in the county. In order to do so the PSB has identified four objectives where by taking collective action they can make a difference

in Carmarthenshire: Healthy Habits; Early Intervention; Strong Connections and Prosperous People and Places.

The Well-being of Future Generations (Wales) Act 2015 places a duty on each Public Services Board (PSB) to develop and publish a county Well-being Plan by May 2018.

The PSB is now inviting views on the draft plan which is out for consultation until January 3, 2018. The board would welcome feedback on the objectives and actions in the draft plan prior to publication of the first Carmarthenshire Well-being Plan in May 2018.

To see the plan or for more information visit www.thecarmarthenshirewewant.wales

colegsirgâr FAQs

- **When are your next open evenings?**
November 27, February 13, July 2, from 5pm to 7.30pm. The events are held on all college campuses and the public should attend the campus where their choice of subject is delivered.
- **Should I study A-levels or a diploma?**
It's always best to seek personal advice but generally, A-levels are exam based and an extended diploma, which is the vocational equivalent, is assignment based.

Both are studied for two years and both are accepted by universities, however the extended diploma focuses on just one study area.

- **Who do I call to find out about what courses I can study or to progress my application?**
Call the admissions team on 01554 748179 or admissions@colegsirgar.ac.uk. You can also contact the college using Facebook, and Twitter.

YOUR COUNCIL do it online
www.carmarthenshire.gov.wales

E-mail direct@carmarthenshire.gov.uk | Text 0789 2345678

Facebook.com/carmarthenshirecc @Carmscouncil | Tel: 01267 234567



Leisure in Carmarthenshire

Crowds enjoy council supported events

Thousands of people have enjoyed festivals and carnivals this year supported by Carmarthenshire County Council's new Events Support Fund.

Almost £20,000 has been committed to events that support the council's tourism, community and economic strategic aims.

One such event - The Big Cwtch Summer Party in Crugybar - sold over 2,800 tickets to visitors travelling from across the UK, boosting the local economy by an estimated £317,000. The self-styled 'Welsh Glastonbury' featured a line-up of up and coming talent from Carmarthenshire and beyond, as well as an array of local artisan craft stalls and workshops to keep adults and children entertained.

Other events supported have included the Llandeilo Festival of the Senses, Llandovery Sheep Festival, Carmarthen River Festival, Ammanford Big Day Out and Llanelli half marathon which have together thought to have contributed an estimated £1,170,000 to the Carmarthenshire economy.

The current funding pot, which runs until March 2018, will be relaunched next April in line with the Visit Wales "Year of The Sea", one of a series of themed years being spearheaded by Visit Wales to promote the country's unique assets as a visitor destination.

Executive board member for culture sport and tourism, Cllr Peter Hughes Griffiths, said: "The events we have supported include quite a varied range and are great examples of how an event can



bring a community together as well as help to make our county a vibrant visitor destination. The economic impact figures of the events prove that there is an excellent return on investment to our

economy through them and we look forward to providing continued support during the Year of The Sea."

The council is inviting expressions of interest from event organisers for next year's "Year of The Sea" funding scheme.

E-mail: marketing@carthenshire.gov.uk for more information.

Event organisers circle success

Event organisers across the county have been brought together in an innovative new scheme to encourage more joint working and idea sharing.

The Carmarthenshire Event Organisers Circle, whose membership currently stands at 170, aims to improve the events programme in Carmarthenshire through a series of initiatives.

To date, two successful seminars have been held, as well as a web portal developed which includes a useful toolkit, information on funding as well as other activities which are currently in development. Further seminars and one to one surgeries are also being planned for the scheme. A second element to the initiative will also look to establish an events forum in three pilot towns, made up of local businesses and community groups to encourage greater community involvement.

Cllr. Peter Hughes Griffiths, Executive Board Member for Culture, Sport & Tourism, said "With an estimated £48 billion value to the UK by 2020 in addition to them being a positive contributor to communities, events are hugely significant."

The Event Organiser Circle Scheme has received funding through the Welsh Government Rural Communities - Rural Development Programme 2014-2020 (RDP), which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

For more information, and to sign up, visit our events pages at www.carmarthenshire.gov.wales

What's on... in Carmarthenshire

- **December 2-24**, Santa's Magical Steam Trains, Gwili Steam Railway
- **December 8-17**, Winter Wonderland, National Botanic Garden of Wales
- **December 10**, Llanelli & Mynydd Mawr Railway - Christmas at Cynheidre
- **December 12**, Tea Dance, Ffwrnes Theatre Llanelli
- **December 15**, Alternative Festive Party Nights, Ceridwen Centre, Drefach Felindre
- **December 16**, Cor Meibion Llanelli Christmas Concert, Ffwrnes Theatre
- **December 16 & 23**, Carmarthen craft and gift fairs, Carmarthen library, King Street
- **Monday, December 18**, Christmas Party Raceday, Ffos Las Racecourse
- **December 19**, Christmas Carol Evening, National Wool Museum, Drefach Felindre
- **December 22**, Community carols in Newton House, Dinefwr Park and Castle, Llandeilo
- **December 26, 2017**, Walrus Dip, Cefn Sidan
- **January 13 & 14, 2018**, Woodcraft weekend, National Botanic Garden
- **February 18, 2018**, Llanelli Half Marathon
- **February 22, 2018**, Scrappy Sheep Club - Dragon Crafts National Wool Museum, Dre-fach Felindre
- **Feb 26 - March 4, 2018**, Welsh Week

**DECEMBER
through to
MARCH**

For more information on these and other events, visit www.discovercarmarthenshire.com

Water babies get in the swim with Actif



Babies from the age of three months old can make a splash at Carmarthenshire leisure centres.

Actif Sir Gar offers extensive 'Learn to Swim' programmes across all four swimming pools, which introduce babies from as young as three months old to the water. Working closely with Swim Wales the development of these programmes form a fundamental starting point to the learn to swim journey.

The Splash programme introduces babies from the age of three months to fun water activities to help them develop their skills with support of an

adult in the water.

The Wave programme is the main one which teaches children the necessary skills they need to swim. After completing the last stage in this programme your child can then decide on which route to follow – swimming with a club, water polo, diving, rookie lifeguard or synchronised swimming.

All Learn to Swim programmes are available across each of the county council's four swimming pools – Carmarthen, Llanelli, and Ammanford Leisure Centres, and Llandovery Swimming Pool.

For more information contact your local leisure centre, email actifsirgar@carmarthenshire.gov.uk or visit www.actifsirgar.co.uk

Sir Gar
carmarthenshire
carmarthenshire.gov.uk

What's on

Things to do

Places

Explore



Healthy Carmarthenshire

New test for serious infections



Intensive care patients in Carmarthen and Llanelli have become the first in Wales to undergo a new laboratory blood test which helps doctors to manage antibiotic treatment in serious bacterial infections and sepsis.

