



Ysgol Gynradd Aberbargoed Aberbargoed Primary School

"Everybody Matters"
"Mae Pawb Yn Bwysig"

Ambitious Capable Enterprising Creative Ethical Informed Healthy Confident

Croesol

Welcome to the Spring term Helping Hands Newsletter!

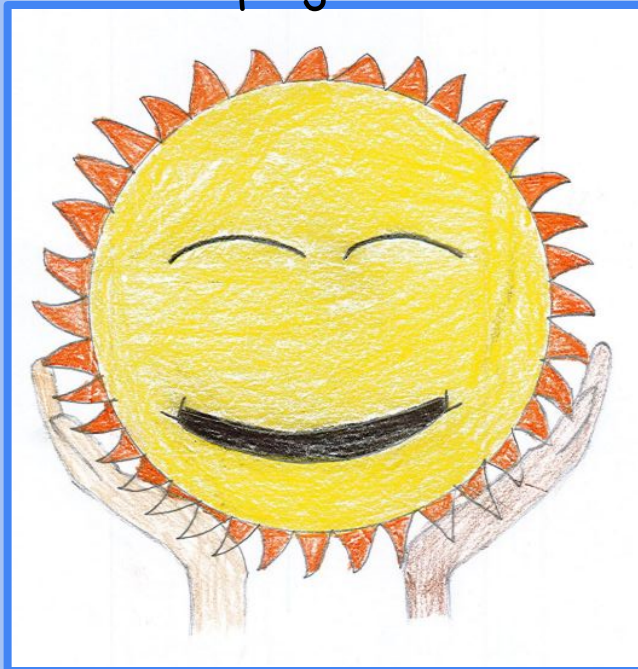
These will be shared each term, with links to agencies, support networks and helpful links to support pupils and families.

We have still included the information from Autumn term, but have added extra information that may be helpful.

If you would like support to access any of the resources shared, or would prefer a private chat, please contact Mrs Phillips in school, who, alongside the Health and Wellbeing team, will be happy to help.

Spring Term 2024 Helping Hands

Logo designed
by Isla Fisher -
Year 6



"It takes a whole village to raise a child."

"Everybody Matters"

"Mae Pawb Yn Bwysig"



The Toybox Project



The ToyBox project is based in Caerphilly, and has 3 simple goals:

- Gift toys to those in need
- Keep toys out of landfill
- Provide an affordable toy shop experience

Donations

The ToyBox project have partnered with local businesses and organisations to create a network of 'Toy Donation Drop Off Points' to take your unwanted toys. Please visit one of the drop off points during their working hours and place your toys into the donation box. We are currently unable to offer a collection service for your unwanted toys.

CAERPHILLY:

- ToyBox Project HQ (4a Swanbridge Court, CF83 8FVW, next to Dance Unity) Tuesdays - 7pm to 9pm
- Caerphilly Uniform Exchange (43 Atlee Court, CF83 1QU) - Tues and Thurs - 10am to 2pm (closed during school holidays)
- Van Community Centre (CF83 2YD) - Mon, Wed, Fri - 10am to 3pm (closed during school holidays)

A great way to recycle toys if you are having a clear out at home!

Requesting toys

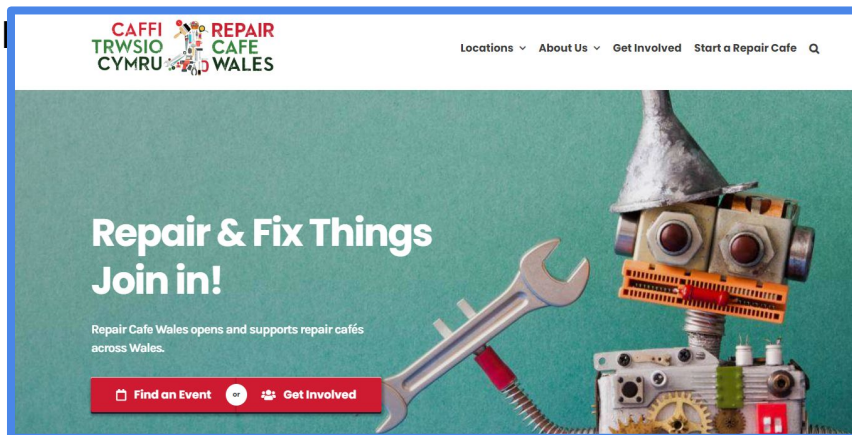
Once toys have passed quality control, they are ready for rehoming. We then take the toys and gift them to organisations and families in need.

