



# Carms News

Local Service Board providing you with news and information from Carmarthenshire

Your Local Service Board Carmarthenshire County Council • Coleg Sir Gâr • University of Wales Trinity Saint David • Hywel Dda University Health Board • Mid and West Wales Fire and Rescue Service • CAVS • Natural Resources Wales

## Your Christmas festivities



Coleg Sir Gâr Christmas Fayre. Pibwrlwyd campus on Tuesday, November 24. The event will run from 11am until 2.30pm at the college's Merlin's restaurant. Home made mince pies and mulled wine will be served on entry, which costs £2 per person.



The University of Wales Trinity Saint David will hold its annual Christmas Concert at the University Chapel on the Carmarthen campus on Sunday, December 6th. For further information and to book your tickets, please go to [www.ticketsource.co.uk/tsd](http://www.ticketsource.co.uk/tsd)



One of the most popular occasions in the festive social calendar is finally upon us - Christmas carnival season! Below are some of the great events taking place in Carmarthenshire:

### Friday, November 13

From 6pm with light switch on at 7pm  
Carmarthen Christmas Carnival, Carmarthen Town Centre

### Friday, November 20

Llanelli Christmas Carnival, Llanelli Town Centre

### Friday, November 27

5.30pm - 9pm  
Pembrey and Burry Port Christmas Carnival and Fayre Parade to assemble at Plas y Mor then onto the Memorial Gardens

### Saturday, November 28

Ammanford Christmas Lights, Ammanford Town Centre

Turn to page 4 for more details.

## Front of House project starts

Building work on Prince Philip Hospital's Front of House project has started following a three year journey to develop a sustainable emergency medical service for the population of Llanelli.

Due for completion by June 2016, the £1.4million investment will see the department undergo a significant redesign and refurbishment throughout for the benefit of staff, patients and visitors.

Dr Robbie Ghosal, Clinical Lead for Prince Philip Hospital and Consultant Respiratory Physician, said: "It is fantastic to see the building changes start. For a collected group of physicians, GPs, specialist nurses, managers and allied specialties, this is the culmination of over

two years work that has seen those who know what is needed to provide the best care for patients' design what the population of Llanelli need.

"The final output is something that is very exciting, dynamic, and innovative and can be replicated, not only in other parts of Wales but also potentially other places in the UK."



To find out more visit  
[www.hywelddahb.wales.nhs.uk/](http://www.hywelddahb.wales.nhs.uk/)  
yourfutureservices



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

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## Wales' Leading Caravan & Motorhome Dealer

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**INTRODUCTORY OFFER**  
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### Our Service Workshop

Our workshop at 3A's Leisure Stephens Way offers full caravan and motorhome servicing. Our professionally trained engineers and fitters are able to carry out a wide range of services including fitting motormovers and satellites. 3A's Leisure will undertake all warranty work and repair damage.

### Workshop Opening Hours

Monday - Friday  
8.30am to 5.00pm  
Saturday  
9.00am to 1.00pm  
Sunday Closed



## News from the Local Service Board

The Carmarthenshire LSB has established a series of public sector collaborative work streams to help identify ways of working together to become more cost effective.

The work streams include Procurement, Estates and Shared Accommodation, Staff Development and Transport, with each having a range of public sector partners and a lead officer chairing it.

The Transport work stream includes Carmarthenshire County Council, Hywel Dda University Health Board, The University of Wales Trinity Saint David, Coleg Sir Gar, Dyfed Powys Police, Mid and West Wales Fire and Rescue Service and Natural Resources Wales.

This partnership aims to identify opportunities for working together to improve transport service provision, ensuring financial and environmental sustainability, both in-house and for the public.

Some initiatives that have been considered include: the shared use of services and vehicles such as bunkered fuel sites and minibuses; improvements to booking systems for organisational use of pool cars and current driver training provision; making efficiencies in the costs for leased and owned vehicles and maintenance arrangements; a joint system to enable car sharing across the organisations and the increased use of community services such as the Park and Ride system and volunteer drivers, with further information included in this Edition of Carms News.



For more information on the Carmarthenshire LSB visit [www.thecarmarthenshirepartnership.org.uk](http://www.thecarmarthenshirepartnership.org.uk)



Bwrdd Gwasanaeth Lleol Sir Gâr  
Carmarthenshire Local Service Board



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
University of Wales  
Trinity Saint David



GIG CYMRU  
NHS WALES  
Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



**CGGSG ~ CAVS**  
GWASANAETH TÂN AC ACHUB  
Canolfan a Gorllewin Cymru  
Mid and West Wales FIRE AND RESCUE SERVICE



We hope you enjoy reading Carms News.

If you would like to comment on any aspect of the publication or to include a feature on the 'your community' pages then please contact:

Communications  
Carmarthenshire County Council  
County Hall, Carmarthen SA31 1JP  
Email: [carmnews@carmarthenshire.gov.uk](mailto:carmnews@carmarthenshire.gov.uk)

Tel: 01267 224665

Web: [www.carmarthenshire.gov.uk](http://www.carmarthenshire.gov.uk)

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## Care for your car



A four-week basic car maintenance course is being run at Coleg Sir Gar's Pibwrlwyd campus from November 16.