Dr Igor Otahal, Consultant Anaesthetist and project lead, has been collaborating with Dr Peter Havalda, Consultant Anaesthetist and Dr Sian

Hancock, Consultant Clinical Scientist, on Procalcitonin (PCT) testing. The test, trialled at Glangwili and Prince Philip hospitals, is currently only available at a few other locations in the UK. Hywel Dda was the first health board in Wales to offer it to intensive care patients potentially suffering from sepsis, and is currently reviewing a rollout across other Intensive Care Units.

Hywel Dda Medical Director Dr Phil Kloer added:

“Procalcitonin testing is a new and very exciting form of research as it allows us to really study the effectiveness of antibiotic treatments in a way we haven’t been able to before, we are grateful to Dr Otahal, Dr Havalda and Dr Hancock for their collaborative work on this project.

“We are increasingly looking at a future where we need to find new and inventive ways of targeting conditions to get patients back on their feet as soon as possible.”



Need an out of hours GP?



Residents are being encouraged to call 111 instead of the old NHS Direct number if they need to see their GP out of hours.

Anyone who is registered with a Carmarthenshire GP can dial NHS 111 for free to access their Out of Hours service and NHS Direct Wales. The number was launched in May to make it easier for people to get the advice, support or treatment that is right for them.

People calling 111 will firstly speak to a specially-trained call handler who will ask a series of questions. Depending on the urgency of their condition, callers will get a call back from a nurse, doctor or pharmacist advising them what to do.

Joe Teape, Director of Operations and Deputy Chief Executive at Hywel Dda University Health Board, said: “Historically if you needed to see an Out of Hours GP you would have phoned your local surgery. However, since the launch of NHS 111 more patients being directed to the right service for their needs.

That’s why we would like to encourage as many people as possible to dial 111 if you need an Out of Hours GP.”

New college build for performance and sport



An exciting new build is currently underway at Coleg Sir Gar’s Graig campus which will see students on sports and creative industries programmes benefit from new facilities.

The Innovation and Performance building, which is just over 2,050 metres-square, part-funded by Welsh Government and is situated towards the rear of the college’s Llanelli campus, will house a multi-use sports hall with a weights gym and brand new changing facilities as well as a purpose-built and modern performance area.

Ceris Harries, director of estates at Coleg Sir Gar said: “The new build is aimed at sports and creative industries students such as those studying



performing arts, dance and production arts and it’s hoped that the centre will be opened for students by next September.”

New 24-hour advice service

Dewis Sir Gar is a new 24-hour information, advice and assistance service for social care, health and wellbeing in Carmarthenshire.

With just one call people can get the help they need from a team of skilled call handlers who are supported by a team of professionals such as social workers, occupational therapists, district nurses and physiotherapists.

The service, available in Welsh and English, offers assistance on a wide range of issues including mental health, disabilities, safeguarding and wellbeing for all ages

It’s available seven days a week, 365 days a year and can be accessed by anyone needing support and guidance including individuals, their family members, neighbours or friends.



Dewis Sir Gâr
Eich Dewis • Eich Llesiant • Your Choice • Your Well-being

For further information call 0300 333222 or email dewissirgar@carmarthenshire.gov.uk

It takes a minute and saves lives



The annual national campaign to encourage people in eligible groups to have a free flu vaccination and protect themselves from the illness is underway across Wales.

‘Beat Flu’ aims to encourage the people who need it most to get protection each year against flu, a potentially dangerous disease. This includes everyone aged 65 and over, people with certain chronic long term health conditions and pregnant women.

Carers, volunteers providing planned emergency first aid and Community First Responders, are also entitled to the vaccine, which is delivered as a small injection in the arm.

Frontline health and social care workers should have the vaccine as part of their occupational health care, to protect themselves and those they care for. The vaccine programme will be extended this year for children from six months of age with a long term health condition and all children aged between two and eight (age on 31 August 2017).

To find out how you can protect yourself and your family this winter and Beat Flu, please visit: www.beatflu.org

Healthy Carmarthenshire

Caring Carmarthenshire mental health team commended

A Carmarthenshire mental health facility has been recognised for their commitment and support for carers and their families.

Morlais Ward in Carmarthen has achieved the Investors in Carers Bronze Level award; a scheme which is delivered by Hywel Dda University Health Board and supported by its local authority/third Sector partners in Carmarthenshire, Ceredigion and Pembrokeshire. The Investors in Carers initiative is designed to help health facilities such as pharmacies, GP practices and hospitals focus on and improve their carer awareness and enhance the help and support they give carers.

Liz Carroll, Head of Nursing Mental Health and Learning Disabilities at Hywel Dda University Health Board, said: "The team on Morlais ward are to be commended on achieving their Investors in Carers accreditation.

"This is a reflection on the value that the team place on the enormous contribution carers provide for their loved ones not only whilst they are in hospital but at all times.

"The achievement of the Investors in Carers is not a one off piece of work but one that the team are committed to continually improve and build upon."

Lisa Bassett-Gravelle, Morlais Ward and Carmarthen CRHT Manager added: "The team are so pleased to receive the award, this has motivated us to aim for the silver!"



Fitness tip



Squats by Rhian Thomas

Course: Fitness Instructor (L2) at Coleg Sir Gâr

Muscle groups: Lower body (hamstrings, quadriceps and gluteus maximus)

Outcome: Building up size and strength of legs and buttocks

- Start in a standing position with feet shoulder width (or just slightly wider) apart
- Hold arms parallel to the floor in front of your body relax the elbows, shoulders are down
- Bend the knees in a smooth controlled motion
- Push hips backwards as well as getting the buttock to push out
- Make sure your chest keeps elevated and look straight ahead
- Focus on pushing all your weight into your heels
- Beginners can use a chair as a guide as to how low to go
- Advanced participants can squat as low as they feel comfortable to do so without lifting heels off the ground
- Drive back up to the standing position focusing on pushing the weight through your heels

Looking for a challenge?

Why not try a 30-day squat challenge or try starting with three sets and 10 reps



Walking in Carmarthenshire

Nestled in a gorgeous corner of south west Wales is a walkers' paradise just waiting to be discovered. Come walking in Carmarthenshire and you will be stepping into a county of breathtaking beauty with a rural and coastal scene guaranteed to stop you in your tracks.

Getting started

You can walk pretty much anywhere. To the shops, to school, to see friends, to the park – all you need to do is step out of your front door and decide where you'd like to go. Try getting off the bus 1 or 2 stops early and walk the rest of the way, or walk to the next stop instead of waiting for the bus – it's that easy!

