



What's On Guide



June 2017

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

With thanks to.....

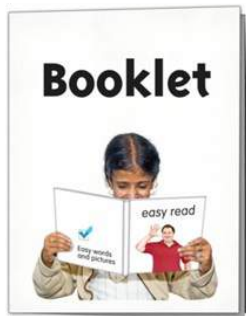




Time to Meet is organised by people with learning disabilities, and their friends, families and staff in Swansea and Neath Port Talbot.



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!



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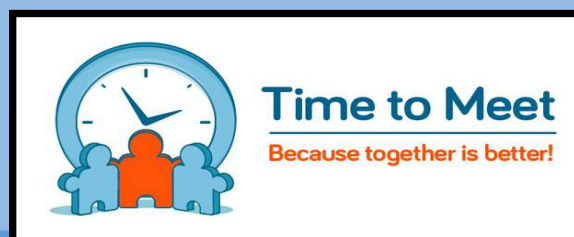
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TIME 2 MEET AND DAVE MADDEN PRESENT



CONQUEST FUN GAMES!

JUNE 10TH 2017, 12 - 4



**COME AND GET INVOLVED,
THERE'LL BE LOTS OF SPORTS
YOU CAN TRY. THERE'LL ALSO BE
FOOD AND DRINK,
RAFFLES AND MORE!**



**VENUE:
SWANSEA UNIVERSITY
RUNNING TRACK,
SKETTY LANE SA2 8QB**

**DISABLED PARKING AVAILABLE, PLEASE EMAIL
TIME2MEET@COMMUNITYLIVES.CO.UK
FOR FURTHER DETAILS**



Time to Meet
Because together is better!



Time2meet Hoodies



**Available now
all sizes!**

£15.00

Or 12 Time Credits

Time2meet@communitylives.co.uk

Beach Picnic

Blackpill Wednesday 12th July

Come and join us for our beach picnic at Blackpill. Bring your own picnic, plenty of fun and games and hopefully the sun will be out to!!

10-2





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

First Monday
of
every month

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



On the last
Thursday of
the month

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

last Thursday of the month

- £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



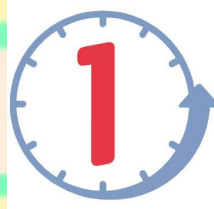
We are a small group of people supported by CLC who would be happy to visit people in their own homes.

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

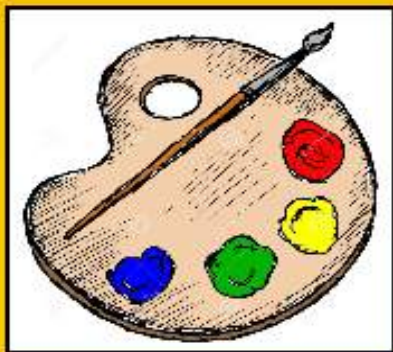




Making Things

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





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





Health and Fitness

Places available

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

Citrone Berlin go

Time Credits for doing walk



LLYN LLECH OWAIN COUNTRY

SATURDAY 3th June

12 pm . Meet at 12 o'clock in Car Park .Church Rd Gortais, Llanelli Sa114 7nf

Wear good footwear and appropriate clothing

*Weather permitting.

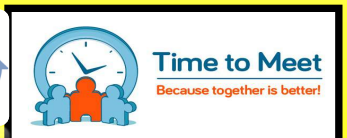
For more details please contac

Clive Jeffries on 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.

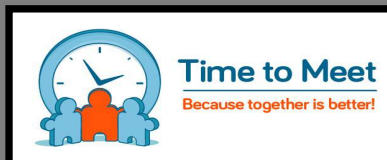
This offer is for Time To Meet members only



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

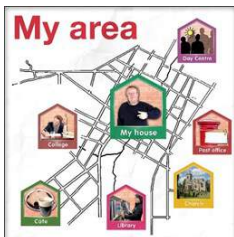


At 10am to 2pm



At **The FOYD building Camarthen Rd Swansea.**





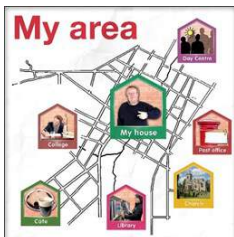
Things to Do



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



Time to Meet
Because together is better!