The course runs on Monday evenings from 6pm to 8.30pm and costs £49. As well as the course content which includes brakes, servicing, pre-mot checks, long journey checks, wiper blades and bulbs, participants will be encouraged to ask questions about their own vehicles to help tailor the course to individual needs.

This informal class is being run in the college's Automotive Engineering Centre in Pibwrlwyd, Carmarthen.



To get your engines running smoother contact Meryl on 01554 748261 or [meryl.davies@colegsirgar.ac.uk](mailto:meryl.davies@colegsirgar.ac.uk)

## Check your car tyres



Snow and ice can dramatically affect safety on the road as normal tyres have less grip in these conditions.

Tyre manufacturers have developed a range of winter weather tyres which are specifically designed to operate in these conditions, delivering improved safety throughout the entire winter period. In winter tread depth should be checked to ensure it is well above the legal minimum of 1.6mm across the central 3/4 of the tyre, around its entire circumference.

MAWWFRS attended 74 RTCs in Carmarthenshire last winter. It is imperative to your safety that you have your tyres checked this winter.

## Award-winning support service



An award-winning support service which helps elderly and vulnerable people on discharge from hospital has received a boost, after health chiefs gave the green light to extend it to March 2019.

Hywel Dda University Health Board has approved the extension of the Twilight Service to March 2019, which supports and conveys

vulnerable patients from hospital to home.

Twilight has been commended by the National Audit Service as an example of good practice, and has also previously been presented with a Welsh Language in Healthcare Award.

Peter Llewellyn, Assistant Director of Strategic Partnerships at Hywel Dda, said: "This service has proved



For further information about the Twilight service contact David Saywell on 01269 871600

invaluable to the Health Board since its inception, and the extension of the current agreement is testimony to its effectiveness in avoiding unnecessary hospital admissions."

# Winter road safety

Some 14,500 tonnes of salt is stockpiled ready for the winter. Residents are being reassured that the council is prepared in case of ice and snow.

A new salt barn was completed in Cross Hands the end of last year with a storage capacity of 2,500 tonnes.

This additional resource has ensured the council achieves the Welsh Government's recommended resilience levels required to treat its primary gritting routes.

A fleet of 17 gritter lorries treat around a third of the 3,526 kilometres of roads in the county within three hours of a bad weather warning.

Roads are gritted according to priority and the first to be treated are trunk roads and principal routes including roads leading to hospitals, ambulance stations, fire stations, railway stations and bus garages, important bus routes, slip roads, and known trouble spots.

Executive Board Member for the



Environment Cllr Hazel Evans said: "Although we don't yet know what the winter will bring, residents can be reassured that we do all we can to keep our roads as safe as possible.

"Staff are on standby 24 hours a day, seven days a week throughout the year."



To see a map of the priority gritting routes in the county, go to [i.local.carmarthenshire.gov.uk/my-nearest](http://i.local.carmarthenshire.gov.uk/my-nearest) and click on Travel, Roads and Parking and then select Gritting Routes.

You have been sent an electoral registration form, please ensure you return it.

## REGISTRATION IS NOT THIS COMPLICATED!



Haven't received your registration form? Want more information? Contact 01267 228889 [IER@carmarthenshire.gov.uk](mailto:IER@carmarthenshire.gov.uk)



**YOUR COUNCIL doitonline**  
[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

## Park & Ride service change

Carmarthen's Park & Ride bus service has changed.

The service runs every 30 minutes and serves Spilman Street and the hospital. Buses run on Mondays to Saturdays, 7am to 7pm.

The bus stops only at those points shown on the timetable.

Passengers can travel between any of the stopping points listed.

For passengers starting their journey at Nantyci Car Park, parking remains FREE and bus travel to and from the Town Centre or the Hospital will be only £1 for a day return ticket, with free travel for children under 16 if accompanied by an adult.

Fares for passengers starting their journey at the other stops are comparable to other local bus services, and passengers will be able to buy or use return tickets, 12 trip tickets and West Wales Rover Tickets.

All Wales Concessionary Travel Pass holders are able to travel for free on production of a valid Travel Pass. The revised service is funded by Carmarthenshire County Council and the Hywel Dda University Health Board.



### New Timetable: from February 2015

Service PR1 operates on Mondays to Saturdays and is operated by First Cymru

Start Until

Nantyci Car Park, bus shelter	07:00 - 18:30
Blue Street, Bus Station (Bay 7)	07:07 - 18:37
Spilman Street, St.Peters bus shelter	07:09 - 18:39
Tanerdy, Nash Avenue bus shelter	07:14 - 18:44
Opposite Hospital entrance, bus shelter	07:15 - 18:45
Nantyci Car Park, bus shelter	07:25 - 18:55

The service will run every half an hour from the times stated above



## Country Cars service

Carmarthenshire County Council, Hywel Dda Health Board and the Royal Voluntary Service are working in partnership to further develop the Carmarthenshire Country Cars service.

It is planned that this service will start supporting the transport of patients eligible for Non Emergency Patient Transport to and from hospital appointments. This will also be complemented by the recent development of the Health Board's volunteer drivers scheme which will support the transport of patients already being cared for by the Health Board. To maximise the impact of these new services both the Health Board and RVS are looking to recruit volunteers to work as voluntary drivers.

