

CAERPHILLY MINERS CENTRE FOR THE COMMUNITY

Newsletter for members and volunteers January 2025

Welcome to our new newsletter for Members and Volunteers! We plan to publish once a term. If there's anything you'd like to know more about, please contact the office, any of the emails below, or use the website to reach us. We're here for you!

"Wherever you stand in the Caerphilly Miners Centre, somebody will tell you to move. The grand building, acquired by pitmen in the early 20th century for use as a hospital, now hosts a busy programme of toddler groups, social clubs, exercise sessions and Welsh-language classes. It keeps alive a tradition of working-class self-help and self-improvement which is stronger in the Welsh Valleys than almost anywhere in Britain."

Extract from The Economist, December 7, 2024

WE'RE HERE FOR YOU!

Our aim is to consult with our community and respond to its needs. If you'd like something that isn't included in this newsletter please let us know.

The Miners is available for booking for all occasions including wakes, parties, corporate events, for seminars and workshops and smaller meetings. We have great facilities. Contact: roomhire@caerphillyminerscentre.org.uk



Our centre is intended to be for and by our community and needs your input. Please send suggestions, ideas and any concerns to Sophie Davies, Business Manager at sophie.davies@caerphillyminerscentre.org.uk

Privacy and Data Protection:

We take great care to safeguard personal data and to process this data lawfully in accordance with the Data Protection Act 2018 and the General Data Protection Regulations (2018). We have your contact details in a password protected database which will be updated every April. When providing details about yourself you can be confident that:

- Any information you provide to us is confidential and secure
- We will always endeavour to keep accurate and up to date information on you
- We will not share or sell your details to other organisations
- You have the right to request access to the data we hold on you, and also the right to request we delete that data.

Our policies on safeguarding, equalities, health and safety, environmental sustainability, Welsh language, GDPR, employment and volunteering are updated annually.

As an organisation we rely on word of mouth. Please share this information with your friends and invite them to join as members or volunteers. THANK YOU!

KEY CONTACTS:

Phone (during office hours 9.30-3.30 pm) 029 2167 4242 Monday – Friday.

Room hire: roomhire@caerphillyminerscentre.org.uk

Projects, activities, events: events@caerphillyminerscentre.org.uk (shared email)

Trustees / membership / website: secretary@caerphillyminerscentre.org.uk

MEET THE TEAM!

Sophie Davies – Business Manager – role to run the business and make it more self-sufficient and sustainable.

Karina Allaway – Centre Manager – responsible for room hire, health and safety, facilities and the building.

Laura Morris-Lloyd – Volunteer Coordinator

Amie Lock – Events, Catering and Facilities Officer

Amanda Thomas - Room Hire Officer

Carys Ward - Marketing Officer

Nicky Condon – Men's Shed project officer, funded by Moondance Foundation

Iestyn – Cleaner

The team are employed for 145 hours a week of which 80 hours is currently funded by the National Lottery Community Fund.



TRUSTEES

The Board of trustees have overall responsibility for the Miners, for ensuring it is a good employer, financially viable, a safe space, and supports the wellbeing of our community. The board currently has 8 members – John Brinkworth, Jeff Cuthbert, Katherine Hughes (Chair), Tina Kingsbury, Ann Lewis, Elizabeth Scarlett, Richard Thomas, and Catherine Uphill (Company Secretary). We are looking to recruit a Vice Chair and a Treasurer – if interested please contact Catherine on secretary@caerphillyminerscentre.org.uk

MEMBERSHIP AND AGM

We reviewed our membership scheme at the AGM in 2023 and resolved to invite everyone who used the centre to join. Membership is an expression of support – we're not expecting members to do more than receive a newsletter each term and attend our AGM. We recruited 100 members last year and hope to do the same again in 2025. To become a member contact Catherine at secretary@caerphillyminerscentre.org.uk



