



What's On Guide



April 2017

**Events and Activities for
People with Learning Disabilities in
Neath Port Talbot and Swansea**

With thanks to.....

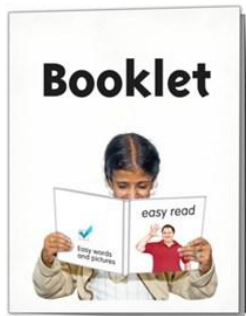




Time to Meet is organised by people with learning disabilities, and their friends, families and staff in Swansea and Neath Port Talbot.



It is there to help members to build stronger social lives with people around them by sharing, skills interests and time.



This booklet will come out each month to tell people about all the events, activities and groups organised by **Time to Meet** members in Neath Port Talbot and Swansea.



Members of **Time to Meet** can also use their skills to put hours of '**Time In**' to the project by helping with the running and planning of activities. These can then be used as '**Time Out**' credits to attend and enjoy other events in the community.



Where you pictures like these you can use **Time Credits** instead of money to attend. Get involved!



Contents

About us page 2

Contents page 3

Special Events page 4–5

Meeting People page 6–14

Making Things page 14– 16

Music and Dance page 17– 19

Health and Fitness page 20– 22

Skills and Learning page 23– 24

Things to do page 25–29

New groups page 30

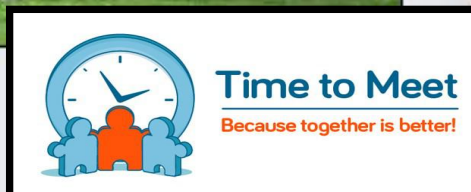
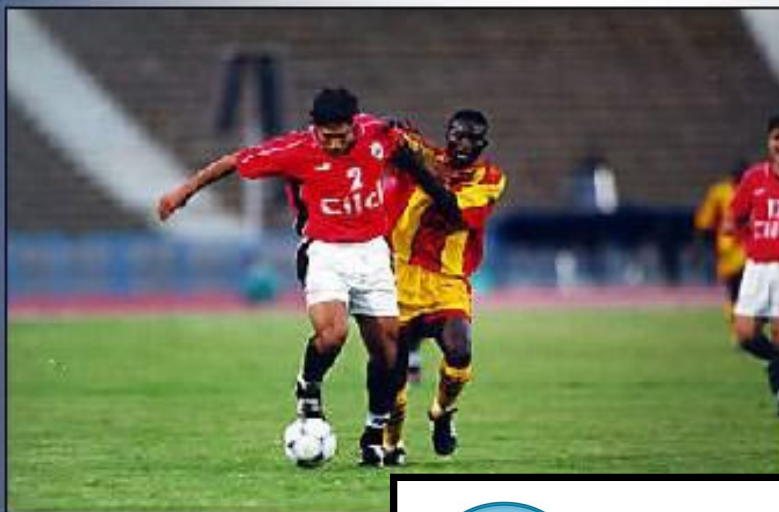
Tales from.... page 31– 36

Our Partners page 37

Contact Us page 38



Conquest games 2017
Saturday June 10th, Swansea University
Sports Centre
For the guys we support !
Get involved !!!!
Contact Time to Meet





Time2meet Hoodies



**Available now
all sizes!**

£15.00

Or 12 Time Credits

Time2meet@communitylives.co.uk



Meeting People



Linda and West Street invite you to their



Coffee Morning!



Every Friday

10.30–12.30

**The Brighton Road Club
Gorseinon**

£2 or 1 Time Credit

includes raffle ticket

Come and join us for a cuppa!



For more details please contact **Karin Phillips** on
(01792) 646640 or email time2meet@communitylives.co.uk



Meeting People

All Welcome at Luncheon Club



**Wednesdays at Christwell Church,
Mansleton, SA5 8PW.**

**Come and join in our activities,
including knitting and arts and crafts,
followed by lunch cooked on premises.**

11 am start - hope to see you soon!



**Entry: £3 or
2 Time Credits**



Time to Meet
Because together is better!



Meeting People

New

MONDAY NIGHT DISCO

Monday 6th March

Monday 3rd April

Monday 8th May

Free prize draw
on opening
night!