Here are some things to think about so you make the most of your walk:

- Make sure you're wearing comfortable clothes and shoes.
- A few thin layers of clothing are better than one thick layer. So you can take off layers as you warm up, or add them if you get cold!
- Unless you're sure it's not going to rain, take a jacket – it's easier than holding an umbrella.
- A hat can keep you warm in winter and protect you from the sun in summer.
- Wear gloves if it's cold – it's difficult to walk briskly with your hands in your pockets.
- Take some water and some food too if you're going on a longer walk.
- A small backpack is more comfortable to walk with, and is better for your back than an ordinary bag.

For further tips to get walking every day visit www.change4lifewales.org.uk



Our Environment

Preserving precious habitats in Wales

A major conservation project to improve some of Wales’ rarest and most important habitats is underway.

Natural Resources Wales’ (NRW) £4 million project will bring new life to Welsh raised bogs - rare habitats created over thousands of years when plants in the bog turn into peat and build up into a raised dome. The project will improve the condition of seven of the most important sites in Wales, including one at Cross Hands.

These have been altered by centuries of peat cutting and drainage. But, in peak condition, they help tackle climate change by storing vast amounts of carbon that would otherwise be released into the atmosphere. The drive to repair them will also improve drainage systems, cut invasive species, remove scrub and introduce light grazing – all in partnership with local communities, landowners and contractors.

Restoration work will also take place at Cors Caron, near Tregaron, Cors Fochno in north Ceredigion and sites near Trawsfynydd, Fishguard, Crosshands, Crickhowell and Builth Wells.

Funding for the four-year project has come from an EU LIFE programme grant and NRW, with support from Welsh Government and the Snowdonia National Park Authority.

Emyr Roberts, Chief Executive of Natural Resources Wales said: “This injection of EU LIFE funding means we can improve their condition so that Welsh raised bogs continue to create new peat



and lock in more carbon. The benefits of the work will continue long after the project and have a positive impact for generations to come.”

To find out more about conservation work visit www.naturalresources.wales

Sustainable Brands 17 conference

The University Wales Trinity Saint David’s Dr Jane Davidson recently addressed the Sustainable Brands 17 conference in Copenhagen where she joined over 100 global thought leaders and cutting-edge practitioners of environmental and social innovation.

During the event, Jane Davidson, UWTSD’s Pro-Vice Chancellor for External Engagement and Sustainability delivered a presentation Doing Business with a Sustainable Country.

“My session at SB 17 looked at how a country can actually become sustainable,” said Jane.

“Wales is the first country in the world which has legislated to put sustainable development at the heart of everything that the government and public services in Wales does. The good life is a really important concept. It’s about the way humans behave in the context of our planet, but also the way in which governments and public organisations do well for the people they serve.

If you combine those elements you can create a more sustainable future where you can see growth in new types of industry and services which will leave the world in a better state for future generations. The sustainable brands initiative has a huge opportunity to influence behaviour right across the globe.”

For further details on the work of INSPIRE visit www.uwttd.ac.uk/inspire

Help conserve biodiversity



There are a number of ways in which people can help conserve biodiversity in Carmarthenshire.

Everyone can take part, and even simple changes can make a difference.

You can help in general by:

- Joining and helping out with a local or national conservation group or wildlife charity.
- Recording wildlife in Carmarthenshire. Go to the West Wales Biodiversity Information Centre website.

You can help in the home by:

- Recycling organic waste such as vegetable peelings on a compost heap. This can then be used for garden compost and it creates a habitat for slow worms and hedgehogs. Or try a wormery, which will also provide liquid fertiliser for your plants.

- Sorting out your rubbish and recycling items such as paper, plastic, milk cartons, cans and glass. This will reduce the amount of countryside needed for landfill.
- Making more use of environmentally friendly and recycled products.
- Buying locally produced, organic produce or growing your own. Visit the Soil Association website for useful advice.
- Saving energy. Electricity production uses up non-renewable energy resources, which in turn contributes to global warming so turn lights and appliances off when they are not being used. Use solar-powered gadgets.
- Ensure your house is properly insulated so heat is not being wasted.

New project to reduce farm waste and help our local environment

An innovative project is underway to address the agricultural industry's impact on the environment by developing a dewatering and purification system to manage slurry.

Driving the project are Coleg Sir Gâr’s Gelli Aur agricultural campus and Power & Water, a Swansea-based company specialising in electrochemical-based water treatments.

This Project has received funding through the Welsh Government’s Rural Communities Rural Development Programme 2014-2020, which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

Reducing the overall volume of slurry by up to 80%, a de-watering and purification system is used to filter slurry, transforming the water to a suitable quality for recycling or discharging to a clean watercourse.

The system will also utilise nutrients from the slurry to produce good quality fertiliser.

John Owen, farm manager at Coleg Sir Gâr, said: “Efficiently extracting nutrients from manures could save on the cost of commercial fertilisers and reduce serious environmental impact. However poor manure management can cause pollutants, including nutrients, to enter the water cycle through run-off or drainage.”

Carmarthenshire Nature Partnership

The partnership that looks after Carmarthenshire’s amazing natural environment has a new name.

The Carmarthenshire Nature Partnership covers the range of habitats in the county, from the coast to the uplands, including woodlands, meadows, rivers and parks are home a wide diversity of species.

A healthy natural environment is a vital part of a sustainable, resilient and distinct Carmarthenshire and, importantly, supports the economy of the county, the health and well-being of our citizens, and the provision of food, clean water and air.

The partnership, formed about 20 years ago and

previously known as the Carmarthenshire Biodiversity Partnership, is made up of a range of organisations and ecologists who work in the county.

Their work helps wildlife but often provides other services such as flood alleviation, carbon storage, conservation grazing and food production, volunteering and education.

The Local Nature Partnership can help provide local focus and delivery of vital conservation work. Local people can make a difference as well and it is a role of all the partners to raise awareness and work with communities on projects that benefit biodiversity – and the people involved!

For more information visit the biodiversity page at www.carmarthenshire.gov.wales

News in brief...

Eating to stay healthy this winter



With the nights drawing in, it's time to start thinking about how to stay healthy over the winter months.

Chris Cashin (pictured), a lecturer in Nutrition at the University of Wales Trinity Saint David gives some great advice on how food can help ensure that we stay healthy and we stay free of colds and bugs:

- Eat plenty of seasonal fruits and veggies - try to eat five a day but the good thing is there are plenty of fruits such as British apples, satsumas and tangerines that are great sources of vitamin C.

- Have a helping of protein with each meal - it helps to fill you up as we can all be tempted to eat more when it is cold.
- Have some dairy every day - milk or yogurt and cheese as it keeps your bones healthy. It is also recommended that you should take a vitamin D supplement - speak to your pharmacist about this.
- Drink plenty of fluids - central heating can increase fluid loss.

