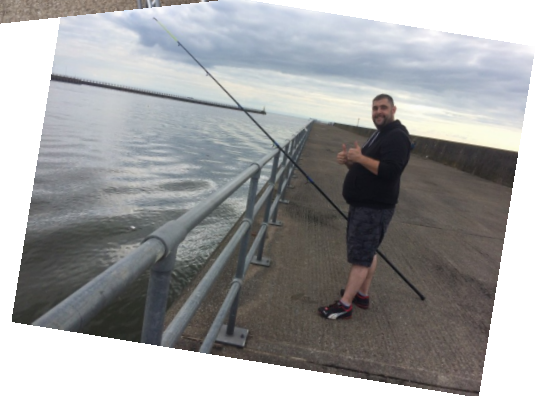




**Time to Meet**

Because together is better!

# What's On Guide



## October 2017

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

With thanks to.....





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**Time to Meet**

Because together is better!

# October 2017

October already, the nights are drawing in, but you can at least keep yourself warm by reading our latest guide! Stories this month include how our first fishing trip went, Kate and family's Spice Time Credit spend at Techniquet Cardiff, and this month's Roberts Report (the monthly round up of all things Swansea City) is a fact filled double pager! We're also repeating last month's quiz, if you want to win two Spice Time Credits then please send in your answers to [time2meet@communitylives.co.uk](mailto:time2meet@communitylives.co.uk). You can spend them in a variety of places, please see towards the back of the guide for some options.

Hope you enjoy this month's guide!

## **Time to Meet the Members#3: Nicola Roberts**



**Favourite Food:** Sunday dinner

**Favourite Drink:** Vodka and coke

**Favourite Sport:** Rugby

**Hobbies:** Puzzles

**Favourite TV Show:** Eastenders, Coronation Street

**Holiday Destination:** Florida

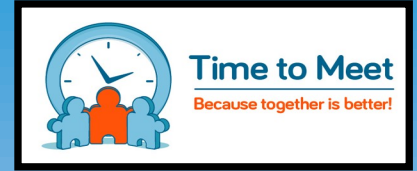
**Favourite Song:** 'Lean on Me' - Bill Withers

**Favourite time of year:** Christmas (spending time with family)

**Where do you see yourself in five years time?:** Still coming to Time 2 Meet, I'd be very happy with that!



# Tales from



## Time 2 Catch's first Fishing Group



The first Time 2 Catch fishing group met on Sunday 17th September at the West Pier by the Marina Swansea.

There wasn't a great many catches but it was a nice dry day. Here's what some of the members had to say.

'It was my first time fishing and I enjoyed it. It was exciting as I like the sea. I liked being with the group and I'd do it again' - Lake Sun Hau

'I thought the ones who turned up was just the right amount of people, it was a lovely sunny day for it too and great to see the people we support getting involved and enjoying themselves. Everyone was keen to learn something new and hopefully there will be a good turn out for the next one, as they all seemed quite keen to have a monthly trip to different places' - Paul 'The Codfather' Sheldon. **Keep an eye out for future dates folks!**





# Tales from



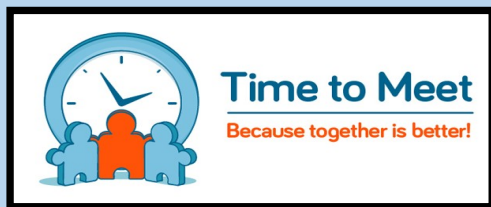
## Kate and children visit Techniquest



CLC Office staff member Kate went to Techniquest with her family on Saturday September 23rd . They paid with Spice Time Credits which saved them a total of £24.50! 'We had lovely day, ' said Kate, 'and my boys Steffan and Rhodri liked the water feature the best. We then went out for lunch in Cardiff Bay, followed by a ice cream. I would recommended Techniquest to everyone for a great day out. It was a fab day, made even better by free tickets!'

Reporting for Time 2 Meet — Robin Savours





## Swansea City, The Roberts Round up.

Craig's monthly round up of all things Swans!



On Sunday September 10<sup>th</sup> Swansea city played Newcastle at home at the Liberty Stadium. It was a very exciting game and we had lots of chances and didn't score a goal in the first half which was very frustrating. In the second half we did not play very well and we lost 0-1 to Newcastle . I enjoyed attending the game but my disappointment was visible.

Next game for Swansea was at Wembley to play Tottenham on Saturday September 16<sup>th</sup>. I did not attend this game. This game was also not shown on television so had to keep an eye on Sky Sports to check the score through the game. I also waited up to watch clips from the game on Match of the Day. From what I could see it was a very intense game and thankfully it was a well needed draw and point at the end of the match.

Next up for the Swansea was away to Reading at Madejski Stadium On Tuesday September 19<sup>th</sup> in the EFL cup third round. This game was not shown on Television and I kept an eye on the score on **SKY SPORTS** and we beat them 2-0. I was thrilled by this and we are now through to play Manchester United at home in the fourth round in the EFL Cup.