If your family or a family you know could benefit from new or used toys then please get in touch with Mrs Phillips in school and we can arrange for a request to be placed.





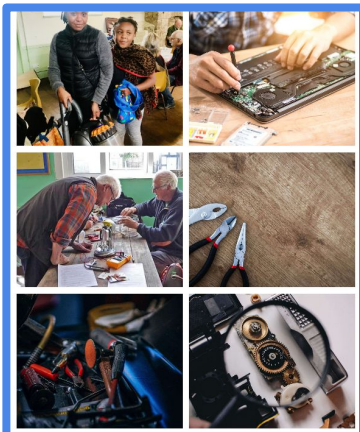
The Repair Cafe



Our nearest Repair Cafe is in Caerphilly - Go to <https://repaircafewales.org/locations/> to find other locations and more information

The Repair Cafe is committed to facilitating the opening of repair cafés in every town, village, city and suburb in Wales, focusing their energies on nurturing a cleaner, more sustainable world whilst our communities are inclusive and safe environments for people of all ages and backgrounds to share knowledge, skills, and to generally connect.

Our communities repair toasters, rebuild coffee tables and repurpose jeans or dresses, we restore confidence, we reskill those who want to learn, and we remind ourselves of the importance of communication, cooperation and community spirit.



Repair café events are free pop ups that reduce waste, teach skills and build community resilience. Run by volunteers who will try to fix anything that is brought to them (though with specialist items, do contact your local repair café).

At each repair café event, somewhere between 20 and 50 members of the public bring their damaged or broken household items for repair/advice.

Typical items include;

- Electrical goods
- Technology
- Ornaments
- Clothes
- Bicycles for basic maintenance & guidance
- Jewellery and more!

The repair café volunteers then attempt to repair the items. The visitors are encouraged to join in and learn how their item is being fixed so that they can attempt similar repair in the future.





The best start...

- If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.
- If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk
- You can also use your card to collect:
- Healthy Start vitamins - these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children - these are suitable from birth to 4 years old



<https://www.healthystart.nhs.uk/>

Parent and Baby groups

- Story and Rhyme Time - Aberbargoed Library - Parent and toddler / preschool activities - Tuesday 10.30 - 11.15 am
- Rhyme Time - Bargoed Library - Parent and toddler / preschool activities - Thursday 10.00 - 10.30 am
- Cymraeg I blant / Welsh for kids: Baby Groups Caerffili - Bargoed Library - Parent and toddler / preschool activities - Tuesday 14.00 - 15.00 pm
- Early Birds Rhyme Time - New Tredegar - Parent and toddler / preschool activities - New Tredegar Library - Mondays 9.30 am - 10.15am (Excludes Bank Holidays)
- Play Date - New Tredegar - Parent and toddler / preschool activities - Wednesday 2 - 3 pm

Follow the link to find more groups in our area -

<https://www.childcareinformation.wales/services/W06000018/24>



Food



Food vouchers

You can get vouchers from;

- Citizens Advice
- JobCentre Plus
- GP surgeries
- Health visitors & social workers

Or give us a call in school and we can help arrange a voucher for you.

Rhymney Valley Foodbank

If you or someone you know is in need of support please ring the referral line on **01443 811490**. You will be able to speak to a support worker who is able to make a referral for a parcel to reach people in need.

PHONE

07944354175

WEBSITE

<http://rhymneyvalley.foodbank.org.uk>

EMAIL

info@rhymneyvalley.foodbank.org.uk

Did you know...?

Rhymney Valley Foodbank can also provide support for families to help with energy bills.

St Peter's Church
Church Street Aberbargoed
CF819FF

OPENING TIMES

Wednesday - 11:00 - 13:00

White Rose Resource Centre,
Elliot's Town
New Tredegar
NP24 6EF

OPENING TIMES

Thursday - 11:00 - 13:00

<https://www.trusselltrust.org/get-help/find-a-foodbank/rhymneyvalley/>



Food



FareShare Cymru

The following organisations are members of the FareShare Cymru scheme and can provide food bags to those in need.