If you are interested in supporting these schemes, would like to find out more or to volunteer as a driver, please email the RVS on [CarmarthenshireHub@royalvoluntaryservice.org.uk](mailto:CarmarthenshireHub@royalvoluntaryservice.org.uk) or speak to the Health Boards Central Transport Unit by calling 01267 229620

You can shop seven days a week at

## Carmarthenshire Markets in the run up to Christmas

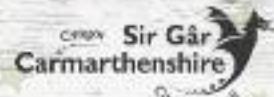
Carmarthen & Llanelli indoor markets

**OPEN on SUNDAY** in December.

Carmarthen Indoor Market: 6, 13 & 20 December

Llanelli Indoor Market: 13 & 20 December

For more information visit: [www.carmarthenshiremarkets.co.uk](http://www.carmarthenshiremarkets.co.uk)



Eich Marchnad Teul  
Calon y dref

Your local Market  
Heart of the town



# Your community

## Magical time of the year

That magical time of year is upon us again, Christmas carnival season!

Thousands of people are set to get into the Christmas spirit with two of the county's biggest carnivals in Llanelli and Carmarthen.

Llanelli will launch its festivities on Friday, November 20 with a huge parade from Festival Fields to the town centre, live music and competitions from Heart Radio.

There will also be stalls, refreshments, a firework display, funfair and the official switching-on of the lights.

Carmarthen's Christmas light switch-on, takes place on Friday, November 13 and includes performances from local performers, choirs and a firework display from Carmarthen Castle.

In Pembrey and Burry Port, the theme for this year's Christmas carnival, which takes place on Friday, November 27, is Toy Town. As well as appearances from Santa



and his reindeers, there will also be prizes for the parade's Best Walker, Best Group and a variety of stalls in the town's Memorial Hall.

As well as the official light switch on in Ammanford, on Saturday, November 28, there will also be a Guinness Book of Records attempt for the Largest Gathering of Snowmen in One Place, a firework display and fun fair.

On Saturday, November 21, Carmarthen welcomes back Father Christmas and his Reindeer as they pull the sleigh through the town starting at Carmarthen Park. They will visit Llanelli town centre on December 19.

Shoppers will also be able to take advantage of late-night shopping opportunities across Carmarthenshire soon.

## Support local shops this Christmas

Christmas shoppers in Carmarthenshire are being encouraged to support their local market during this festive season.

From finding unique Christmas gifts to picking the perfect card or a novelty Christmas jumper - there's something for everyone at great prices.

Don't forget to order your Christmas turkey or ham - why not visit one of our butchers in our county's markets to find out more.

Carmarthen and Llanelli indoor markets offer a great variety of goods - ranging from fruit and vegetables, jewellery, clothes, toys, meat, computer games, records, pets and much more.

Or why not call in to both markets for a festive bite to eat at one of a number of cafes in Llanelli and Carmarthen indoor markets.

You can visit Llanelli indoor market six days a week from 8am-5pm and Carmarthen indoor market six days a week from 9.30am-4.30pm.

Carmarthen outdoor markets are held every Wednesday, Friday and Saturday. Llanelli's outdoor markets are held on Thursday and Saturdays.



For further details about what's happening in your local market this Christmas visit [www.carmarthenshiremarkets.co.uk](http://www.carmarthenshiremarkets.co.uk)

Ammanford and Llandeilo outdoor markets are held every Friday.

During the festive season, Llanelli market will also be open Sunday, December 13 and 20, between 10am-4pm and Carmarthen on Sunday 6, 13 and 20 for you to enjoy more Christmas shopping.

## Theatr Genedlaethol Cymru tour

Theatr Genedlaethol Cymru - in partnership with Galeri Caernarfon - are set to visit Carmarthen as part of their Dawns Ysbrydion (Ghost Dance) Tour. The tour will offer audiences the chance to enjoy this provocative physical theatre production. Performances will take place in Y Llwyfan on November 17 and 18 starting at 7.30pm.

For further details call 01267 245617 or email [lowri.johnston@theatr.com](mailto:lowri.johnston@theatr.com)

## Winter painting exhibition

A Winter Exhibition is being held in the Athenaeum Hall, Llanelli Library, from January 16th at 11am for two weeks.

There will be a wide range of paintings exhibited in a variety of mediums. Open during library hours.

Admission is free.

## Special oak carving talk

A special talk about Cambrian Tudor oak carvings is set to take place in Kidwelly.

The talk, given by Richard Bebb in his home town, will coincide with the publication of his new book Poetry in Oak.

He will present to the Carmarthenshire Antiquarians on November 14th at the Morfa Chapel Vestry, Kidwelly, at 2pm. All visitors welcome.

## Festival of the Senses

Llandeilo is transformed into a wintry haven over the weekend as the annual Festival of the Senses encompasses the town. Llandeilo's annual pre-Christmas Festival of the Senses offers a unique, chic and free event for all the family! The event takes place November 20th-22nd. The Festival of the Senses offers shopping, crafts, food, drinks, entertainment, accommodation, stalls and fireworks.