For details about nutrition courses at UWTSD, email Chris Cashin at chris.cashin@uwtsd.ac.uk

Question the Commissioner

People can ask the Police and Crime Commissioner questions via the Dyfed Powys Police and Crime Panel.

Questions can be submitted on any issue relating to the Commissioner's role such as the force budget, the police estate and how he monitors the work of the Chief Constable. Panel members will then put the questions to the Commissioner, Dafydd Llywelyn, at their next available meeting. Panel members can also submit their own questions.

The Police and Crime Panel was set up to challenge and scrutinise the work of the Commissioner. It is made up of 14 members – three from each of the four local authorities in the Dyfed Powys area, and two co-opted independent members.

Panel Chair Cllr Alun Lloyd Jones said: "It is our role to scrutinise the Police and Crime Commissioner and we are happy to present the views of the public or any queries they may have."

Questions can be submitted via the website: www.dppoliceandcrimepanel.wales, or email DPPandCrimepanel@cararthenshire.gov.uk at least 10 days before the next meeting of the Panel.

Former student wins 2017 Tony Award

A former University Wales Trinity Saint David student has won the 2017 Tony Award for the Best Scenic Design of a Play for The Play That Goes Wrong that opened on Broadway in April.

Pontypool born, Nigel Hook, studied in Carmarthen between 1974 and 1977 and this autumn returned to west Wales for the Annual Alumni Reunion dinner.

"I originally came to Trinity to become an Art and Drama teacher and to learn Welsh. The college opened me up to the joy of learning and the learning of others.

"I have fond memories of my time at the University in the 70s and I'm very grateful to all the staff that supported me during my time here.

"It has certainly helped me throughout my career and it's always wonderful to come back here to see old friends."



For further information on the BA Theatre Design and Production course now offered at the university, please email s.atkinson@uwtsd.ac.uk

End PJ Paralysis campaign



Staff at Glangwili Hospital are supporting a national campaign that they believe will help patients recover quicker when staying in hospital.

The #EndPJparalysis campaign is being adopted by NHS organisations across the UK and has some very simple messages for patients; 'Get up, dressed and moving'; 'eat meals away from beds'; and visit day rooms.'

Gwenlais Chandler, Head of Nursing, explains what this means for people when they need to stay overnight at Glangwili Hospital: "#EndPJparalysis is all about encouraging patients to get dressed and mobile as soon as they can to help maintain their dignity and to help them recover quicker.

"To achieve this we need patients to pack the items they rely on every day at home for their stay in hospital. This includes day clothes and shoes, their regular medication and items such as hearing and walking aids, glasses and dentures.

"We no longer want patients to think of their stay in hospital as time in bed. If you are well and able to, we will be asking you to get up, get dressed and be active."

Immobile patients can lose 2 – 5% of their muscle strength every day they are in bed. Being immobile can also develop confusion, pressure sores, incontinence, loss of confidence and fatigue.

Many patients lose the ability to carry out routine daily functions like washing, dressing, getting out of bed and walking, due to unnecessary bed rest.

Information on what to pack for a stay in hospital is available on Hywel Dda UHB's website via this link: www.wales.nhs.uk/sitesplus/862/page/41207

New incentives for landlords

A new range of letting management and leasing options are being offered to landlords in Carmarthenshire.



Gosod Syml – Simple Lettings has been launched by Carmarthenshire County Council giving property developers and landlords a full range of services and incentives to let their homes to people in most need.

For the first time, the council will be leasing homes from property owners. Incentives will also be offered to people who own empty homes in areas of high housing need, and those who own the type of properties in highest demand from people on the council's housing register.

The new social lettings agency offers three packages – a gold package that offers guaranteed rent for a minimum of five years, with all repairs, maintenance and management covered; a silver package which offers a full property management service at a competitive rate, with generous incentives including help to improve properties; and a bronze package 'tenant finder' scheme, with additional benefits.

Cllr Linda Evans, Executive Board Member for Housing, said: "We have thousands of people in need of affordable housing in Carmarthenshire. Gosod Syml – Simple Lettings will not only benefit them, but landlords and property owners who want sustainable, long-term, hassle-free options to let their homes and generate income."



Visit www.simplelettings.wales or contact simplelettings@cararthenshire.gov.uk or 01554 899499 for further information.

STOP – Not in your black bag!



Almost a quarter of the waste in black bags collected from homes is food and almost 15% is recyclable, a recent survey has revealed.

Approximately 500 black bags from kerbside collections across the county were sampled as part of research into the way people dispose of their rubbish. It found that 25.82% was food waste and of that, 11.59% was still in its packaging. A further 14.48% of the black bag content was recyclable items and almost 6% was garden waste.

Further sampling was done of black bags taken to Household Waste Recycling Centres (HWRC) which found that 60.9% was recyclable.

The cost of disposing of collected black bag waste to landfill is over £2million per year.

Placing recyclables in the correct bag or container would save the council a significant amount of money which could be redirected to other public services.

Food waste should not be placed in black bags; residents should either use a food waste bin,



compost bin, or plan ahead to use food waste through creating meal plans to use perishable goods before their use by date or freezing for a later date.

Food bins are emptied every week and processed into compost. By using them, food is not left lying around in black bags for two weeks. It is easy to do and the best way of getting rid of all food waste; tea bags, bones, cooked and raw foods, fruit and vegetable peelings, bread and egg shells.

Food waste bins can be ordered online, by telephone or collection from customer service centres. Alternatively people can home compost, the council sells compost bins for £12. They can also be used to dispose of garden waste to make into compost for placing onto gardens or pots the following year. Garden waste should not be placed in black bags. The council operates a seasonal garden waste collection service or it can be taken to any household waste recycling centre.



More information on waste disposal can be found on the recycling pages at www.carmarthenshire.gov.wales

Fly-tippers beware – we are watching!

Fly-tippers at recycling banks are being warned they will be filmed, named and shamed as the county council cracks down on the crime.

Surveillance cameras are being used at recycling sites across the county which have become hotspots for people dumping their waste.

During one month alone, the council issued 26 fixed penalty notices (FPN) for fly-tipping at recycling sites. At just one of the problematic recycling banks in Dafen, Llanelli, 11 FPNs were issued where persistent offending was caught on CCTV. An image of one man caught fly-tipping was publicised in order to identify and prosecute him.

Surveillance at recycling banks is now being prioritised as waste and enforcement officers aim to tackle the problem.

Executive board member for enforcement Cllr Philip Hughes said: "It is completely unacceptable that people think it's OK to dump their rubbish at



community recycling centres expecting someone else to clear it up for them.

We will continue our surveillance and issue CCTV images of offenders if needs be to stop this happening.