For Adults with a Learning
Disability. (18 and over)

Once a month



- £5 entry
- Buffet
- 6.30pm-9.30pm
- Carers go free
- Karaoke and a Raffle
- Disco



Presidents Bar

24-42 The Parade,

Neath,

SA11 1RA.



Volunteers needed to help run the disco.

Please contact Danielle on 07506 265632 or
Helen on 01792646573 if you are interested.

For more information please call

01792 646573



Meeting People

Taffy's



Disco

Baglan Community Centre

Port Talbot

Every Wednesday

6pm.

£3 entry

We sell:
hot dogs
crisps
chocolate
pop
hot drinks

Contact

01639 882104





Meeting People



THURSDAY NIGHT FEVER

- 23rd February 2017
- 30th March 2017
- 27th April 2017
- 24th May 2017

On the last
Thursday of
the month

For Adults with a Learning
Disability. (18 and over)

- £5 entry
- Buffet
- 6.30pm-9.30pm
- Carers go free
- Karaoke
- Raffle
- Disco



REVOLUTION

24 Wind Street

Swansea

SA1 1DY

Opposite the SmokeHaus



Your Voice
Advocacy

Supporting people with learning disabilities since 1989

Volunteers needed to help run the disco.

Please contact Danielle on 07506 265632 or
Helen on 01792646573 if you are interested.

For more information please call

01792 646573



Meeting People

Time To Connect



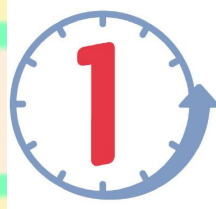
We are a small group of people supported by CLC who would be happy to visit people in their own homes.

If you would like company for a cuppa and a chat, in your home, get in touch with time2meet@communitylives.co.uk or karinphillips@communitylives.co.uk





Meeting People



Coffee Morning



Every Thursday at 10.30 a.m. -
12.00 p.m.

With Irene, Avril and Norma

At Caewern Community Centre,
Neath

£2 or 1 time credit





Meeting People

BINGO Night

Come along to our Bingo Night
every Tuesday at 6.30pm

Caewern Community
Centre



Time to Meet
Because together is better!

£3 or 2 Time Credits

Contact Ann
Stevens

01639 636849





Meeting People

hot meals!

★BLUEBELLS★

**A SOCIAL GROUP FOR ADULTS OF ALL AGES
EVERY WEDNESDAY
10.30 am - 2.30pm**

At

**TOPIC HOUSE
Teilo Crescent
Mayhill**

**CARD MAKING, BOARD GAMES,
JEWELLRY MAKING,
QUIZES, MUSIC,
BRING + BUY SALE,
FRIENDLY CHAT & FUN
£3.00 a DAY**

****INCLUDES REFRESHMENTS & A LIGHT LUNCH****



**For further information
or
to book a place please contact**

**Jeanette
520530**

hot meals!



Making Things

Jewellery and a bit of crafts group

Caewern Community Centre
The first Saturday in every month...

11.00-1.00

2 Time credits or £3.00.

Everybody welcome.

Phone Kim or Ceri

01639 636085

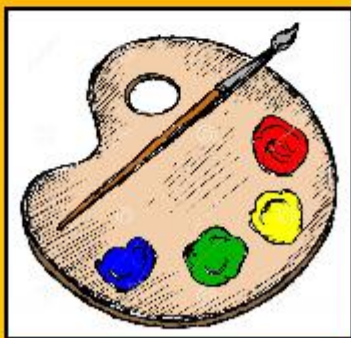




Making Things

Painting for pleasure

Painting Class being held
every Monday at the
Friends of the
Young Disabled
Carmarthen Road,
Swansea lunch available
£2
1pm till 4pm





Music and Dance

TIME TO SING



Every other Thursday from 5.30

At Activity Centre, Ffynone Lane, Swansea.

For further details please call

Jenny Davies,

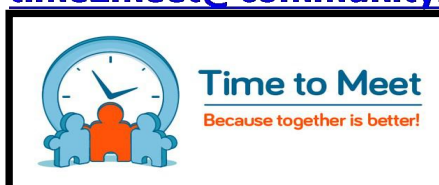
Time to Sing Leader

On 07881908954

£1 or 1 Time Credits



or email time2meet@communitylives.co.uk





Time to Meet
Because together is better!