## Macmillan's volunteer appeal

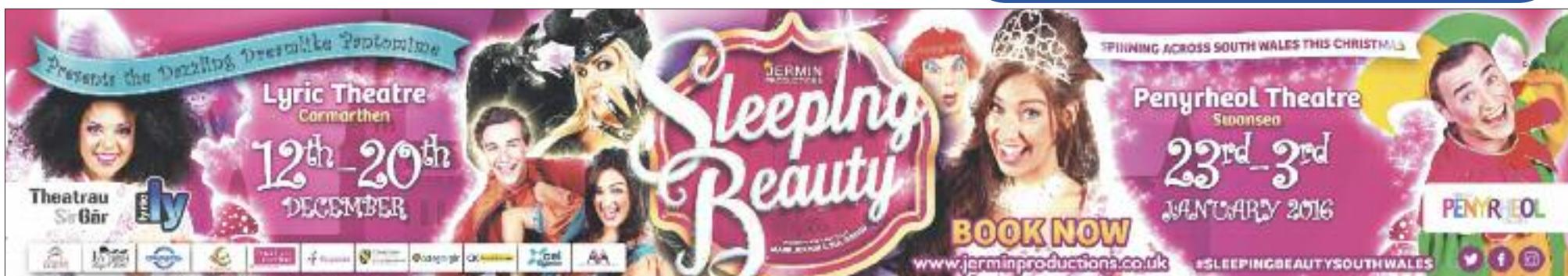


Macmillan Cancer Support is looking for volunteers in Carmarthenshire to join their Support Buddies team, providing practical and emotional support for people affected by cancer in their homes and local community.

Volunteers give a couple of hours a week to support someone by helping out around the house and garden or by having a cup of tea and a chat. All volunteers that join the team are provided with training, guidance and support from Macmillan.

For more details contact Macmillan on 01656 867960, Carrie Harris on 07980572620; [charris@macmillan.org.uk](mailto:charris@macmillan.org.uk) or visit [www.macmillan.org.uk](http://www.macmillan.org.uk)

If you want to feature on this page as an article or advert please contact [carmsnews@carmarthenshire.gov.uk](mailto:carmsnews@carmarthenshire.gov.uk)  
limited space but all events and organisations will be considered





# Learning in Carmarthenshire

## Skills in the Workplace

**Do you want to progress in your workplace?** The University of Wales Trinity Saint David offers the chance to develop your skills in order to step onto the career ladder.

The Certificate in Skills for the Workplace at UWTSD is designed to provide students with an opportunity to study for an award explicitly focussed towards future employability and career progression. Students will be introduced to those approaches, strategies and skills considered essential for employment within a generic context. The programme is delivered during evenings and weekends at local venues with extensive online tutor support.

The course is currently offered at venues in Carmarthen and Llanelli with the next intake of students being in January.

This is a flexible full-time course that continues throughout the calendar year. As a result, the course has been specifically designed to enable students to continue with other life and work commitments alongside their studies.

## A guide to the UCAS application process

Taking the first steps into higher education can be an exciting time but also quite daunting. Knowing exactly what to do and when to do it by in the application process can be confusing, so here is the University of Wales Trinity Saint David's quick guide.

The Autumn is UCAS application season. Choosing the right course to study is very important. Information on programmes offered at the University of Wales Trinity Saint David (UWTSD) can be found by visiting [www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

Location is important too, students should research the city or town they're interested in and check out the accommodation on offer there. The UWTSD group offers courses throughout South West Wales including courses at its partner college, Coleg Sir Gar. The close-knit campus communities across UWTSD mean students can settle in and feel at home really quickly.

By December the application deadline is fast approaching, students should make sure they have finalised their choices and that their personal statement is in order. The personal statement may be the student's only chance to persuade a university to accept them onto their chosen course.

Between January and March offers



from universities should start to come in, but if students haven't heard back yet, there's no need to panic - universities have until May to respond.



If you're thinking about Higher Education and would like more information on the type of courses offered at UWTSD please call 01267 676767 or email [admissions@uwtsd.ac.uk](mailto:admissions@uwtsd.ac.uk)

For details on the degree courses offered by Coleg Sir Gar, please contact 01554 748179 or email [Admissions@colegsirgar.ac.uk](mailto:Admissions@colegsirgar.ac.uk)

## Hairdresser awarded



A Coleg Sir Gar hairdressing apprentice has been awarded a Medallion of Excellence for her exceptional skills at World Skills Sao Paulo 2015.

The competition which takes place every two years, is the world's largest skills competition, which is held around the globe to celebrate skills and share best practice between industries and countries. World Skills Sao Paulo, saw somewhat 1200 competitors from 52 nations compete across 50 skill areas.

## Partnership agreement



Coleg Sir Gâr and the National Botanic Garden of Wales are working in partnership in a five-year farm management agreement.

Garden director Dr Rosie Plummer spoke about ways her organisation would benefit from having the college's farm manager John Owen as part of her team as well as directly communicating the Garden's conservation messages to the next generation of students and the wider agricultural community.

Opportunities for students at the college's Gelli Aur campus are largely dairy, so the partnership will now be complemented by the organic sheep and beef operation at the Garden. Land-based training would also include a stronger ecological slant.