Things to Do

How to make chocolate chip cookies

Ingredients

1. 1/2 cup (1 stick) unsalted butter.
2. 3/4 cup packed dark brown sugar.
3. 3/4 cup sugar.
4. 2 large eggs.
5. 1 teaspoon pure vanilla extract.
6. 1 (12-ounce) bag semisweet chocolate chips, or chunks.
7. 2 1/4 cups all-purpose flour.
8. 3/4 teaspoon baking soda



Steps

1. Heat oven to 375'c
2. Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff)
3. Drop dough by rounded tablespoons about 2 inches apart onto ungreased cookie sheet.
4. Bake for 8-10 minutes or until light brown (centres will be soft)



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

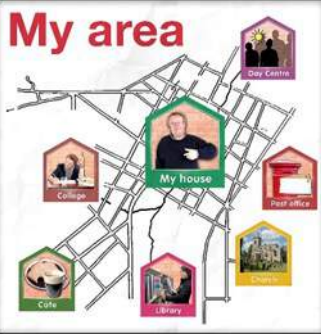


Pool/ Snooker



Flower Arranging

Other (please specify)



Things to Do

Great new spend partner in Swansea, please give a warm welcome to Cinema & Co!

Cinema and Co
Swansea, SA1 1JF



3 Time Credits = admission

Where is it?

17 Castle Street
Swansea
SA11JF
t: 07982624959

f cinemacoswansea
@cinemacoswansea



What do I need to know?

Check film and event listing: <http://cinemaandco.yapsody.com/>
or on Facebook, contact Anna to book on 07982624959

Spaces: for some films and events maybe limited

CINEMA
& Co.

About the partner

Cinema & Co are an extremely unique, independently managed establishment. We deliver a cinematic setting to watch movies as well as possessing a fully licenced bar on site. The cinema consists of homemade seats made from recycled wooden pallet which are cushioned with sheets and pillows. The homemade seating combined with low-toned lighting provides the perfect atmosphere.

There is an extended range of movies on show, from classics like Back to the Future and Stand by Me to modern masterpieces like The Dark Knight.

Cinema & Co is the place to go if you're looking for a quirky, relaxed movie night. Also pop along to the kids club on a Sunday.

In addition to providing an alternate setting for movie lovers, we also organise niche events alongside our screenings.

What's on offer

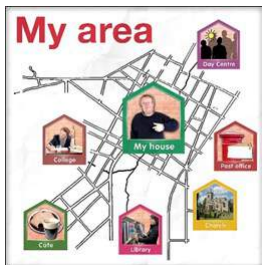
1 ticket for a film or special event

When

Check listings here
<http://cinemaandco.yapsody.com/>
or on the Facebook page
cinemacoswansea

Time Credits





Things to Do

Tell us your favourite easy recipe!

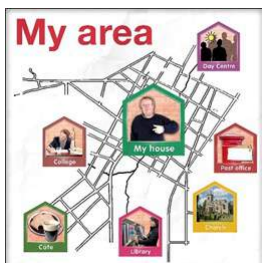
Send in your easy recipes to share with everyone and earn yourself 2 Time Credits for sharing it in our monthly "What's on Guide."

Send in to
time2meet@communitylives.co.uk.



Time to Meet

Because together is better!



Things to Do

No need to book and 2 Time Credits includes skate hire, per person. Group sizes over 15, please phone in advance stating your party size and that you will be paying using Time Credits. Available Weds & Thurs evenings and all day Sunday, all year round.



Cardiff Ice Arena



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
Because together is better!



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



Wednesday May 24th 2017

Moving To Our New Home

Last Week I had a stressful day moving house from Baptist wells to Manselton with my staff and William. We had lots of help from staff and removal men and a van to move lots of our stuff in their truck. Everyone that day worked really hard and it all went to plan. I really have settled in my new home and feel very pleased that we now have a lovely garden that we can enjoy. We are still getting the house sorted and are buying lovely new things. This is a fresh start for us all at Llys Y felin and just wanted to thank everyone for helping us make the move. One thing i am very happy about is i am now living closer to the Liberty Stadium as i love going to watch Swansea City 😊



Craig Roberts & William Jones 😊 (Network 7)



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



David took Allen up to see the filming of Stella - TV Series recently. Ruth Jones spotted Allen and insisted on a photo. Allen, being the good sport he is, was more than happy to oblige! He had a great day, so thanks to all concerned





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!

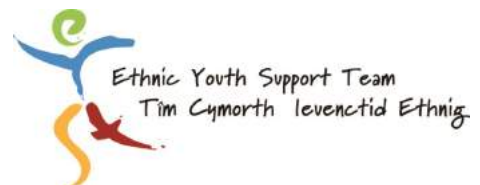
Time to Meet is currently hosted by *Community Lives Consortium*, funded by the *Big Lottery Fund* and run in partnership with the following organisations.



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.com/CLCTime2Meet





Time to Meet

Because together is better!