Next up for the Swansea city was to play Watford at the liberty stadium on Saturday September 23<sup>rd</sup>. This game was not good in the first half and we were 0-1 down. In the second half we scored and went level at 1-1. We did not play that well because we lost 2-1 in the end. I did not enjoy the game as it was very frustrating and disappointing. I hope we up our game and play well at the next game before International Break against West Ham On Saturday September 30<sup>th</sup>. I will keep you all updated on the progress we make!

Craig was reporting for Time 2 Meet

## UPCOMING FIXTURES

30/09/2017	15:00	West Ham United v Swansea City
14/10/2017	15:00	Swansea City v Huddersfield Town
21/10/2017	15:00	Swansea City v Leicester City
28/10/2017	15:00	Arsenal v Swansea City

**COME ON YOU SWANS!!**

# THE TIME 2 SING CHOIR IS NOW RECRUITING!



**Time to Meet**

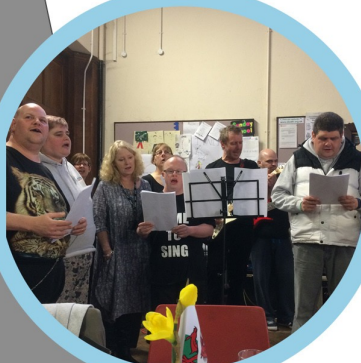
Because together is better!



If you enjoy singing,  
and have some spare time,  
why not join the Time 2 Sing choir?

## UPCOMING DATES:

- Thursday 28th Sept - rehearsal at CLC office 5.30 - 7 pm**
- Friday 29th - performance at Ty Kila 20th anniversary, 11.30 am.**
- Thursday 12th Oct - rehearsal at CLC office 5.30 - 7 pm**
- Thursday 19th Oct - performance at CLC AGM, 2pm meet.**



We sing a collection of new and old songs,  
and our main aim is to have fun,  
see friends and enjoy the music.  
To find out more phone Adam on 07970968112  
or email [time2meet@communitylives.co.uk](mailto:time2meet@communitylives.co.uk).  
We'd love to hear from you!

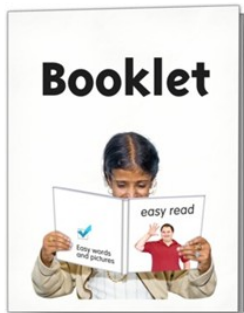




**Time to Meet** is organised by people with learning disabilities, and their friends, families and staff in Swansea and Neath Port Talbot.



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



**Follow us on social media!**

<https://www.facebook.com/CLCTime2Meet/>

<https://twitter.com/CLCTime2Meet>



# Easy Walking Group



Clive's Car

Citron Berlingo



## Porthcawl

**SATURDAY 21th October**

**12 pm meet at Coney Beach car park CF36 5BY**

**£2.00 charge for car park for 2 hours.**

**Wear good footwear and appropriate clothing  
Weather permitting. For more details please ring:**

**West Street on 01792 229365**

**Clive Mobile on 0752715976**

**or email [weststreet@communitylives.co.uk](mailto:weststreet@communitylives.co.uk)**

**or email [time2meet@communitylives.co.uk](mailto:time2meet@communitylives.co.uk)**

Hi all Clive the walk leader here.

Just a quick message regarding the time to meet Walking Group. When we organise a walk please could you contact me in person to tell me if you will be attending or not.

If no one gets in contact with me two days before the walk date, the walk will be cancelled.

So please if you want to attend the walk please contact me before the walk date. You can contact me by email or by telephone on the numbers and email addresses above. Everyone who finishes the walk gets a Time Credit.

Thanks, Clive.



# All new Quiz - Win 2 Spice Time Credits!

1. 'Green Door' and 'Oh Julie' were No 1 hits in the 1980's for which Cardiff born singer?
- 2.. Welshman Aneurin Bevan helped establish the NHS, but in what year? 1938, 1948 or 1958?
- 3.If you were travelling from Swansea to London by train, at which station would you arrive?
4. Who scored a hat trick for Swansea City in the 2011 Championship Play-off Final?
5. What is the main ingredient of guacamole?
- 6.What are the five different coloured rings on the Olympic flag?
7. True or false - a tomato is a vegetable.
- 8.Which political party is the name of a colour?
- 9.Which market town in Powys was the ancient capital of Wales?
- 10.What is St Stephen's Tower in London more commonly known as?