The success of the partnership has resulted in both organisations being named as finalists for the British Farming Awards Farming Partnership of the Year.



For further information about learning opportunities at the college's Gelli Aur campus call 01554 748578.

# Keeping our communities safe

Partneriaeth Diogelwch Cymunedol Sir Gâr  
Carmarthenshire Community Safety Partnership




## Don't Drink and Drive

As we enter the festive period MAWWFRS have a very simple safety message for the public to ensure their safety on the roads.

The key message to drivers is: If you are driving don't drink! If you plan to have a drink this Christmas, please leave your car at home.

Remember, if you have been out drinking, you may still be affected by alcohol the next day; sleeping, eating, having a shower, drinking a cup of coffee or other ways of

'sobering up' will not help - it takes time, so don't drive!

Driving after drinking can have devastating consequences and can easily result in a loss of life. Between November 2014 and February 2015 MAWWFRS attended three road-related fatalities and 148 serious injuries linked to road collisions.

All too often we attend road traffic incidents which have life changing impacts on families.

Please keep yourself, your family and others safe.

## Make sure you lock your car



**Motorists in Carmarthenshire are being urged to lock their cars to avoid falling victim to vehicle crime.**

Motorists are also advised not to leave valuables in sight inside their cars.

Under the vulnerable vehicle scheme neighbourhood policing

officers target cars where a window has been left open or valuables left clearly on display inside. Letters are sent out to the owners giving advice.

Theft from an unattended motor vehicle has accounted for 61 per cent of vehicle crime in Carmarthenshire so far this year,

and almost half the offences occur between 8pm and 4am. A fifth of these offences were from vehicles that were insecure. The most common types of property stolen were personal items including bags, purses and wallets.

## E-cigarette charger warning

MAWWFRS is warning of the dangers of E-cigarette chargers. Deputy Head of Community Safety, Steve Davies urges the public "Please make sure you purchase e-cigarettes from a reputable source and ensure you only use the charger supplied with your kit."

"Never mix and match components from different e-cigarette manufacturers."

"If you have any doubts about the safety of e-cigarettes being sold locally, you should contact Trading Standards and always make sure you have a working smoke alarm in the event something does go wrong."



You can contact Carmarthenshire County Council's Trading Standards team on 01267 234567.

## Protect your presents

'Don't give thieves an early Christmas present.' That is the message when people go about their Christmas shopping and start wrapping presents ready for December 25.

Christmas trees should be out of sight and away from street frontage windows if at all possible and presents not left on display. Store presents secure and out of site until the last possible moment.

Electronic and other valuable gifts should be property marked and, if people are going away for the festive season, they should let their neighbours know.

Timer switches and lights should be used when out celebrating to give the impression that somebody is home and also remember to close curtains.

Call police on 101 for information on property marking, or visit [www.dyfed-powys.police.uk](http://www.dyfed-powys.police.uk)



## Passed your driving test?

Discover more driving techniques, hints and tips for just £20 (if you're aged 17-25 and live in Wales)...and there's no test!

0845 050 4255 [dragondriver.com](http://dragondriver.com)

Calls cost 2p per minute plus your telephone company's access charge

passpluscymru

Sir Gâr  
Carmarthenshire  
Community Safety  
Partnership

Ynadur Gŵyl  
Welsh Government

Uwchradd Cymru  
Welsh Government

# Keeping our communities safe

Partneriaeth Diogelwch Cymunedol Sir Gâr  
Carmarthenshire Community Safety Partnership



## Young Firefighters Schemes



Mid and West Wales Fire and Rescue Service Young Firefighters Schemes in Llanelli and Ammanford offer a phenomenal point of training and development for young people.

The main focus areas of the Young Firefighter's two year programme are fire safety in the home, arson, anti-social behaviour and road traffic collisions.

Young Firefighters are given the opportunity to design their own community projects and get involved in fundraising events.

YFF Chloe enthused: "Being a YFF looks so good on my CV, I am sure it helped me get into my university of choice. Thank you MAWWFRS!"



For further information call: 0370 606 0699 or visit [www.facebook.com/mawwf/yffmawwf](http://www.facebook.com/mawwf/yffmawwf)

## Keep your home safe from thieves

Carmarthenshire Community Safety Partnership is urging residents to keep their homes safe after research shows that more than a third of homeowners made it easy for burglars this summer.

Police said that in 35 per cent of burglaries from June to August the intruders got in through insecure doors and windows. In the case of garden sheds 28 per cent of those burgled had been insecure.

General tips on home security include:

- Fit mortise locks (Kitemarked BS 3621) or bolts to all outside doors, and locks to all downstairs or easily accessible windows.
- Have an approved alarm system installed.
- Don't leave valuables, such as your television, laptop or DVD player, where people can see them through windows.



## Remember:

### Switch your Christmas lights off

MAWWFRS want the public to enjoy a beautifully decorated tree but with a spike in accidental dwelling fires in Carmarthenshire last year, is issuing the following Christmas tree decorating advice:

Fairy lights are beautiful but be sure to switch them off when you are not in the room and do not overload sockets. In terms of decorations do not; attach them to the lights, place them immediately above or around the fireplace, or put them near candles.