We all have our part to play in keeping Carmarthenshire clean – reduce waste, recycle well, use facilities properly and report people who flout the law. Together we can make a difference."

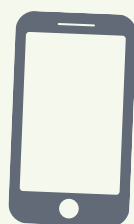
Online app targets fly-tippers

An online app is helping waste and enforcement officers tackle fly-tipping and waste in Carmarthenshire.

FlyMapper is a tool that reports and monitors incidents of waste being dumped illegally.

FlyMapper was developed by Fly-tipping Action Wales to help councils tackle fly-tipping more efficiently and effectively. Incidents are recorded with a location and a photographic record, which is then collated for analysis.

The information is categorised in order to identify problem areas and types of waste dumped. Recent data analysis shows that 59% of the waste was from household black bags. Between August 1 and September 30 this year, 825 incidents were recorded by county council officers using the app – almost double the amount recorded between April 1 and July 31.



People asked to have **Pride in Your Patch**



People are being urged to have Pride in their Patch to help make a difference in their communities.

Pride in Your Patch works to support volunteers, community groups, registered charities, and not-for-profit organisations to clean up areas of public land. The partnership, made up of organisations including Ammanford, Llanelli and Carmarthen town councils; Keep Wales Tidy, Fly-tipping Action Wales, Carmarthenshire County Council, Llanelli Rural Council, Spice time credits, and Carmarthenshire Housing Standards.

They work with communities to help spruce up their areas through 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

In the last six months, Pride in Your Patch has worked with 23 groups and supported hundreds of volunteers to clean up their communities. People can take part as an individual or a group and do as much or as little as they like, plus they can earn Spice time credits for volunteering, which works by crediting each hour spent volunteering towards an hour at local attractions, training courses or leisure activities.

Carmarthenshire's executive board member for the environment Cllr Hazel Evans said: "Pride in Your Patch is going from strength to strength and is making a real difference in communities across the county. We live in a beautiful part of the world and we need to look after our environment, I would urge more people to join us and help have pride in their patch too."

To report fly-tipping go to www.carmarthenshire.gov.uk

To find out more contact Pride in Your Patch coordinator Brian Mogford email: prideinyourpatch@carmarthenshire.gov.uk or call 07887 932066.

Blue bags delivered to all households

Blue bags will be delivered to every household in Carmarthenshire in December and January.

Three rolls of blue bags will be issued, a total of 156 bags, which is around six bags for each recycling collection week. The decision has been made following resident feedback, people asked for blue bags to be more accessible to help them recycle more.

Having blue bags delivered to their homes aims to ensure that all residents are equipped with the bags to allow them to recycle household items easily.

Residents who found collecting bags from outlets awkward due to opening times or were unsure of where to collect more bags, can now rest assured that they will have an ample supply to recycle properly.

Households, such as large families, which may require additional rolls, can collect from 10 collection points allocated across the county, along with the mobile library service.

The outlets are Carmarthen and Ammanford Customer Service Centres; the Hub in Llanelli; Coleshill cash desk Llanelli; Municipal Buildings Llandeilo; St Clears Leisure Centre; Newcastle Emlyn Library; Llandovery swimming pool; Ceredigion council offices in Llandysul and Lampeter.

People will no longer need to order bags online. Recent figures show that Carmarthenshire



residents are recycling over 66% of their rubbish, surpassing a target set for the year 2019/20 of 64%. The council's executive board member for environment, Cllr Hazel Evans, said: "I'm pleased with our recycling rates, but obviously we could always do more. I hope that by delivering blue bags to every home more people will be encouraged to recycle the waste generated from the household and which we are able to collect in blue bags."

Current outlets for blue bags will be able to order stock until December 31 to ensure that people can pick up a roll if they run out over the Christmas period.

People are asked to be patient as delivery will take two months and will be carried out by recycling collection area. It is possible for a friend or relative to have received their supply but you may not. Crews will deliver to all households, however anyone who has not

received a delivery by February 1 should contact Customer Services.

There is no limit on the amount of blue recycling bags which can be put out for collection. People are asked to rinse the items and place into the bags dry.

All items that can be recycled from your home such as aerosol cans, foil, food and drinks cans, paper, cardboard, plastic bottles and pots can all be recycled in blue bags.

New residents or people who are unsure which items can be placed in blue bags can find out more on the recycling pages at www.carmarthenshire.gov.wales



Christmas tips

Don't forget to recycle glass jars and bottles

Recycle boxes, Christmas cards and paper

Make curries, pies or stew out of leftover food

Compost your tree at an HWRC & get a free bag of compost

Avoid shiny wrapping - it can't be recycled

Bank Holiday Refuse & Recycling Collections

Normal Day of Collection:

Monday	25th December
Tuesday	26th December
Wednesday	27th December
Thursday	28th December
Friday	29th December

Collection on:

Wednesday	27th December
Thursday	28th December
Friday	29th December
Saturday	30th December
Sunday	31st December

Normal Day of Collection:


Monday	1st January
Tuesday	2nd January
Wednesday	3rd January
Thursday	4th January
Friday	5th January

Collection on:

Tuesday	2nd January
Wednesday	3rd January
Thursday	4th January
Friday	5th January
Saturday	6th January

The four main Household Waste Recycling Centres (HWRC) will be closed on Christmas Day, Boxing Day and New Year's Day. However, the centres at Nantycaws Carmarthen; Trostre Llanelli; Wernddu Ammanford; and Whitland will open from 8.30am to 12noon on Christmas Eve and New Year's Eve.

Information about local centers and opening hours is available on the recycling web pages at www.carmarthenshire.gov.uk

 **recycle** for Carmarthenshire
ailgylchu dros Sir Gâr



EICH CYNGOR arleinamdani
www.sirgar.llyw.cymru/ailgylchu
YOUR COUNCIL doitonline
www.carmarthenshire.gov.wales/recycling

Year of the Sea

Costa Del Carmarthenshire

Think the Algarve has nice beaches? Like to visit fishing villages along the French coast? You need go no further than Carmarthenshire for an outstanding coastline!

The shores which wrap around the south of the county are being featured in 2018 for the Year of the Sea, a Visit Wales initiative which aims to attract more tourism. The tourism industry is worth a huge £370million to the local economy in Carmarthenshire and employs thousands of people.

The Year of the Sea aims to boost those numbers even more by showcasing attractions, events and activities around the Welsh coastline. It challenges old perceptions of Wales and highlights the things that make the country so special.

In Carmarthenshire, there are plenty of experiences waiting for people to discover around our shores. From the beautiful beaches to the seaside villages and warm welcome, the county has something for everyone.

Enjoy a sumptuous home cooked lunch in a village pub whilst watching the waves lap over the beach, or enjoy more energetic pastimes such as kite surfing or sea canoeing. Rediscover crystalline coastlines or hidden treasures such as Scott's Bay a beautiful secluded sandy beach tucked away behind a headland in Llansteffan.