This is not a referral service and is a 'walk in' open to all those in need, although they can be recommended to visit by client support services. There is a suggested donation usually of **£3.00** per bag which helps to cover the costs of the volunteer's petrol to pick up the food.

- Graig Y Rhacca - open Monday (10am - 1pm)
- Michael Climer Trust (Holy Trinity Church, Ystrad Mynach) - open Tuesday (9am - 12pm)
- Newbridge Tabernacle - open Wednesday (10am - 12pm)
- Oakdale Christian Centre - open Monday (5pm - 7pm)
- The Pantri (Tredegar St, Risca, Newport NP11 6BW) - open Monday & Tuesday (3pm - 6pm)
- River Church (Tram Rd, Pontllanfraith, Blackwood) - open Monday (call to arrange time slot)
- **St Gwladys** - open Monday (10am - 1pm)
- TLC Café (Elm Dr, Risca, Newport) - Fare Share Member - open Monday, Wednesday, Friday (10am - 1pm)
- Van Community Centre, Van Road Caerphilly - open Monday (10am - 1pm)
- **White Rose** - open Tuesday (9:30am - 1pm)

<https://fareshare.cymru/get-food/>



Universal Free School Meal Provision

All Primary school children in Wales will get free school meals by 2024.

This commitment is in response to the rising cost-of-living pressures on families and Welsh Government's shared ambitions of:

- tackling child poverty
- ensuring no child goes hungry in school

There are also wider benefits of free school meals, including:

- promoting healthy eating across the school
- increasing the variety of food options
- improving social skills at mealtimes
- improving behaviour and attainment

All pupils in the appropriate year groups are qualified to receive UPFSM automatically. **There are no forms to fill in.**

Find out more by visiting:

<https://www.gov.wales/universal-primary-free-school-meals-upfsm#:~:text=All%20primary%20school%20children%20in,child%20goes%20hungry%20in%20school>

Or visit the Caerphilly website:

<https://www.caerphilly.gov.uk/services/schools-and-learning/school-dinners-and-breakfast-clubs/universal-primary-free-school-meals/universal-primary-free-school-meals-faqs?lang=en-GB>

You can access the menus and nutritional information here:

<https://www.caerphilly.gov.uk/services/schools-and-learning/school-dinners-and-breakfast-clubs/schedule-and-prices>





School Essentials Grant Information

School Essentials Grant (Replaces PDG Access Grant) 2023/2024

This grant provides **£125** (except for Year 7 which is **£200**) to buy school uniform, equipment, sports kit, and kit for activities outside of school for your child.

The scheme for the 2023/24 academic year will begin on 1 July 2023 and end on 31 May 2024.

This grant applies to all eligible pupils of compulsory year groups (Reception - Year 11).

For Year 7 learners the grant is **£200**, recognising the increased costs associated with starting secondary school.

The funding can be used to purchase:

- School uniform, including coats and shoes;
- School sports kit including footwear;
- Uniform for wider activities, for example sports, scouts and guides;
- School equipment where new curriculum activities begin such as design and technology; and
- Equipment for out of school hours trips such as waterproofs for outdoor learning.
- Laptops or tablets to assist with remote learning. Welsh Government advice families to contact their child's school/setting to discuss loaning equipment before purchasing.



If you have already purchased the items, you can still receive the funds retrospectively.

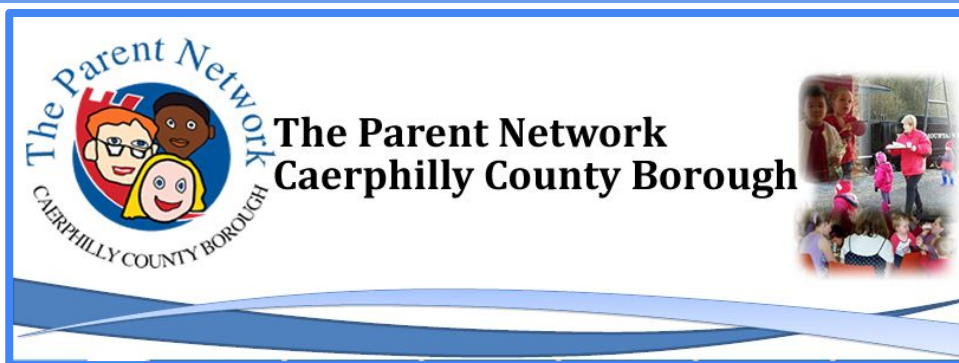
If you have any queries relating to this 2023/24 grant please e-mail: schoolessentialsgrant@caerphilly.gov.uk or call our Catering Support Team on 01443 864055

