



Time to Meet
Because together is better!

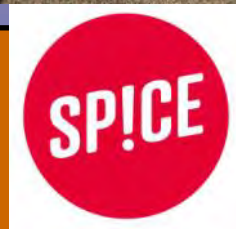
What's on Guide



March 2018

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!



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March 2018

March already, and hope everyone had a nice St David's day! It was a busy February, so there's stories from Time 2 Catch's first boat trip, our Techniquest Spice Time Credit spend, and also the second day of our two day Empower training, teaching us all about how Parliament works. There's also recipes, our monthly football report, and all the other goings on, hope you enjoy this month's edition!

Time to Meet the Members - Clive

Favourite Food: Steak and chips

Favourite Drink: Water

Favourite Sport: Wales Rugby

Hobbies: Going to the gym

Holiday Destination: The Western Front battlefields in France

Favourite Song: Any Pink Floyd!

Favourite time of year: Anytime it's not raining!

Where do you see yourself in 5 years: Doing the same things I am now hopefully!



Thanks Clive, and we'll have another member next month!



Time 2 Catch are all at sea!

The Codfather Paul Sheldon and company had a great time on their first boat trip on Saturday 17th February. Will had the highest haul with eleven fish caught!

Apart from a couple of group members struggling to find their sea legs (Rob and Lake Sun didn't wind Paul Smalldon up much about it though!) it was a very enjoyable, and mostly dry day. Keep an eye out for the next date if you'd like to go along!





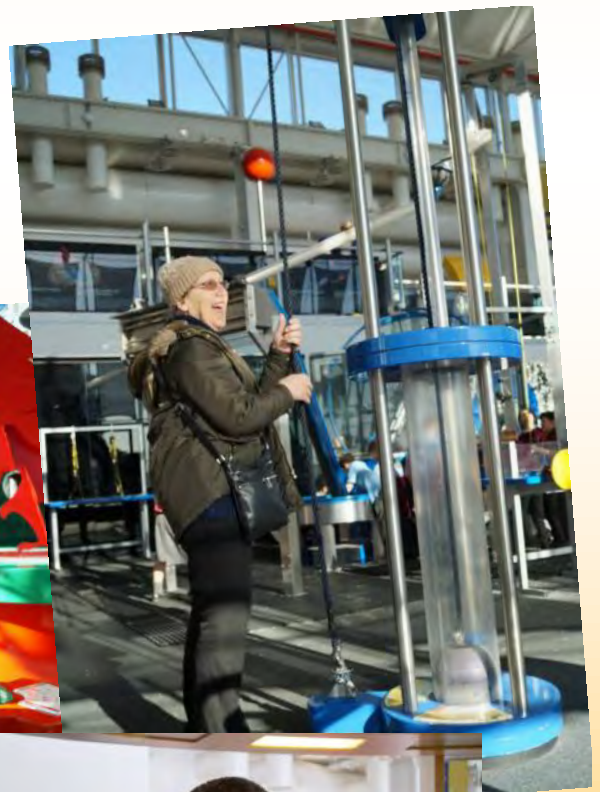
Our Techniquiest Spice Time Credit Spend!

Here's some snaps from our recent visit to Techniquiest Cardiff. We used Spice Time Credits to pay, saving over £100 in entry fees!

'I liked the pressing the button on the bubble machine, and when my body disappeared', said Ian!

'The electric experiments and powering the radio was fun', stated Nicola.

'The history of the fibreglass car was fascinating,' said Brian.



Tales from



Time to Meet
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Order! Order! Time to learn about Parliament!

The Time 2 Meet Admin Group had a great time on February 14th in the second part of our Empower session, which taught us about how Parliament and the government works.

We had a great debate, ably kept under control by Rebecca as The Speaker of the House of Commons!

The subjects we debated were whether 16 year old should be able to vote, and whether Donald Trump should be allowed to visit the UK.

The debate was kept civilised (unlike Prime Minister's Question Time!), and everyone stood and thanked the Speaker in turn for allowing them to speak.

Huge thanks to Steve Williams from Parliament for what was a fantastic and informative two days, and we hope to see you again soon!



Time to Cook - Cawl!

As the winter weather bites

Here's a warm and tasty treat -Enjoy !

Welsh Cawl Recipe

2 litres water

Add 2 teaspoons salt

In saucepan and bring to boil.

Peel onion and add to pan

Then add the lamb.