Along with beaches, Carmarthenshire's inspiring accessible stretches of rivers are included in the



Year of the Sea promotion. Marketing is already underway in England, Germany and Wales itself with great interest in coastal pubs, beach walks with dogs and places for a winter picnic.

Businesses and individuals are encouraged to join in the campaign and make the most of the opportunity to attract more visitors to Costa Del Carmarthenshire!

Helpful guides are available for businesses on the Year of the Sea page at www.businesswales.gov.wales

To be part of this campaign contact the county council Marketing & Media team at marketing@carmarthenshire.gov.uk

Walrus Dip 2017



Plans are underway for the annual Walrus Dip at Pembrey Country Park.

Hundreds of people are expected to take a dip in the sea on Boxing Day to raise money for good causes. Participants are encouraged to dress in fancy dress. Panto season traditionally comes alive on the sands with Santas and sumo wrestlers, pantomime dames and superheroes making a dash for the freezing surf.

The event, which was established in 1984, starts at 11am, however those braving the challenge are being asked to arrive by 10.30am to avoid congestion at the park entrance, and to be at the start line by 10.45am. Admission is free.

For more information visit Pembrey Country Park on Facebook

Take to the seas with an adventure course



Coleg Sir Gâr offers an outdoor adventure course which takes students sailing on the high seas, as well as kayaking and river swimming.

The qualification, which also includes rock climbing, navigation and expedition work will enable students to develop essential skills and knowledge for starting a career in a range of outdoor activity and adventure industries.

Contact 01554 748179 or admissions@colegsirgar.ac.uk for more information.



University students swim to success

Students at the University of Wales Trinity Saint David are developing their open-water swimming skills as part of their degree course BSc Sport and Exercise Science (Outdoor Fitness).

Due to the popularity of events such as Ironman Wales and Long Course Weekend, open-water swimming has seen a significant growth in popularity, especially in West Wales. The beaches of

Carmarthenshire and Pembrokeshire provide perfect venues for swimmers to exercise in beautiful natural settings.

Programme Director Geraint Forster, an open-water swimming coach, explains 'our aim is to give students the skills required to introduce people to the joys of open-water swimming, whilst at the same time ensuring their safety in a dynamic environment.'

Water good way to get fit!

Enjoy a splashing good time while you get fit at leisure centres across Carmarthenshire.

Aquafit classes are available to help people get fit with none of the impact of hammering the gym floor. It is aerobics in the water, and also massages your muscles while you work out.

Anyone of any age or fitness level can take part, even non swimmers can enjoy Aquafit.

It promotes fitness for life and aims to maintain stamina, strength, and suppleness. It is also good at reducing stress levels. Working out in water has a range of benefits. The key one being that the water acts as a cushion protecting joints such as the spine and ankles.

To find out when Aquafit takes place at your local leisure centre, please check the swimming pool timetable at www.actifsirgar.co.uk



Actif
Acwa Aqua

Make a splash

Sign up to our LEARN TO SWIM PROGRAMME at Carmarthen Leisure Centre TODAY!

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www.actifsirgar.co.uk

£22.40 A MONTH

Sir Gâr Carmarthenshire

Children's Page



It's pantomime time at Carmarthenshire theatres - oh yes it is!

A number of productions are taking place at Carmarthen, Llanelli and Ammanford theatres this Christmas.

The fun starts with Jack and the Beanstalk at Carmarthen's Lyric from December 8 - 16. The panto by Jermin Productions involves a breath-taking battle of the beanstalk.

On December 8, 9, and 10 Ammanford Community Theatre will put on their version of Sleeping Beauty at the Miner's Theatre. Jack and the Beanstalk continues its run at Llanelli's Ffwrnes Theatre from December 19 until Christmas Eve.

The fun continues at Ammanford Miners

Theatre with Dick Whittington from the Panto Company on December 28 and 29.

From January 11 - 28, the Friendship Theatre Group and Denny Twp will out on its production of Cinderella at the Ffwrnes Theatre. The group's 25th year of pantomime in Llanelli promises to be as sensational as usual.

Carmarthenshire County Council's leisure executive board member Cllr Peter Hughes Griffiths said: "There's a lot of panto fun on offer at all three of our theatres this Christmas season. They are always popular and very entertaining, I'm sure this year's shows will be just as successful."

Book online at www.theatrausirgar.co.uk or call the Box Office on 0845 2263510



Well done
Mared!

Winner of the competition in the last edition was **Mared Williams** of Bryn Iwan

Win a family panto ticket

Oh yes they are! Jermin Productions are giving away a family ticket to this year's pantomime Jack and the Beanstalk to the winner of this edition's colouring competition.

The family ticket, for two adults and two children, will be for one of the shows at the Ffwrnes Theatre in Llanelli, which are taking place from Tuesday, December 19, until Christmas Eve.

Jack and the Beanstalk follows the traditional tale but with a hilarious script, beautiful costumes and stunning theatrical sets.

Along with pantomimes, Jermin Productions produces musicals, live events, children's theatre, theatre in education, concerts, cabarets, rehearsed readings, radio, fashion shows, and other theatre productions.

- For more information visit www.jerminproductions.co.uk
- To be in with a chance of winning the family ticket for the show taking place on Thursday, December 21, at 7pm, simply colour in the picture and send it to us with your name and contact details to: Marketing & Media, County Hall, Carmarthen, SA31 1JP, by Thursday, December 14.

SCHOOL HOLIDAY CAMPS

Multi Sport Camps for children aged 6 - 11. From 9am - 1pm (8.30am drop off). £10 per day

OCTOBER: Monday 30th and Tuesday 31st
 FEBRUARY: Monday 19th and Tuesday 20th
 APRIL: Thursday 5th and Friday 6th
 MAY: Thursday 31st
 JUNE: Friday 1st
 JULY: Wednesday 26th, Thursday 27th and Friday 28th
 AUGUST: Wednesday 1st, Thursday 2nd and Friday 3rd

INSPIRE
COMMUNITY SPORTS HUB

@collegesirgarHUB
 K1 Coleg Sir Gar Community Sport HUB
inspirehub@collegesirgar.ac.uk

JERMIN PRODUCTIONS

LYRIC THEATRE CARMARTHEN / FFWRNES THEATRE LLANELLI

8TH - 16TH DECEMBER 2017 / 19TH - 24TH DECEMBER 2017
 8^{ED} - 16^{EG} RHAGFYR 2017 / 19^{EG} - 24^{AIN} RHAGFYR 2017

0845 226 3510
WWW.THEATRAUSIRGAR.CO.UK
 #BEANSTALKSOUTHWALES

Your News

Carmarthenshire Youth Conference launches new mental health campaign



Harriet Alsop-Bingham with Senior Participation and Children’s Rights Officer Sarah Powell.