Music and Dance

Caewern Community Centre.
Music, and Karaoke group. 10.30

Every 2nd Friday of the month

£2 entry or 1 Time Credit





Music and Dance

LINE DANCING & CHAIR DANCING



Every Thursday from 12.30 til
1.30

Caewern Community Centre

Phone Charlotte 07583263754





Health and Fitness

Swimming Group

Every Thursday at Pontardawe
Swimming Pool, 2-3 o'clock. We
have the pool to ourselves !

Different hoists available,

Contact Wendy and Kim

01792 875713



Time to Meet

Because together is better!



Health and Fitness



Easy Walking Group



Clive Car

Citron Berlin go



Penclawdd Walk

SATURDAY 15th April 2017

12 pm . Meet at Car Park (C.K,s)

1 Km Easy

Wear appropriate footwear and Clothing

Weather permitting,

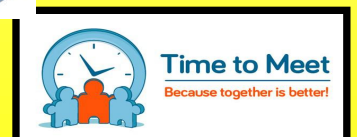
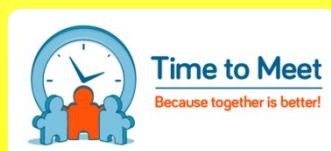
For more details please contact

West Street 01792 229365

Clive Mobile on 07527515976

or email time2meet@communitylives.co.uk

or 2 Time Credit





Health and Fitness

Relieve your aches and pains

The Osteomyology Clinic

Mr Stephen Smith (BSC, chiro,DC, MAO), has 20 years experience in Prevention, Diagnosis & Treatment of all Musculoskeletal injuries.

We are very pleased and excited that Mr Stephen Smith will accept 3 Time Credits or £20 for a 40min session.

This offer is for Time To Meet members only



Please get in touch by phone,
07583526670, 01792 390905

Email theosteomyologyclinic@gmail.com

Visit Simply Gym Unit 7 St Davids Ind
estate Llansamlet Swansea, Sa6 8ql





Skills and Learning



Admin Group



The Admin Group meet once a week to plan and organise events and to write the What's on Guide.



Social Media



Computer Skills and Email



Letters and Phonecalls



Planning and Design

For more information contact **Karin Phillips** on **(01792 646640)**
or email time2meet@communitylives.co.uk



Every Wednesday



At 10am to 2pm



At The Activity Centre, Swansea





Skills and Learning

Rice Krispie Cakes

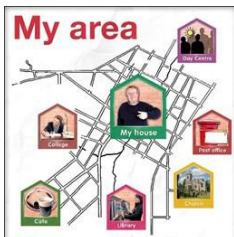


what you need

- 1 225gm/8oz Plain Chocolate broken in to pieces.
- 2 1 t.b.s.pn golden syrup
- 3 50g/2oz /75g/3oz/ rice crispies.
- 4 mini chocolate eggs.

How to make

Melt the chocolate in a small bust I on the microwave over a Bain Marie(in a bowl over a saucepan of simmering water)
Add butter cut in to small pieces stir in till melted
Add the syrup stir
Add the rice Krispies and stir in to the chocolate mix gently
Spoon in to 12 cake cases
Leave to cool



Things to Do



Any Celtic Leisure swimming pool
will give you
1 hour swim with 1 Time Credit



Time to Meet
Because together is better!

Rip out and put in box in reception clc. or post to karin phillips



Time to Meet

Because together is better!

New Activities 2017

Hi everyone, we are looking for new groups that people may be interested in. Please tick any boxes that may apply to you, or fill in the 'Other' box. Thanks!



Photography



Netball



Football



Container Growing



Fishing



Bowling



Music Therapy



Cinema Group

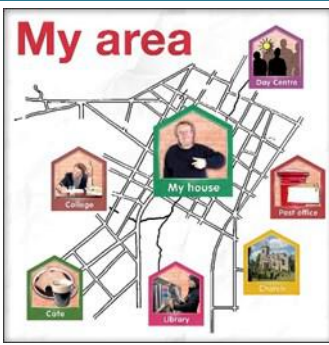


Pool/ Snooker



Flower Arranging

Other (please specify)



Things to Do

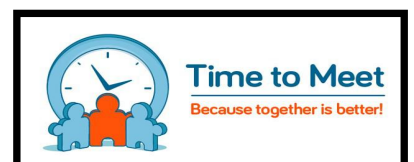


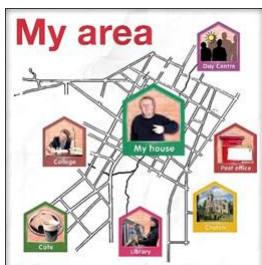
Box Office

01792 602060



Use your time credits in
the cinema to see the latest films





Things to Do

Tell us your favourite easy recipe!