**Please email [time2meet@communitylives.co.uk](mailto:time2meet@communitylives.co.uk) with your answers, and good luck! There's plenty of ideas for Time Credit spends toward the back of the guide, so it's really worth entering.**



# 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](mailto: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**



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# 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**



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**£3 or 2 Time Credits**

Contact Ann  
Stevens

01639 636849





# Making Things

## Jewellery and a bit of crafts group

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

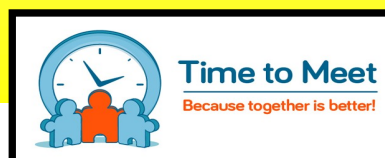
11.00-1.00

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





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# Music and Dance

Caewern Community Centre.  
Music, and Karaoke group. 10.30

Every 2nd Friday of the month

£2 entry or 1 Time Credit





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# Music and Dance

# Goldies

Sing & Smile **cymru**



## 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...

## Bring along a friend!

**JULY 5TH**

**AUGUST 12TH**

**SEPTEMBER 6TH**

**OCTOBER 4TH**

**NOVEMBER 1ST**

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](http://www.goldiescymru.org.uk) Charity Registration 1121600

**RACHEL PARRY 07796 714816**



# 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



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# 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](mailto:time2meet@communitylives.co.uk)



Every Wednesday



At 10am to 2pm



At CLC Offices, Walter Road, Swansea



# Time to Cook!

## Autumn is upon us, so why not try this warming Thai pumpkin soup

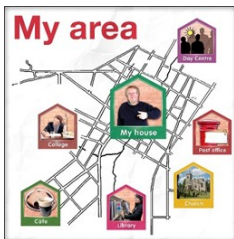
### Ingredients

- 1½ kg [pumpkin](#) or squash, peeled and roughly chopped  
4 tsp [sunflower oil](#)
- 1 [onion](#), sliced
- 1 tbsp grated [ginger](#)
- 1 lemongrass, bashed a little
- 400ml can [coconut milk](#)
- 850ml vegetable stock
- [lime](#) juice and sugar, for seasoning



### Method

1. Heat oven to 200C/180C fan/gas 6. Toss the pumpkin or squash in a roasting tin with half the oil and seasoning, then roast for 30 mins until golden and tender.
2. Meanwhile, put the remaining oil in a pan with the onion, ginger and lemongrass. Gently cook for 8-10 mins until softened. Stir in the curry paste for 1 min, followed by the roasted pumpkin, all but 3 tbsp of the coconut milk and the stock. Bring to a simmer, cook for 5 mins, then fish out the lemongrass. Cool for a few mins, then whizz until smooth with a hand blender, or in a large blender in batches. Return to the pan to heat through, seasoning with salt, pepper, lime juice and sugar, if it needs it. Serve drizzled with the remaining coconut milk and scattered with chilli, if you like.



# Things to Do



## Technique Quest Cardiff

Great news, Technique Quest in Cardiff is now accepting Time Credits. Three Time Credits will get you all day entry. If your party is bigger than ten people however, please ring [029 2047 5475](tel:02920475475) beforehand to let them know you're coming. Thanks!

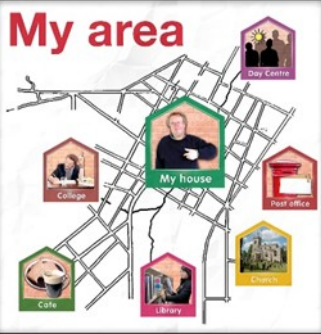


# Use your Time Credits



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<https://www.techniquequest.org/> for information



# 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 listings: <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

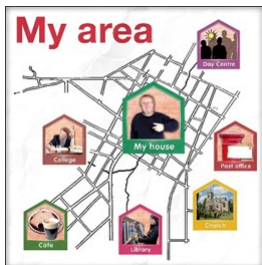
#### When

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

#### Time Credits







# Things to Do

## Tell us your favourite easy recipe!

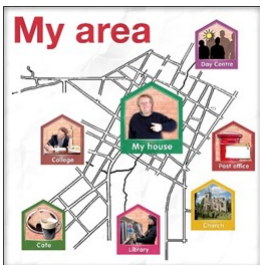
Send in your easy recipes to share with everyone and earn yourself 2 Time Credits for sharing it in our monthly "What's on Guide."

Send in to



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# 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>



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# Our Partners



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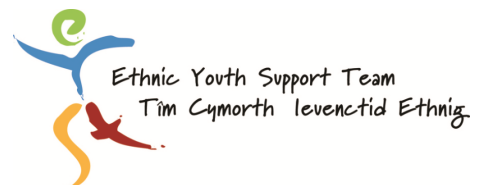
**Time to Meet** is currently hosted by **Community Lives Consortium**, and run in partnership with the following organisations.



Thank you to all and everyone who supports the project!

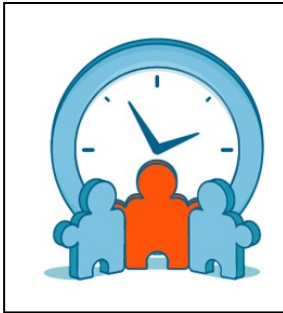


**FOYD**  
Friends of the Young Disabled





# 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](mailto:time2meet@communitylives.co.uk)



<https://www.communitylives.co.uk/time-to-meet/>



[www.facebook.com/CLCTime2Meet](http://www.facebook.com/CLCTime2Meet)



<https://twitter.com/CLCTime2Meet>