A new mental health campaign has been launched at this year’s annual youth conference.

Garnant teenager Harriet Alsop-Bingham launched ‘Stori Harriet’, which encourages people to pledge to start a conversation, on behalf of the Youth Council. Harriet, aged 16, has faced personal difficulties and has shown strength and courage in overcoming them. She said: “Mental health is everyone’s business and I hope that Stori Harriet will help people whether it be family members, school staff or someone you’ve met on the street. It’s important to check they are ok as starting a conversation could change a life.”

The campaign was launched by Cllr Glynog Davies, executive board member for education, who signed the first copy of Stori Harriet’s Pledge. “Harriet has an inspiring story to tell which will I’m sure give encouragement and support to others,” he said. “I congratulate Harriet and the Youth Council for bringing this important and difficult topic to the forefront. I hope that people will support and sign Harriet’s pledge.”

For more information and how to sign the pledge visit www.youthsirgar.org.uk
Take a selfie with your signed pledge and post on social media with #storiharriet

Over 100 young people aged 11-25 from schools, colleges and youth projects across Carmarthenshire attended this year’s conference in Parc y Scarlets on November 22.

Entitled ‘It’s A Bad Day, Not A Bad Life’ the conference’s theme was the Mental Health of Young People. It was organised in partnership by Carmarthenshire Youth Council and Carmarthenshire County Council’s Participation and Children’s Rights Team.

During the event young people listened to speeches and took part in workshops and discussions around mental health with other young people, decision makers and professionals from the health and education sector.

Carmarthenshire Youth Council member and Bryngwyn School pupil Freya Sperinck, aged 15, said: “The aim of the conference was to raise awareness of mental health issues facing young people today but more importantly letting young people know what they can do to help their own mental health and the mental health of others.”

Rural Working Group to tackle regeneration

A task group has been set up with the aim of tackling issues affecting rural communities across Carmarthenshire.

The group is being led by Cllr Cefin Campbell, the county council’s Executive Board Member for Rural Affairs. Its aim is to consider the issues affecting rural parts of the county, and to prepare a report with recommendations on how the council, in partnership with other bodies and organisations, can take action to ensure regeneration over the coming years.

The cross-party working group, made up of representatives from the Plaid Cymru, Labour and Independent groups, will undertake research and consult with as wide a range as possible of

stakeholders to identify the particular issues affecting Carmarthenshire’s rural communities.

The group will consider issues such as economic regeneration (including jobs, training and skills), agriculture, public and private sector services, transport, tourism, education, housing, Brexit, broadband and mobile phone access, population movements, Welsh language, and any other matters that come up as discussions progress.

Cllr Campbell said: “Rural regeneration is a key priority for me as executive board member, and for the council administration. Some 60% of Carmarthenshire’s population live in rural areas and each community has its own particular needs and issues.”

Further information is available on the Council’s consultation page on the website or email consultation@carmarthenshire.gov.uk

University hosts Good Energy lecture

The University of Wales Trinity Saint David recently hosted a lecture by Juliet Davenport OBE, CEO and Founder of Good Energy in front of a packed audience at the University’s Carmarthen campus.

The Lecture, The Good Energy Story, focused on British renewable electricity company Good Energy which was founded in 1999. A true renewable industry entrepreneur, Juliet built Good Energy from scratch, starting from small beginnings nearly 20 years ago.

“It was wonderful to be back at UWTSD and to have the opportunity to talk about Good Energy,” said Juliet, who’s also been appointed a Professor of Practice by the University.

“I set up the company in 1999 with the aim of transforming the UK energy market by helping homes and businesses to be part of a sustainable solution to climate change. It was a privilege to present to an audience that was so engaged with the topic.”

Programme Director for Carmarthen Business School’s innovative sustainable business portfolio is Dr Louise Emanuel who added: “This was a fantastic opportunity for our students and guests to hear about the excellent work carried out by Good Energy and Juliet’s story.”

For details about the Business courses offered at UWTSD visit www.uwtsd.ac.uk/carmarthenbusiness

One stop shop direct to your door



Whether you want to print off your boarding passes, research your family tree, surf the net for jobs, Google it or pick up one of our new books, get on board with our new mobile library service.

The new ‘more than books’ mobile library fleet is already proving a big hit with communities. The revolutionary service on wheels is stocked full of support and is bigger and better than before with new routes and locations on its map.

Over 20 services have already teamed up with the library service including Workways+, Age Cymru, Care and Repair, The Wallich, Gwalia Bond

Scheme, Careers Wales and many more. Every week a service will join the fleet to offer residents advice and support.

Carmarthenshire County Council’s executive board member for leisure, Cllr Peter Hughes Griffiths said: “We’ve pulled out all the stops to ensure residents in rural communities get access to a wide range of services on their doorstep. We have added new routes following public consultation and are currently delivering our new service across 38 communities. We hope as many people as possible will take advantage of this unique service by using us and all the services on offer.”

Help Christmas sparkle

Let’s put a smile on a lot more faces this Christmas by being generous to those less fortunate across the county.

Residents county-wide are being asked by the council to help to brighten Christmas for the deserving by donating new presents or food items right up to Christmas Eve.

The aim is to provide presents for hundreds of boys and girls from birth to 16-year-olds in families who cannot afford to buy food, gifts or toys for their children.

Council deputy leader, Cllr Mair Stephens, said the Toybox and Christmas gift appeal was growing in strength every year. Last year they provided parcels of multiple gifts for 662 children and young people and a total of 257 food hampers.

Cllr Stephens said: “We all recognise and appreciate Christmas is a time for giving and receiving. Unfortunately there are families that face difficult times and perhaps, sometimes, by providing gifts for their children, they go into debt.”

There are collection points for gifts across Carmarthenshire, including County Hall, Carmarthen; Ty Elwyn, Llanelli and Ammanford Town Hall.



Your News

City Deal on course to transform region's economic growth

The £1.3billion Swansea Bay City Deal is on course to transform the region's economic growth.

Detailed business cases are now being developed for 11 major projects that will deliver world-class facilities in the fields of energy, smart manufacturing, innovation and life science, digital infrastructure and workforce skills and talent. They will be submitted to the Welsh and UK governments over the coming months.

Shadow joint committee leaders say significant progress is being made on the City Deal, which will boost the local economy by £1.8billion and generate almost 10,000 new jobs over the next 15 years.

Here in Carmarthenshire preparatory work has begun on the proposed Llanelli Wellness and Life Science Village - an investment of more than £200million led by Carmarthenshire County Council in partnership with Hywel Dda and Abertawe Bro Morgannwg Health Boards, Swansea University and the private sector. 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.