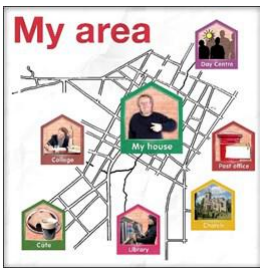
Send in your easy recipes to share with everyone and earn yourself 2 Time Credits for sharing it in our monthly "What's on Guide."

Send in to
time2meet@communitylives.co.uk.



Time to Meet

Because together is better!



Things to Do



Use your time credits here for the entry fee and many other places. Check it out !

<http://www.justaddspice.org/our-work/spend-partners>



Time to Meet

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New Groups!



Time to Meet
Because together is better!

We are looking for people to start new groups and get more people involved in **Time to Meet!** Start your own group !



Jewellery group and a bit of crafts group started in NPT..



To get involved with these or if you have any other ideas please get in touch with Karin Phillips on **(01792) 646640** or **07970968064**



Tales from



[About Us](#) [Links](#) [Time to Learn](#) [Networks](#) [Resources](#) [Contact Us](#)

Time to Meet

Welcome to the Time to Meet section of our website.

Visit our
Time to Meet section on
our new
Community Lives website

Who's Who

Do you want to get involved?
Get in touch today



Time 2 Meet
10 March at 14:21

Here's some footage of the choir's performance at Castle Square on Saturday 4th March as part of the Our Abertawe festival. Please feel free to 'Like' and 'Share' what was a great achievement for the people we support. Thanks!



NEWS LATEST NEWS

Time 2 Sing rock Castle Square

The Time 2 Sing choir had an extremely busy week last week. First we played at the Gorseinon Communi...

[Read more](#)





Tales from



Time to Donate



Thank you so much to everyone that donated food to the "Time to Donate " bin. You were so generous !
Clive and Marie from West St delivered the food to the Gorseinon Food bank. Thanks Guys !
The people that volunteer there were really grateful.



Tales from



Jewellery and bit of crafts group



Fabulous new group !

1st Saturday of every month in
Caewern Community Centre.

We are making book hedgehogs
and have plans for mobiles and
big Christmas wreaths !



Tales from



St David's Day Coffee Morning



Time to Meet would like to say a big thank you to all who attended our St Davids Day coffee morning at the Activity Centre .We all enjoyed the coffee and welsh cakes. The Welsh Quiz and raf-fles were a big success. There was joint winners of the quiz. Meadowcroft and Drummau Rd.



Tales from



Drummau Rd chose Grand Theatre tickets. Marie Williams was absolutely delighted with her raffle prize of A Casualty signed T-Shirt which she has had framed for her bedroom wall.

We raised over £50 which will go back into the Time To Meet project so we can carry on doing nice things.

Wrote by Robin and Marie



Time to Meet

Because together is better!

Get involved with T2M. We are meeting so many new members and finding new ways to get together to spend and earn our Time Credits.

It is an exciting time.....

Get in touch with Karin Phillips at
Karin.phillips@communitylives.co.uk

01792 646640

07908812007





Our Partners



Time to Meet
Because together is better!

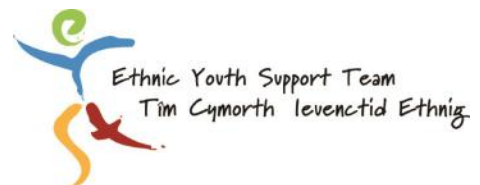
Time to Meet is currently hosted by **Community Lives Consortium**, funded by the **Big Lottery Fund** and run in partnership with the following organisations.



Thank you to all and everyone who supports the project!



FOYD
Friends of the Young Disabled





Contact us



For more information or to join
Time to Meet, please get in touch by



(01792) 646640 and asking for
Karin Phillips



time2meet@communitylives.co.uk



www.time2meet.org.uk



www.facebook.com/CLCTime2Meet



www.twitter.comCLCTime2Meet





Time to Meet

Because together is better!