Further information about this funding is available on the Welsh Government website -

https://www.gov.wales/school-essentials-grant?fbclid=IwAR2eE3NrBWV7oxJVV6gFx07z34aiZJI6ldv53PY1YLd3M_30QDLaC-2b_uc5w



Parent Carer Network



The Parent Network is a free membership organisation set up with parents for parents.

The Network provides ways to bring parents together and involve them in giving their views and influence services for children and families across the borough.

They offer a variety of support including opportunities to learn new skills, gain volunteering experience and meet other parents. The groups also are involved in the development and delivery of the Families First Programme helping to shape projects through workshops, discussions and consultations.

**COST OF LIVING
PUSH BACK**



WE PROVIDE

- School wear.
- School shoes.
- Coats.
- Children's clothes.
- Adult's clothes.
- Baby items.
- Fancy dress.
- Free Hair cuts.

If you are a family in need or you are working with a family in need then we can help you !

Collection and drop off
Bargoed YMCA
Arron place
CF81 8JA
Or
find your nearest Parent network group

MORE INFORMATION

01443 875444 admin@parentcaer.org.uk



20
24

**Bargoed
Group**

**Bargoed
Community Centre**
Heol Pencarreg, Bargoed
CF81 8QD
Every Wednesday
10.00am-12.00pm

Crafts, Courses and Refreshments
Everyone Welcome,
FREE to attend, £1 per craft

for more info contact 07487857751
susielittle@parentcaer.org.uk
@facebook/The Parent Network

If you find meeting new people and going to new places difficult then drop us a message we are happy to support you.



Contact:
The YMCA BARGOED,
Aeron Place,
Gilfach,
Bargoed,
CF81 8JA
Telephone: 01443 875444



Hygiene

Free hygiene products

Periods are not a choice and period products are not a luxury. The Welsh Government has created this map, powered by DataMap Wales, so that wherever you live in Wales you can locate free period products as and when you need them.

<https://datamap.gov.wales/maps/map-to-free-period-products/>



The nearest place listed currently to Aberbargoed is:

SWFFRYD COMMUNITY CENTRE, WALTERS AVENUE, SWFFRYD, ABERTILLERY, NEWPORT, NP11 5HT

Aberbargoed Primary School has made enquiries to become a period products community hub. We will update you with more information regarding this as we receive it.

Period Dignity products are also currently available in all Caerphilly libraries.

All primary schools have access to feminine hygiene products to support learners.

Toothbrushing

Please take a everyday hygiene pack with you today! Along with other useful items, there is also a toothbrush and toothpaste.

You can get more information on ways to ensure good oral health for yourself and your children by visiting:

<https://phw.nhs.wales/services-and-teams/designed-to-smile/information-for-parents-and-carers/>






School Attendance

Education is important. Going to school and not missing lessons improves.



Communication skills
Learn how to speak, listen, read and write.



Thinking
Solve problems and make decisions.



Life skills
Develop friendships and skills for life.



Your future
Get qualifications for work and life.



Emotional and physical wellbeing
Build confidence and self-esteem.

Attendance Matters

We are going to be working hard with families this year to raise attendance levels in school.
Our target for excellence is 97% attendance.

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and appointments.

You can only allow your child to miss school if either:

- They're too ill to go in
- You've got advance permission from the school

Extra support is available if your child can't go to school for long periods because of a health problem.

If you need support to improve your child's school attendance, you can contact Geraint Edwards who is our Education Welfare Officer;

edwargh@caerphilly.gov.uk

Telephone: 07702948738

Article 28 of the UNCRC says that children and young people have the right to education.

LATENESS

How much time can you lose?

in one school year

5 MINUTES

late each day



=3
days off

When your child is in school they will...