Make it a Christmas to remember for the right reasons.

For more details on the Home Fire Safety Check service visit the Mid and West Wales Fire and Rescue Service website at [www.mawwf.gov.uk](http://www.mawwf.gov.uk) or call 0800 169 1234.



## Supported Lodgings

### Do you want to make a difference?

Do you think you could have a positive influence on a young person's future?

#### Do you have a spare room?

Could you offer a home to a young person aged 16 to 25 who may be leaving care, or who may not be able to live at home?



In return we can offer:  
A weekly allowance of up to £130 per week

#### Training

#### On-going support

If you are interested in finding out more about the Supported Lodgings Scheme, please go to: [www.llamau.org.uk/supportedlodgings](http://www.llamau.org.uk/supportedlodgings)

or contact us on 01554 740002 during office hours for an informal chat.



Llamau working in partnership with Carmarthenshire County Council. Llamau is expert at providing support for young people and vulnerable women facing homelessness, helping them on the road to independent living. Registered charity number: 701772

## Dates for your diary

### Pass Plus Cymru

- 7th December, Llanelli
- 11th January, Carmarthen
- 8th February, Ammanford
- 14th March, Llanelli



### First Bike on Scene

- 5th December, Carmarthen

### Dragon Rider Cymru

- 7th February, Ammanford
- 13th March, Llanelli

For further details visit [www.carmarthenshire.gov.wales/roadsafety](http://www.carmarthenshire.gov.wales/roadsafety)



Coleg Sir Gâr will be hosting an open evening on November 25 from 5pm to 7.30pm on all campuses.

**Free exhibition, 'Doodle, draw: Panoramic'**, Wednesday, November 25 from 9am to 4pm at the Henry Thomas Gallery, Carmarthen School of Art at Coleg Sir Gâr, Jobs Well Road, Carmarthen.



# Have your say...

## Budget consultation

People are being asked to give their views on the council budget for the coming years.

Consultation is taking place on proposals councillors are considering through the budget setting process. The authority has to save around £40million over the next three years, however that figure could increase further following the Welsh Government settlement expected early in the New Year.

A questionnaire will be available online at [ilocal.carmarthenshire.gov.uk/consultations](http://ilocal.carmarthenshire.gov.uk/consultations) from November 18, or hard copies can be obtained in customer service centres or libraries. It will run until January 3, 2016. A series of roadshows is also taking place where staff and councillors will be on hand to provide information.

All the views gathered will be used to inform councillors when taking decisions on the budget for the next three years. A number of proposals have been put forward across all areas of the council and different services.



**EICH CYNGOR arleinamdan**  
[www.sirgar.llyw.cymru](http://www.sirgar.llyw.cymru)  
**YOUR COUNCIL doitononline**  
[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

**Wednesday, November 25**

11am - 2pm - Carmarthen Market  
 (outside Clock Tower)  
 4pm - 6pm - Carmarthen Leisure Centre

**Friday, December 4**

11am - 1pm - Ammanford Market  
 4pm - 6pm - Tesco, Ammanford

**Thursday, December 10**

11am - 2pm - St Elli Shopping Centre,  
 Llanelli  
 3pm - 6pm - Llanelli Library

## Are you a private foster carer?

Did you know if you've been caring for a child for more than 28 days, or someone is caring for your child and they're not a close relative, this could be classed as a **Private Fostering Arrangement**.

If so, you are legally obliged to inform the Carmarthenshire Children's Services Department.

A close relative is an aunt, uncle, step-parent, grandparent or sibling - but not a cousin, grand aunt/uncle, or a family friend.

By informing the local authority of your circumstances, the best help and advice can be provided to support you and the child involved.

If you would like further details, or if you're already involved in such an arrangement, please contact Carmarthenshire Children's Services Department on 01554 742322.



Advertorial

## New central contact centre launches



Bwrdd Iechyd Prifysgol  
 Hywel Dda  
 University Health Board

Patients will be able to experience greater choice and reduced waiting times for hospital appointments, thanks to the launch of a new central contact centre by Hywel Dda University Health Board.

The health board has decided to merge its contact centres in Glangwili, Withybush and Bronglais General Hospitals, to one centralised contact centre based at Prince Phillip Hospital in Llanelli. The contact centre will ensure that

outpatient appointments can be arranged at the earliest opportunity - particularly for people who are suspected of having life-threatening conditions, such as cancer.

By having a single dedicated telephone number to dial, service users will be able to contact and arrange appointments with ease, ensuring that all outpatient clinic sessions are fully utilised.

In addition, patients will be able to request a free 'call back' option to avoid having to wait in a queue on the phone.

Peter Skitt, Director of Acute Services, said: "One of the big advantages the new contact centre

will have is in arranging appointments for people who are willing to travel, rather than them having to wait for days or even weeks to be seen.

"This is particularly important where a patient has been referred by their GP for an urgent suspected cancer appointment, for example, where time really is critical."