Work has also started on Canolfan S4C Yr Egin - an exciting creative and digital centre that will be based on the University of Wales Trinity Saint



David's campus in Carmarthen. The development will transform and shape the creative and digital industries in south west Wales and beyond, also providing facilities for local people including a cafe, auditorium and performance stages.

The Swansea Bay City Region includes four local authorities - Carmarthenshire County Council,

Swansea City Council, Neath Port Talbot County Borough Council and Pembrokeshire County Council - together with representatives from Abertawe Bro Morgannwg and Hywel Dda University Health Boards, Swansea University, and University of Wales Trinity Saint David's.

Find more at www.swanseabaycitydeal.wales



Save time - #DoItOnline

Dozens of council services in Carmarthenshire can be paid online as technology changes the way people deal with the authority.

A range of council services are available from buying a compost bin or a theatre ticket, to paying harbour mooring fees or parking fines. Rent, council tax, business rates, planning applications, nursing home fees, home care charges and many other things can be paid online.

Customer services executive board member Cllr David Jenkins said: "We are responding to public

demand and making more services available online. We aim to make it as easy as possible for people to access our services and provide them with a number of payment methods.

Online payments are becoming more and more popular, and most of the council services which require payment can now be paid online."

Customer service centres at Ammanford, Carmarthen and Llanelli are still available for people who want a face to face service. An appointments system is in place to allow people to pick the best time, date and place for them.



EICH CYNGOR arleinamdani
www.sirgar.llyw.cymru

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www.carmarthenshire.gov.wales

Beware of crooks at Christmas

People are urged to beware of rogue taxi drivers and fake goods on sale as Christmas approaches.

County licensing chiefs are urging people across Carmarthenshire to stay safe when they use a cab over the party season.

And Trading Standards officers warn the marketplace could be targeted by unscrupulous sellers offloading fake and potentially dangerous goods.

Cabbies will be in high demand as partygoers decide to drink and not drive. More people are also out and about laden with Christmas shopping and the cold and wet weather means fewer will be inclined to walk home or wait at bus stops.

Residents are being warned they are not insured if they travel in an unlicensed cab. People are being urged to check taxi doors for official cab stickers and drivers' identification badges before they get in. Trading standards officers are keen to get across the message too that by acquiring counterfeit goods they risk finding the items are not the brand they claim to be and can actually put people in danger because of safety defects.

In the past there have been some horrific examples of cheaply made Christmas products like faulty hair straighteners catching fire, dangerous mini motorbikes sold as presents for children and fake perfume contaminated with rats urine or acid that can burn you.

Pupils' festive Christmas markets



Schoolchildren in Carmarthenshire are set to show off their entrepreneurial skills at Llanelli and Carmarthen Outdoor Markets during the festive period.

Primary pupils across the county will be selling Christmas themed products they have made at the two town centres throughout December. The council has donated a free pitch to each school wishing to take part (limited availability) and any monies made on the day will go toward their school.

It comes after the success of the annual Carmarthenshire Young Traders Competition where children had to develop a business idea and

turn it into a profitable enterprise. They plan, purchase material/products, brand it and run it themselves on a stall in the outside market for a day.

The council's executive board member for markets, Cllr David Jenkins said: "Our Carmarthenshire Young Trader competition is hugely popular with schools across the county so we thought this would be another opportunity to help them gain a greater understanding of the world of work. It gives them first-hand experience of what's it's like to set up and run their own business, as well as making money for their school."

There are limited spaces left so if you are interested in having a stall contact
AThomas-David@carmarthenshire.gov.uk.

Jobs & recruitment

Get involved with your Community



Hafan Cymru supports vulnerable, repeat and high risk victims of domestic abuse and their families. Victims are provided with crisis intervention, emotional, financial and practical assistance, including support through the criminal justice process.



Community Rehabilitation Company delivers a victim-led restorative justice service that is available at all stages of the criminal justice system. It provides improved access to restorative justice for victims by trained and accredited facilitators.



Gwalia provides a service for the referral, management and reduction of antisocial behaviour. Gwalia identifies and manages the level of risk amongst victims to improve community safety and reduce the impact of antisocial behaviour.



Llamau offers a de-briefing, support and mediation service for children and young people across the Dyfed-Powys area who have been reported missing, or are at risk of sexual exploitation and victimisation.



New Pathways provides 24-hour access to crisis support for victims and on-going support in a safe place that offers first aid, safeguarding and specialist clinical and forensic care.

Macmillan needs support buddies

Macmillan is looking for volunteers to join their Support Buddy Team to help provide practical and emotional support services to people affected by cancer.

They are looking for people who can give a couple of hours a week to support someone either by helping around the house or garden, or having a cup of tea and a chat. All volunteers receive training, guidance and support from Macmillan.

Local volunteer Paula Clarke said: "If you have a couple of hours to spare, you can make such a difference to someone's life, but you'll also be surprised how much you'll get out of it too. Volunteers might think they're not appreciated but trust me, we are!"

Macmillan Volunteering Services Coordinator, Zoe Thomas, added: "Coping with cancer can be especially difficult if you don't have family or friends nearby or if you worry that you're asking for too much support from the same people. Our volunteers can help to make life easier. If you're friendly, reliable and inspired to help, we're recruiting new volunteers, to make sure that no one in Carmarthenshire faces cancer alone."



For details call Zoe Thomas on 07860 950933 or 01656 867960 (Macmillan office), email zoethomas@macmillan.org.uk or visit www.macmillan.org.uk

New look for ERW website



ERW has re-designed its website giving it a new look and more importantly making it more accessible for teachers and parents across the region.

The new-look, easy to navigate site has been designed following feedback received from stakeholders including teachers, school staff, governors and parents. As well as the 'About Us, Events and Training and News' sections there's also a new area designated especially for parents.

You can also watch one of the three short online videos explaining more about their role, work with schools and also information for parents.



To keep up-to-date with all the latest news and events please visit www.erw.wales

Just the job for you...



If you're looking for a rewarding role in the public sector, Carmarthenshire County Council offers a variety of opportunities.

The council is one of the largest and most diverse employers in Wales, with new jobs advertised every week, from casual, temporary and part-time posts to full-time permanent positions.

The council is a caring employer and has achieved

the Investors in People standard. There is a strong programme of learning and development to support employees to develop their skills, as well as a range of benefits and working arrangements to help people achieve work/life balance.

There are also a number of casual vacancies on offer throughout the year including roles such as domestic assistants, care workers, breakfast supervisors and school crossing patrol attendants.

If you have a specific role in mind, or want to know about opportunities that match your skills and experience, sign up for job alerts and be amongst the first to learn of new vacancies. Visit the jobs section at www.carmarthenshire.wales

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