BUILDING OUR SUSTAINABLE FUTURE

A key aim of our charity is to restore and maintain the building and breathe new life into it. We have invested £2.4 million in this endeavour in the past 10 years and there remains work to be done – from keeping the roof secure to replacing windows, Thanks to funding in March 2024 from the Community Empowerment Fund we have been able to invest in security, health and safety measures and improving the comfort of the building. So far, we have introduced a new security system and cameras. In the pipeline are a new ramp, bollards for the lower car park, curtains to improve insulation in our community hall. We



still have more to do including improving our IT, refurbishing rooms and replacing windows. The Lottery project, Building our Sustainable Future, includes proposals for a self-standing

multipurpose workshop and equipment store to the rear of our building, for making better use of our car park, for assessing potential uses for the small site above our grounds, and for more management of water, energy, and waste. If you are interested in getting involved in these activities please contact sophie.davies@caerphillyminerscentre.org.uk



VOLUNTEERING

Over 100 Volunteers gave over 1000 hours a month to the Miners in 2024. They come from all walks of life and cover a wide age range. They act as project organisers, stewards, digi- and café volunteers, knitters and gardeners, administrators and technician and helpers at events.

Laura Morris-Lloyd has joined us as Volunteer Coordinator. Laura’s role will include recruiting, training, and overseeing volunteers and addressing barriers to volunteering. Laura is a qualified Primary teacher and has been a volunteer for over 30 years. Laura has had the pleasure of meeting many volunteers since starting her position, witnessing the positive impact they have on the Caerphilly Miners Centre. As a volunteer herself, she is deeply aware of the dedication, effort, and enthusiasm volunteers bring to the community. She has enjoyed learning about the work at the center and is eager to support all volunteers in her new role.



Laura is looking forward to meeting all volunteers **On Saturday 18th January 11.00am – 1.00pm** at the volunteers’ coffee morning.

PROJECTS AND ACTIVITIES

KNITTING PROJECT

This volunteer led project is now in its 6th year. We indebted to the 49 volunteers who gave over 3000 hours of their time to knit, crochet, label and distribute over 100 blankets to Llamau, Parent Network, Caerphilly Cares, Tyfu, and Caerphilly care homes last autumn. It’s a great project for people to do at home and still contribute to the welfare of others. We’ll be doing a bake-sale to raise money for labels, wool and other costs Contact Pauline at the Miners Mondays mornings 11.00-12.00 by email at events@caerphillyminerscentre.org.uk



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CRAFT AND CHAT

The group started in 2017 and is volunteer led. Around 16 people meet every Monday 1.00-3.00. The group brings a wide range of talents and each member brings their own crafts. In November 2024 the Craft and Chat group labelled blankets for the Knitting Project and raised over £300 at the Festive Craft Fair. Cost £3 per session, refreshments included. Contact Barbara on events@caerphillyminerscentre.org.uk .

CARDS AND COFFEE

This small group has recently been revitalised. It meets every Wednesday 1.00-3.00. Cost £3.00. To join, phone the centre or contact events@caerphillyminerscentre.org.uk.

ADULT ART



Our Thursday aft class (6.30-8.30) has 24 members and a regular attendance of 16 people. All abilities welcome. We use a variety of media and cover themes from still life to landscape. Our class is supported by a WhatsApp group. Cost £7.00 per session. This term we are planning an Exhibition / Sale on 1st March. Further details and to join the class contact Katherine on events@caerphillyminerscentre.org.uk

ELDERBERRIES

The Elderberries has been a self-run project since 2015, offering activity, support and friendship. It is an active group of around 25 over 60's who meet every Tuesday afternoon 1.30 – 3.30 pm at the Miners'. Elderberries' activities include speakers, musical and group activities, crafts, visits and special events; cinema every other week.. Cost is £3 per session including refreshments. Contact Marjorie 029 2088 3722 or Marion 029 2088 5612 for further details.



MUSIC GROUP

The Music Group was set up in 2012 to fundraise for musical activity at the Miners and the wider community. In December 2024 we held a Christmas Musical Evening and collected £180 for donation to 3 Caerphilly Foodbanks.