For more information call  
 0300 303 9642

## Improvement Plan



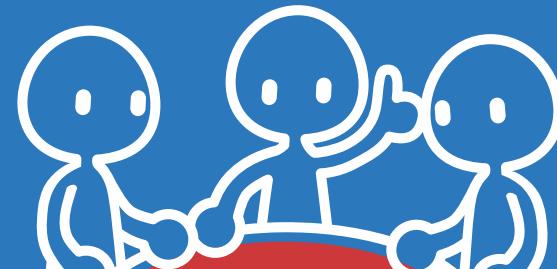
Mid and West Wales Fire and Rescue Authority are currently consulting upon their Draft Annual Improvement Plan 2016/2017 and are keen to hear your views on their draft corporate objectives. The twelve

corporate objectives aim to improve safety whilst delivering excellent services which meet the risks and needs of our communities.

The consultation runs from 5th October 2015 to 11th December 2015.

For more information on the Draft Annual Improvement Plan 2016/17 consultation and how to respond please go to [www.mawwfire.gov.uk](http://www.mawwfire.gov.uk)

Or alternatively e-mail: [haveyoursay@mawwfire.gov.uk](mailto:haveyoursay@mawwfire.gov.uk) or telephone 0370 6060699, or write to Chief Fire Officer, Fire Service HQ, Lime Grove Avenue,



For Carmarthenshire  
 County Council Consultations

i-Local

<http://ilocal.carmarthenshire.gov.wales/consultations/>



# Useful Contacts

## Frequently Asked Questions

### How do I apply for a blue badge?

Applications can be made online [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales) or for assistance in completing your application then make an appointment at our customer service centre by contacting 01267 234567 and we would be happy to help you through the process.

### How can I live more independently?

Careline 01558 824283 [www.carmarthenshire.gov.uk/careline](http://www.carmarthenshire.gov.uk/careline)

### How can I find out about my consumer rights?

If you are a member of the public and have bought goods or services and need a repair, replacement or refund, you can read about your rights on the government's Consumer Rights website. [www.gov.uk/consumer-protection-rights](http://www.gov.uk/consumer-protection-rights)

Alternatively, the Citizens Advice consumer service provides free, confidential and impartial advice on consumer issues. Check out the Advice Guide on the Citizens Advice Bureau website [www.citizensadvice.org.uk/wales/](http://www.citizensadvice.org.uk/wales/) or call their helpline on 03454 04 05 06

### How can I find out which roads are gritted?

[www.ilocal.carmarthenshire.gov.uk/my-nearest/](http://www.ilocal.carmarthenshire.gov.uk/my-nearest/)

### How do I get a temporary events notice for a festive or New Year's Eve party?

Find out if you require a temporary events notice:  
Call 01267 228787 / 228801

### How can I find out hospital visiting times over Christmas?

Amman Valley Hospital	01269 822228
Glangwili Hospital	01267 235151
Llandovery Hospital	01550 722200
Prince Philip Hospital	01554 756567

### How can I join Carmarthenshire County Council's cleaning team?

We are currently looking for Cleaning Operatives to help us provide a safe and hygienic environment within various locations throughout the county to include schools and offices.

Hours: 10-15 a week Pay: £7.18 per hour

If you are interested, please contact Barbara Edwards on 01267 246481 or Doug Shaw on 01267 246482 for an informal discussion.

Apply online today at [recruitment.carmarthenshire.gov.uk](http://recruitment.carmarthenshire.gov.uk)

## Sign up for winter alerts

If the weather does take a turn for the worse, remember to follow Carmarthenshire County Council on Facebook, Twitter and the Newsroom to keep up to date with any vital updates throughout the day. Visit our website to find out about disruptions to schools, local gritting routes, emergency contact details for social care services and much more. And remember you can also sign up for free email/SMS alerts so we can tell you about any changes to council services.



## i-Local

Bookmark our site: [www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)  
Like/Follow us:  
Facebook: [www.facebook.com/CarmarthenshireCC](http://www.facebook.com/CarmarthenshireCC)  
Twitter: @carmscouncil

## Save on your bills

If you want to save money on your energy bills then register for Wales's biggest energy switch.

The nationwide Cyd Cymru energy switch is backed by Carmarthenshire County Council's housing department.

The scheme works on the concept of 'people power' - the more people who sign up to the scheme, the better deal Cyd Cymru could strike with national energy providers to drive down your gas and electricity bills.

Those who sign up could save between £60 and £250 per household annually.

The council's Deputy Leader and Anti-Poverty Champion, Cllr Pam Palmer, said: "We could all do with saving money, and at this time of year especially when energy bills are at their highest.

"We are supporting the Cyd Cymru scheme because this is a great opportunity for people to drive down their bills. The more people

who sign up, the greater chance there is of bigger savings.

"All people have to do is register and enter a few details about their energy use from a recent bill, and Cyd Cymru will do the rest."