- Have fun;
- Make new friends;
- Achieve;
- Develop new skills;
- Build confidence and self-esteem;
- Experience new things and have the best possible start in life!



Parenting

The Parent Network

The Parent Network support you to have your voice heard in your community by encouraging you to contribute to discussions and consultations about local issues and the development of local services.

It provides the opportunity to meet others in your local community through supportive weekly group meetings where you can learn new skills and gain volunteering experience. Activities are tailored to meet the needs of the group and can include **wellbeing, digital literacy support, cookery and sewing classes, craft workshops, outdoor activities and qualifications and skills for employment.**

There is also an opportunity to become a Community Champion, to supporting families in your local community with appropriate information and signposting to local services.

How to get involved

You can get involved if you are a parent, grandparent, or carer in the Caerphilly county borough.

Contact the team on **01443 875444** for an informal chat. You can find out more by following them on <https://www.facebook.com/The-Parent-Network-352111561543070/>

Parenting Courses

The Caerphilly Early Years Team offer several parenting programmes and courses to support you as a parent. Each focus on skills and techniques to strengthen family relationships and family resilience and reduce family breakdown. If you are interested in attending or would like to find out more, please speak to your Midwife, Health Visitor or [contact us](#).

<https://www.caerphillyearlyyears.co.uk/family-support/parental-support/parenting-programmes-and-courses/>

Free practical tips and expert advice for all your parenting challenges;

<https://www.gov.wales/parenting-give-it-time/children-4-7>

<https://www.gov.wales/parenting-give-it-time/children-8-12>



Useful Links

What is Multiply?

Coleg y Cymoedd has partnered with Coleg Gwent, Adult Learning Wales and Equal Education Partners to support adults and families within the Caerphilly County Borough area improve their numeracy and maths skills through Multiply.

Multiply is a new government-funded programme, through the UK Shared Prosperity Fund, offering **free numeracy courses to build your confidence with numbers and gain a qualification.**

Good numeracy skills are essential in the workplace and in your everyday life. They can help improve household finances and support with helping your children with their homework. Enhancing your numeracy skills can also unlock new job opportunities, leading to higher wages and better wellbeing, and will open the possibility to progress to higher levels of training.

Who can access Multiply funded courses?

Multiply funding is available to residents of Caerphilly County Borough, aged 19+, who don't currently hold a Maths GCSE.

To register your interest in applying for Multiply funded courses, please register your interest here.

<https://forms.office.com/Pages/ResponsePage.aspx?id=EFqSxiqiYUG1pA7PILlrf29Cd7U8yhVUj+L6G19HLVAZUNlpaMIRYRkIQUjVOV0daQ0dGSzZRUDRSUI4u>

Multiply is also available for employers to support with assessing and boosting the skill levels of your workforce.



Did you know...?

We are currently running an eight week course supporting the development of numeracy skills alongside the development of digital coding with parents and pupils in Year 2!





Useful Links

Caerphilly Cares

The 'Caerphilly Cares' is team of established Caerphilly County Borough Council staff, will offer a new centralised coordination and response triage service for those county borough residents in need of support for issues such as food poverty, debt or rent arrears, isolation or loneliness.

'Caerphilly Cares' aims to offer the individual a single point of contact with the team, who will assist that individual in getting to the root cause of their issue, meaning they will only need to explain their situation once.

What types of support can Caerphilly Cares offer?

- Financial support - debt support, benefits and maximising income
- Tackling food poverty - including referrals to Foodbanks, grants for community groups
- Supporting individuals to access employment support programmes
- Tackling isolation and loneliness - via links with local groups and/or the volunteering programme known as the 'Buddy' scheme
- Practical support for individuals requiring support linked to Covid 19
- Early intervention - such as mental health support and social prescribing
- Building on partnerships with community groups

If you live, or are supporting someone, in Caerphilly county borough experiencing one or more of these issues - the Caerphilly Cares team would like to hear from you.

Call: 01443 811490

Email: caerphillycares@caerphilly.gov.uk

The Caerphilly Cares team are available during office hours - Monday-Thursday (8.30am-5pm) and Friday (8.30am - 4.30pm).





Useful Links

Cwtsh

Cwtsh is the name used for the Integrated Wellbeing Networks in the Caerphilly County Borough area.