Our next event – **Wednesday March 19 2.30-5.00 pm** is a **'50s and 60s' Afternoon Tea & Entertainment**.. Cost £7 per person. It will help pay for our music licence (nearly £500 last year). We're also planning a 2nd annual Caerphilly Musical Showcase in May-June 2025. Contact Music Group on events@caerphillyminerscentre.org.uk

MEN'S SHED

With the support of Moondance Foundation, Nicky has developed a vibrant Men's Shed at the Miners. They meet twice a week on Mondays and Thursdays (10.00-11.30) and enjoy a varied programme. Each group has 25 members, who come from all walks of life and with varied abilities. Contact: nicky.condon@caerphillyminerscentre.org.uk

GARDENING GROUP



The gardening group established and maintain the grounds around the community centre. It includes many different aspects of horticulture including a Climate change garden, a wild life pond, nursery area, a stumpery and drought borders. We use our garden to fundraise, both as part of the National Garden Scheme "Yellow Book" (open on Sunday 22nd June 11-5) and to provide funds for our activities.

Our group of volunteers meets every Wednesday morning 9.30 until lunchtime, and is a mix of experienced and less experienced Gardeners. There are ten of us at the moment and If you are interested in joining us, please turn up on a Wednesday morning and ask for Chris who will tell you what's involved. We will be at the Mothers Day Fair on Saturday 8 March with bulbs and some spring surprises to sell. E-mail events@caerphillyminerscentre.org.uk

WELSH LANGUAGE GROUP

The Welsh Group is holding a Six Nations Rugby Sweep to raise funds for Glowyr Bach, Welsh medium playgroup. £1 per voting sheet at the centre by Thursday 30 January.

CHAIR EXERCISES

The largest volunteer led Chair Exercise Group in Caerphilly has been running at the Miners since 2017. Led by Ruth, it meets Thursdays 1.30 – 2.15 followed by refreshments and chat. Regularly attended by 15-20 people, it caters for all abilities. We also zoom this session to Plas Hyfryd home and run other outreach sessions. Runs throughout year. Cost £3.00 (carers free). Contact Katherine events@caerphillyminerscentre.org.uk



REPAIR CAFÉ

The repair cafe meets on the first Saturday of every month, 10.00 am-1.00 pm. The repair cafe is made up of a variety of skilled volunteers. They are able to fix clothing, electrical items, bags, toys, furniture, jewellery and bikes. Booking is only required for bikes and jewellery repairs as they are specialist - please email events@caerphillyminerscentre.org.uk - you are welcome to just come along with all other items. Items are fixed for free but donations to the centre are welcome.

BUS TRIPS

Following consultation and successful trips last year, we are planning 3 bus trips for 2025::

- May 7/14 - Tyntesfield House near Bristol – Victorian Gothic Revival house with extensive gardens, National Trust – cost will be around £40 for non NT members
- July 9/16 – Porthcawl – seaside trip – cost £20-£25
- October/November 2025 – theatre trip – cost will be £40-£50 – Thursday matinee.



Contact Katherine at events@caerphillyminerscentre.org.uk to express an interest/ reserve a place.

BEECH TREE COFFEE SHOP

The Coffee Shop is open 10.00 am – 2.00 pm on Monday, Wednesday, Thursday and Saturday and from 11.00 am – 2.00 pm on Tuesdays.

<https://www.caerphillyminerscentre.co.uk/the-beech-tree-coffee-house>

Dog Friendly Policy

In December 2024, after a two month pilot, we agreed to make the café 'dog friendly'. The consultation showed that not everyone supported the idea, and we therefore introduced the following rules:

- Dogs are allowed in the café during listed opening hours.
- Signage will display dog-friendly service hours (currently excluding the Repair Café and Friday Social Hub)
- Dog owners are wholly responsible for their pets
- Dogs are allowed in the café, at a designated table, but not elsewhere in the building
- Stewards and Volunteers are authorised to ask dog owners to leave if their dogs do not behave, are wet, or do not follow the rules.
- A comments box will be made available.

We hope that this will give more people the opportunity to enjoy our centre, but we are aware that some people are uncomfortable in a dog friendly environment. We have moved refreshments linked to projects and given stewards and volunteers the option of changing their shifts. We hope this works for everyone. We will review the policy in three months.

We also have been discussing how to make our café a more comfortable place to be. A suggestion box will be put in the café for your comments. We have to raise funds to make the changes and won't be making any changes before we have listened to your views.