Simmer for 15 minutes

Peel and cut Swede into cubes and add to pan

Cooking time 2 hours



Swansea City's February Round-up!

February started with a trip to Leicester, who had picked up a bit of form in the previous weeks. We went a goal down fairly early on to due to some sloppy defending, but then defended well to keep the score at 1-0.

In the second half we managed an equaliser—Federico Fernandez rising highest from a pinpoint Ki corner. We managed to hold out for what was a very good point away from home to a side that were recent champions of the Premier League.

Next up was a cup replay, and we had one of those evenings when everything just hits the back of the net! We demolished Notts County 8-1 in a great display of clinical finishing.

On the 10th we welcomed Burney to the Liberty, and it was a very cagey affair. It looked like it was going to be goalless, when with ten minutes to go Ki popped up to give us a goal, and a vital three points.

Are the Jacks going on yet another great escape run?! Watch this space!!



February continued with a disappointing defeat and performance at Brighton where we were comfortably beaten 4-1. We didn't get off the bus and those supporters that travelled must have been very disappointed. Not a good day at the office!

We ended the month on a high however, as the Swans won against Sheffield Wednesday on at the Liberty Stadium 2-0 to get into the Quarter Finals against Tottenham at home. It was a good game, I watched it on TV ;it was 0-0 at half time but we scored in the second half—Jordan Ayew scored the first goal then Nathan Dyer scored the second goal to give us our first FA Cup quarter final for 54 years!

SEE YOU NEXT MONTH - UP THE JACKS!

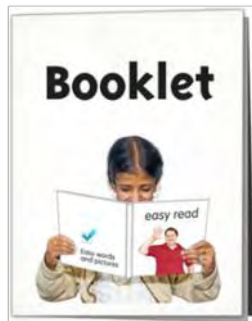




Time to Meet is organised by people with learning disabilities, and their friends, families and staff in Swansea and Neath Port Talbot.



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>



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



Caewern Community Centre, Neath

Thursdays 10.30-12.00

£2 entry or 1 time credit

Come and meet Irene, Norma, Avril, Ian
and lots of other lovely people.

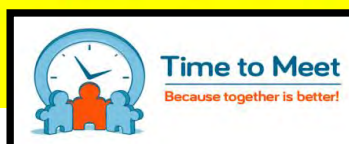




Meeting People



Come along to our Bingo night
every Tuesday at 6.30
At Caerwern Community Centre
Neath £3 or 2 Time Credits



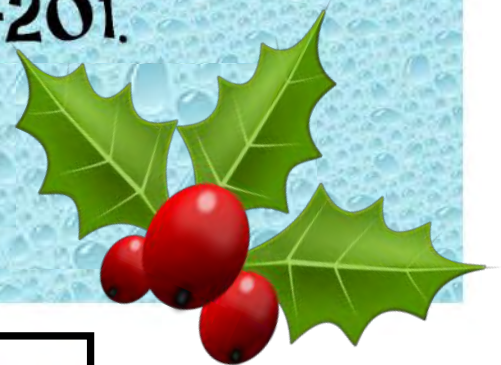


Meeting People

Fishing Group



FOR FURTHER INFORMATION PLEASE RING
PAUL 'THE CODFATHER' SHELDON
ON 07807 954201.





Meeting People

Coffee Morning



Brighton Rd Working mans Club Gorseinon

Coffee Morning

Fridays

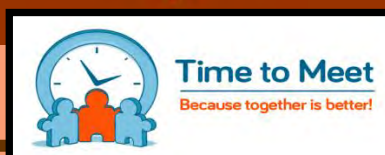
10.30—12.00

£2 entry or 1 Time credit

Come and meet Robin

Marie, Ian, and

Linda





Making Things

Jewellery and a bit of crafts group

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

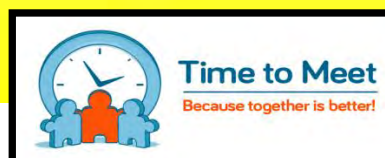
11.00-1.00

2 Time credits or £3.00.

Everybody welcome.

Phone Kim or Ceri

01639 636085

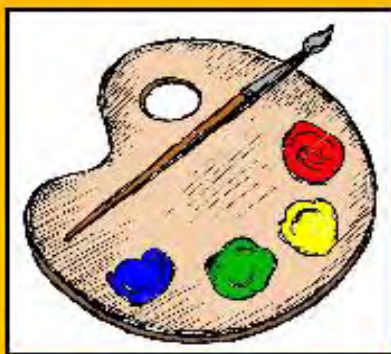




Making Things

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





Time to Meet
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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



AWENHIR GŶM Y LOTERI
LOTTERY FUNDED



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

NEXT SESSIONS...

