What’s On Guide

July 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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Fun Fashion Fete

Sponsored by a Regional Fashion Retailer

On October 7th 2017 at Gendros Community 10 till 3
There will be various stalls, Cakes, Tombola etc.
Hotdogs and refreshments available.
If anyone is interested in joining our new fishing group please get in touch with Karin Phillips or Time2Meet@communitylives.co.uk
Pembrey credit spend day

Join us at Pembrey Country Park on the 19th of July 10.30. Come and spend your Time Credits with us.
Time2meet Hoodies

Available now all sizes!

£15.00
Or 12 Time Credits

Time2meet@communitylives.co.uk
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 premesis.

11 am start - hope to see you soon!

Entry: £3 or 2 Time Credits
Meeting People

THURSDAY NIGHT FEVER

SWANSEA

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

- 27th July 2017
- 31st August 2017
- 28th September 2017

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

REVOLUTION

24 Wind Street
Swansea
SA1 1DY

Opposite the SmokerHaus

For more information please call
01792 646573 or 07506 265632
Meeting People

Taffy's Disco

Baglan Community Centre
Port Talbot
Every Wednesday
6pm.
£3 entry

We sell:
hot dogs
chips
chocolate
pop
hot drinks

Contact
01639 882104
Meeting People

Monday Night Disco

Once a month
3rd July
7th August
4th September

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

For Adults with a Learning Disability.

NEATH

 Presidents Bar
24-42 The Parade,
Neath,
SA11 1RA.

For more information please call
01792 646573
Or
07506 265 632

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.
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

£2 or 1 time credit

With Irene, Avril and Norma

At Caewern Community Centre,
Neath

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

Come along to our Bingo Night
every Tuesday at 6.30pm

Caewern Community Centre

£3 or 2 Time Credits

Contact Ann Stevens
01639 636849
Meeting People

**BLUEBELLS**

A SOCIAL GROUP FOR ADULTS OF ALL AGES
EVERY WEDNESDAY
10.30 am - 2.30pm
At
TOPIC HOUSE
Tello 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
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

New Group

Time to Meet
Because together is better!
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

Caewern Community Centre.
Music, and Karaoke group. 10.30
Every 2nd Friday of the month

£2 entry or 1 Time Credit
Music and Dance

Goldies
Sing & Smile
Fun & Friendly Singalongs
NEAR YOU AT
GORSEINON
Gorseinon Working Mens Club, 11 Brighton Road,
Gorseinon, Swansea, SA4 4BN
The FIRST WEDNESDAY
OF EACH MONTH

Join Julie-Anne Grey
for an hour of fun and laughter!
11.00am - 12.00pm

Supported by

NEXT SESSIONS...
JULY 5TH
AUGUST 12TH
SEPTEMBER 6TH
OCTOBER 4TH
NOVEMBER 1ST

Bringalong a friend!

We ask you please to make a donation of £2 for each session towards the work of the Goldies Charity
Thank You

www.goldiescymru.org.uk
Charity Registration 1121690
Rachel Parry 07796 714816

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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
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

Time to Meet
Because together is better!
Skills and Learning

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

New Venue

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

The FOYD building Camarthen Rd Swansea.
Things to Do

Any Celtic Leisure swimming pool will give you 1 hour swim with 1 Time Credit.
Summer fruit salad

Recipe for fresh fruit salad

Strawberries  
Bananas  
Grapes  
Apples  
Pineapple  
Oranges  
Pears  
Melon  
Blueberries  
Passion fruit

All fruit washed and diced and sliced to your liking  
Put into a big bowl sprinkle with caster sugar and cover  
With orange or pineapple juice cover and put in the fridge for 3 hours

By Robin Savours
Things to Do

A Picture of Swansea
Fri 26th May - Sat 1st Jul

The Secret Scripture
Tue 4th Jul

NT Live - Obsession
Sat 1st Jul

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

Cinema and Co
Swansea, SA1 1JF

Where is it?
17 Castle Street
Swansea
SA11JF
t: 07982624959
cinemacoswansea
@cinemacoswansea

What do I need to know?
Check film and event listings http://cinemaandco.yapsody.com/
or on Facebook, contact Anna to book on 07982624959

Spaces for some films and events maybe limited

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 pallets which are cushioned with sheets and pillows. The homemade seating combined with low-tuned 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 organize niche events alongside our screenings.

What’s on offer

| 1 ticket for a film or special event | Check listings here http://cinemaandco.yapsody.com/ or on the Facebook page cinemacoswansea | 3 |

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.
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.

Use your time credits here for the entry fee and many other places. Check it out!
http://www.justaddspice.org/our-work/spend-partners
Welcome to the Time to Meet section of our website.

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

Dylan Thomas boat house at Laugharne

On Tuesday 18\textsuperscript{th} April. Myself, Ian, John and Helen visited Dylan Thomas Boathouse. We paid with Spice Time Credits, 1 per person. It was a lovely day, and when we went inside we saw “The Parlour” the living room where Dylan Thomas and his family lived, and did most of his writing sitting at a table in the window overlooking the sea. We saw a video all about Dylan Thomas growing up going back to when he was a boy and where he lived in Cwmdonkin Drive in the Uplands Swansea. It was a most enjoyable day and the weather helped as it was glorious.

From Robin
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!
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 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!
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!