








# PACTO (Pembrokeshire Association of Community Transport Organisations)

Easy Read information about community transport and bus timetables

	<h2>Community Transport</h2>
	<p>Community Transport helps people and groups who don't have their own transport or can't use public transport.</p>
	<p>Community Transport is safe, friendly and run by the community, for the community.</p>
	<p>The Council helps to pay for these services.</p>
	<p>The services are run by volunteers and paid staff.</p>
	<p><b>All of Pembrokeshire has</b></p>
	<p><b>Country Cars</b></p>

## Clynfyw Community Shop:



Launch poster (below) references the LDIF fund

'This project is partly funded by the Learning Disabilities Innovation Fund.'

'This project is part-funded by the UK Government through the UK Community Renewal Fund.'

# Clynyfw's Good Friday Fandango



Friday  15th April  2022

10.30  until 1.00pm 

At Clynyfw Care Farm



It's the opening of the Clynyfw Shop and we'll have lots of fun and games, including an Easter Egg hunt.



To find out more, contact Paul on 01239 841 236 or [asdan.clynyfw@gmail.com](mailto:asdan.clynyfw@gmail.com)

Clynyfw Care Farm postcode SA37 0HF



UK Government  
Llywodraeth y DU

**The Tenby Project:**

Facebook page : [The Tenby Project | Facebook](#)

Web page: [www.thetenbyproject.co.uk](http://www.thetenbyproject.co.uk)

**Strength Academy –**



We mainly promoted the programme via Value Independence and through their and our social media channels

<https://www.instagram.com/p/Capgm7jDp5B/>

<https://www.instagram.com/p/Cc5bszkDRv5/>

<https://www.facebook.com/Value-Independence-CIC-215311215209402>



## Mencap Ceredigion

Feedback:

- Increased hours of activities from 40 to 120 hours per month (minimum).
- Volunteers now taking more control; planning, leading and running events.

Special moment:

The first event when the team ran the games night on their own, with 'responsible adult' very much in the background. Felt like 'taking the stabilisers off the bike'.





APRIL 2022

A guide to what's on for people with learning disabilities in Ceredigion.



Hello members, welcome to our bi-monthly newsletter from the BE SY' 'MLAEN team. It's been a busy time during February and March. The team has set up and run some great NEW events for the next few months. If you have not received your Diary of event's yet, please contact us on the numbers below and it will be sent on first post. Till then enjoy April/May events and BE PREPARED for JUNE when we will be celebrating Learning Disability week with amazing events.



**EMLYN GARDEN PROJECT.** Many of our members have green fingers it seems. That was one of the top things that members said they enjoyed over the COVID lockdown, many had not even gardened before. So, it was no surprise that our surveys mentioned gardening as a good regular event for us to put on. Luckily Emllyn Town Council had spoken to us before COVID and have now offered us a patch of ground (RATHER A BIG PATCH) to work on. Now

we have a group of members who have been meeting every other Saturday for the last couple of months. We have planted dozens of trees, created some beautiful, raised beds and started to clear paths etc. If you want to join our busy team just let us know. All equipment provided all you must do is NOT to wear you best clothes!



**SUNDAY CINEMA CLUB.** Going to the Cinema is a big fave with our members but one thing the survey told us was that many had no one to go with them. For this reason, we have set up a ONCE-A-MONTH cinema club at Mwldan Cinema in Cardigan. We are so sorry though that we have had to cancel the last 2 events due to COVID outbreaks but plan our first one at the end of this Month. Watch this space.

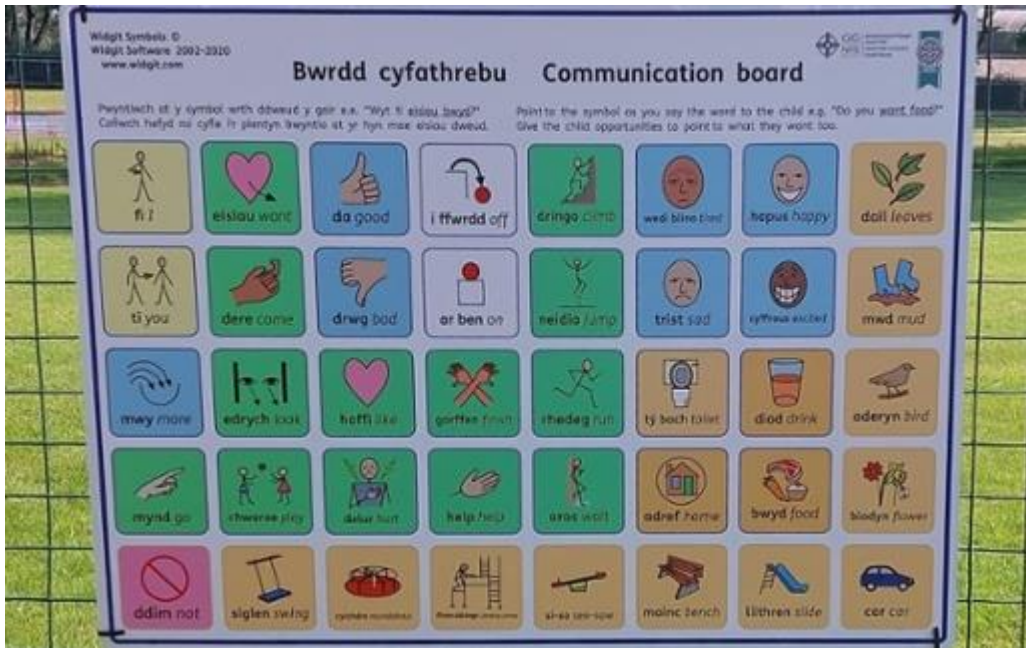


Our arts and crafts sessions are getting very popular, February and March saw us run card and jewellry sessions. In May we are introducing candle making for those interested. Weekly sessions at THREE COMPASSES, NEWCASTLE EMLYN EVERY TUESDAY 11AM TILL 2PM.



## Hywel Dda Health Board:

The project, the first of its kind in Wales, produced boards showing a selection of core words which are paired with associated symbols to aid communication. Erected in hospitals, play parks in towns and seaside locations.





## Our Voice Our Choice

This member led organisation had identified life skills they wished to learn which included First Aid Training.