Bring along a friend!

- JULY 5TH
- AUGUST 12TH
- SEPTEMBER 6TH
- OCTOBER 4TH
- NOVEMBER 1ST

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!

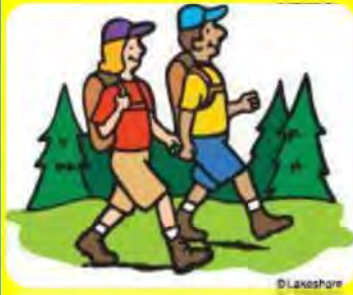
Different hoists available,

Contact Wendy and Kim

01792 875713



Time to Meet
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Easy Walking Group



Clive Car
Citron Berlingo

Swansea Marina
Saturday 14th April
12.00 pm

For walk for around marina weather permitting.
Meet at Marriot Hotel.
Bring packed lunch and
refreshments. Cafe's are available for hot drinks



Wear good footwear and appropriate clothing
Weather permitting. For more details plea
West Street on 01792 229365
or email weststreet@communitylives.co.uk
or email time2meet@communitylives.co.uk




Creditor 1 Time

Hi all Clive the walk leader
Just quick messge regarding the time to meet Walking
Group. When we organise a walk please could you contact me
In person to tell me that you will be attending or not. Because
If no one gets in contact with me 2 days before the walk date the walk will be
cancelled



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](mailto:Karin.Phillips@communitylives.co.uk) (01792 646640)
or email time2meet@communitylives.co.uk



Every Wednesday

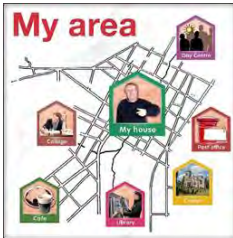


At 10am to 2pm



At [CLC Offices, Walter Road, Swansea](#)





Things to Do

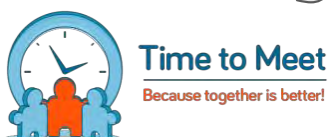


Techniquest

Great news,
Techniquest 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!

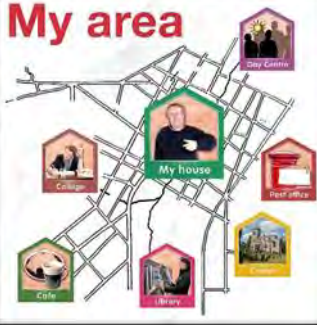


Use your Time Credits



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

My area



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

 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

Space: 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 pallets 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

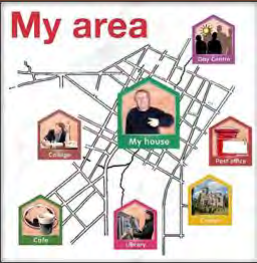
1 ticket for a film or special event

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!

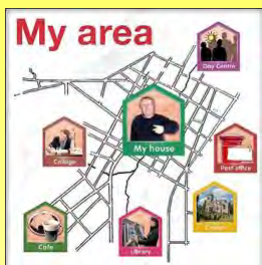
Send in your easy recipes to share with everyone and earn yourself 2 Time Credits for sharing it in our monthly "What's on Guide."

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



Time to Meet
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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!



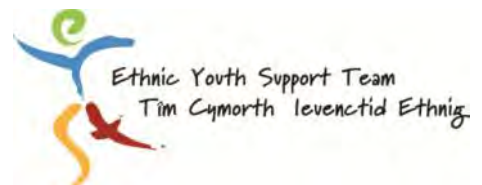
First Choice
Housing Association Limited • Cymdeithas Tai
Dewis Cyntaf Cyf



FOYD
Friends of the Young Disabled



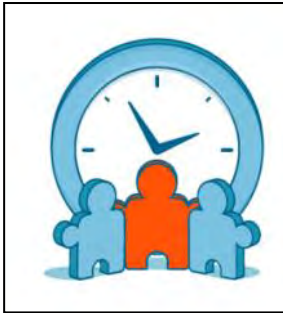
Llais anabledl dysgu
The voice of learning disability



Ethnic Youth Support Team
Tim Cymorth Ievenctid Ethnig



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



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



www.facebook.com/CLCTime2Meet



<https://twitter.com/CLCTime2Meet>