LOWER CAR PARK

Did you know that the Miners has another car park down the hill and accessed from Beech Tree View? We're hoping to make this a more positive space. CCTV and bollards will be installed by mid-January and a series of Litter Picks are planned. We'd also like to know your ideas about any more we could do. Contact events@caerphillyminerscentre.org.uk

FUNDRAISING EVENTS & ACTIVITIES

We need money to repair our roof, and install a new IT system, to decorate and refurbish rooms, keep prices down, refurbish our café, run children's activities, contribute to the cost of bus trips for seniors, display boards.

We're planning monthly events as follows:

	2 nd Saturdays	3 rd Saturdays	Other Events
February	Secondhand children's clothes / items 8 February	Jigsaw and games swap shop	Galentine's Craft Event – Thurs 13 6.00 – 8.30 pm Children's Valentine's Disco – Sun 16 1.00 -3.00 pm
March	Mother's Day Fayre 8 February	Bake sale for knitting project	Art Exhibition Saturday 1 tbc Ceroc Dance Class details tbc 50s & 60s Afternoon Tea Wednesday 19 2.30-5.00
April	Vintage Clothes Fayre 12 April		To be confirmed

KEEPING FIT – MAINTAINING WELLBEING

Pilates	Mondays 5.30-6.15; 6:15-7.00 Wednesday 5.15-6.00 Thursday 9.15-10.00
Tai Chi	Mondays 10.00-11.00; Tuesday 10.00-11.00; 5.45-6.45; Wednesday 10.00-11.00
Yoga	Mondays 11.30-12.30; 8.00-9.00; Tuesday 7.15-8.15; Wednesday 11.30-12.30 Welsh Yoga Friday 1.00-3.00
Mediation	Monday 6.00 – 7.00
Menopause	Café meeting last Sunday of each month

LANGUAGE AND OTHER CLASSES

Coleg Gwent Welsh: Beginners Mondays 9.30-11.30; Intermediate 1.00-3.00

Welsh Improvers (on Zoom) Mondays 3.00 – 4.00

French Improvers (on Zoom) Mondays 7.00-8.00 Cost £5 per session

The Miners hosts classes run by Multiply & offers IT support on Fridays 10.00-12.00

EARLY YEARS AND CHILDREN

After school clubs

- Art (Monday 4.00-5.30) Cost £5 per session - £35 per half term) 7-11 age group
- Sewing (Tuesdays 4.00-5.30) cost £5 per session. 7+ age group.
- Lego and Train Club 4.00 – 5.30 (free activity)

Stay and Play

- Glowyr Bach (Welsh) Tuesday 9.30 – 11.00 cost £1 booking required. Cost £1 per child
- Stay and Play Friday 9.30 – 11.00 drop in. Cost £1.00

We also run holiday and special events for primary aged children and we continue to support Youth Volunteers. Contact Amie at events@caerphillyminerscentre.org.uk

ADDRESSING THE DIGITAL DIVIDE

Caerphilly Miners Centre has several initiatives to help improve the digital skills of the community and decrease the digital divide. Our next digital skills courses will start in February. This course will help you with all aspects of using a computer, phone or laptop and with getting online. We also have laptops and SIM cards available for free to help people on low income get online. Our centre tablets are loaded with Learn My Way bitesize lessons for you to learn at your own pace. For more information call the centre or pop on a Friday morning during our social hub.

HERITAGE



A key strategic theme is to commemorate the heritage of the Miners. We are planning to continue our heritage project when resources allow.

OTHER ACTIVITIES HOUSED IN THE MINERS

The Wellness Hub 2nd floor is open including:

- Back2You – Osteopaths & Chiropodist 02920 888100
- L:isa Morgan Beauty www.lisamorganbeauty.co.uk
- Intherapy Counselling www.intherapy-counselling.com
- Hair by Lyndy Robinson -7791 627297
- Optimum Health and Wellbeing 07813 117270

Caerphilly Observer – award-winning community newspaper.

Caerphilly Ladies Choir – www.caerphillyladieschoir.co.uk

IF YOU WOULD LIKE AN ITEM IN THE MAY 2025 ISSUE OF OUR NEWSLETTER PLEASE LET SOPHIE KNOW. Sophie.davies@caerphillyminerscentre.org.uk