Integrated Wellbeing Networks aim to work with local people and services to support and strengthen people's wellbeing and health in our communities.

'Being well connected with your community - its people, places and activities - is hugely beneficial for wellbeing and health.'

CWTSH Gwella'n Gyda'n Gilydd
All Together Better

- Your Wellbeing What's On Guide -
Rhymney, New Tredegar, Bargoed, Ystrad
Mynach, Nelson, Risca and Van Ward
areas
For FULL details - scan the QR code or visit
www.cwtsh.wales

CWTSH
Wellbeing Guide
February 2024

Bargoed
Aberbargoed
Gillfach
Deri
Pengam

Scan QR code for
more details
Or visit
cwtsh.wales

Monday

TTO = Term Time Only

Fitness Activities	Healddu Leisure Centre	6.15 am - 9.00 pm
Taraggon Gardening	Taraggon/Bargoed Comm. Centre	9 am - 2.30 pm
Cylch Ti a Fi - Parent & Toddler Group (0-4 years) (TTO)	Ysgol Bro Sannan, Aberbargoed	9.30 - 11 am
Welcome Space (free refreshments)	Bargoed and Deri Libraries	9.30 am - 1 pm
Community Bookswap (Mon - Fri)	Bargoed YMCA	9.30 am - 1.30 pm
Art Skills (TTO)	Bargoed Library	10 am - 12 pm
Warm Space (free refreshments, clothes, toiletries, books and DVD's)	Gillfach Bargoed Community Centre	10 am - 12 pm
Money Management (Multiply)	Bargoed Library	10 am - 12 pm
Over-50s Dance Group	St Margaret's Church, Gillfach	10.30 - 11.30 am
Caerphilly Carers Support Group (1st Mon)	Murray's	11 am - 12.30 pm
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am - 1 pm
Goldies Cymru (Sing-a-long) (2nd Mon)	Bargoed Library	12 - 1 pm
Seniors Discount Meals	Square Royale	12 - 6 pm
Fareshare	St Gwladys Church Hall	1 - 3 pm
Bingo	Arthur Balfour Club	1.30 - 4 pm
Bingo, Tate, Cuppa and Chat	Gillfach Workmen's Club	1.30 - 4 pm
Multiply your Employment Opportunities (Multiply)	Bargoed Library	2 - 4 pm
Welcome Space (free refreshments)	Bargoed Library	2 - 5 pm
Welcome Space (free refreshments)	Deri Library	2 - 6 pm
Warm Space	St Gwladys Church Hall	3 - 6 pm

Here is an example of the huge range of activities and groups you are able to access in the Aberbargoed area. A full list can be accessed by scanning the QR code below, or a paper copy which will be available in the Spring term Helping Hands event.



Scan QR code for
more details
Or visit
cwtsh.wales



Useful Links

Citizens Advice Caerphilly Blaenau Gwent (Bargoed)

Citizens Advice give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

They are able to provide help and support with issues such as;

- Benefits
- Work
- Debt and money
- Consumer
- Family
- Housing
- Law and courts
- Immigration
- Health

1-2 Church Place
Bargoed
Caerphilly
CF81 8RP

How to get support:
0800 702 2020

<https://www.citizensadvice.org.uk/about-us/contact-us/local-citizens-advice/0014K000009FMM1QAO/>



**citizens
advice**

School Nurse

School nurses are specialised qualified experienced professionals that work across health and education boundaries.

They work with individual children, young people and families, schools and communities to improve health.

They also provide the link between school, home and the community. They are supported with a team of Registered Nurses and Health Care Support Workers.

If you would like to seek health and/or wellbeing support for your child, please call **01633 431 685** to be referred to the School Nursing Service.

<https://abuhb.nhs.wales/hospitals/childrens-healthcare-services/school-nursing/#:~:text=Contact%20the%20School%20Nursing%20Service,to%20the%20School%20Nursing%20Service>

You can also visit the Healthier Together website which has lots of useful information, such as what to do if your child is unwell, keeping your child safe and healthy, your child's development, getting ready for school, you're your child's mental well-being and more.

<https://abbhealthiertogether.cymru.nhs.uk/professionals/school-nurses>