**Signing up is simple - register at [www.cydcymru-energy.com](http://www.cydcymru-energy.com) or call 0800 093 5902 and have a recent gas and electricity bill handy. There will be a few simple questions about your annual energy usage - this information will be on your bill. There is no obligation to make the switch, and you can remain with your existing supplier if you prefer.**



**For more information on Universal Credit, what it could mean for you and what you can do to get ready go to the benefit section of [www.carmarthenshire.gov.uk/residents](http://www.carmarthenshire.gov.uk/residents).**

## YOUR COUNCIL doitonline

[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)

E-mail [direct@carmarthenshire.gov.uk](mailto:direct@carmarthenshire.gov.uk) | Text 0789 2345678

[Facebook.com/carmarthenshirecc](https://www.facebook.com/carmarthenshirecc) [@CarmsCouncil](https://twitter.com/CarmsCouncil)

Tel: 01267 234567





# Healthier Carmarthenshire

**call our team on 0800 0933699  
or visit [www.carmarthenshire.gov.wales/fostering](http://www.carmarthenshire.gov.wales/fostering)**

**maethu foster**  
is there room in your life for a child?  
**0800 0933699**

**Cyngor Sir Gâr Carmarthenshire County Council**

## Health advice and fitness tips

Abdominal exercises are one of the crunch exercises for a finely tuned stomach. Once you've mastered it, why not challenge yourself to the 30 day Ab Challenge or for more workout ideas, check out the NHS 10 minute Abs Workout.



### How to safely and effectively perform a sit-up:

- Use a padded surface not to injure your lower back or neck
- Lie on your back, bend your knees to a 90 degree angle while keeping your feet flat on the floor
- Position your hands; start by leaving them at your side and as you improve, graduate to across your chest (pictured) and then up behind your head. Do not lock your fingers behind your head and use this as a leaver as this could injure your neck.
- Exhale as you pull yourself upwards towards your knees. This causes your muscles to suck inward and will cause your deeper core muscles to work
- Lower yourself back down, but only so that you are very lightly touching the floor with your head and upper back. Do not let yourself back into a resting position - instead keep your abdominal muscles taut and move right back into the next movement.
- Use a slow, gentle and controlled movement to go through the motions and you will feel your muscles working
- Start off with 5-8 repetitions in set of three



## New smoking legislation

Public protection staff are preparing to enforce new legislation which makes it illegal to smoke in private vehicles when someone under 18 is present.

From October 1, anyone caught committing the offence, or failing to stop someone else from smoking, will be served with a fixed penalty notice.

The legislation covers any vehicle that is enclosed - including motorhomes or campervans when they are being used as a vehicle - and people will be committing an offence even if their window, door or sunroof is open. The legislation doesn't cover convertible cars when the roof is down; or work vehicles



and public transport which are already covered by legislation. The rules do not apply to e-cigarettes, or when someone under the age of 18 is smoking and is the only person in the vehicle.

## Students support Princes Gate Trust

Students from the University of Wales Trinity Saint David, studying the BSc (Hons) Sport Therapy course recently supported the Princes Gate Trust during a 2 day charity bike ride from London to Cardiff.

Four students took time out of their summer holidays to help the charity by providing first aid and soft tissue therapy support to all riders completing the gruelling challenge.

Student, Jake Williams said, "I thoroughly enjoyed my time at the Princes Gate Trust cycle, I was able to develop my skills as a trainee sports therapist providing soft tissue treatments to the cyclists and first aid when called upon."



If you're interested in the BSc Sports Therapy course and would like further information, please contact Kate Evans by emailing [kate.evans@uwtsd.ac.uk](mailto:kate.evans@uwtsd.ac.uk)

Hoff gwmni pantomeim De Cymru am 23 mlynedd 'The Friendship Theatre Group' yn cyflwyno South Wales' favourite pantomime company for 23 years The Friendship Theatre Group presents

**SNOW WHITE AND THE SEVEN DWARFS**

'The Fairest Panto In All The Land'

Dydd Iau 14fed Ionawr i Dydd Sul 31fed Ionawr 2016 | Thursday 14<sup>th</sup> January to Sunday 31<sup>st</sup> January 2016

Dros £160,000 i elusennau lleol hyd yn hyn | Over £160,000 donated to local charities to date

Cyfarwyddwr/Director DEAN VERBECK  
Cyfarwyddwr cerdd/Musical Director ROBERT JENKINS  
Coreograffydd/Choreographer MELANIE SULLIVAN

Y FFWRNES THEATRE, LLANELLI  
BOX OFFICE: 0145 226 3510  
[WWW.CARMARTHENSHIRETHEATRES.CO.UK](http://WWW.CARMARTHENSHIRETHEATRES.CO.UK)

**Friendship Theatre Group**



# Healthier Carmarthenshire

## Stay healthy this Christmas

Whether you're cooking a traditional turkey dinner at home, or celebrating in a local restaurant, make sure your health is at the top of your Christmas list.

Carmarthenshire County Council's environmental health team have been busy inspecting food premises to ensure kitchens are up to scratch. A food hygiene rating is applied after every inspection, and every business must display their rating prominently on their front door or window. You can also look up food ratings online at [ratings.food.gov.uk](http://ratings.food.gov.uk). Trading Standards teams have also been advising businesses about new legislation which means anyone selling or providing food must display information about allergens that could be present in ingredients. Failure to advise customers about allergens is not only against the law, but potentially deadly to customers who suffer with allergies.

When cooking at home, it is also



important to care for the wellbeing of your guests. December 22 is National Defrost Your Turkey Day – the ideal time to get your turkey out of the freezer for it to defrost thoroughly before cooking.

Always keep a turkey covered

whilst defrosting, and keep it at the bottom of a fridge to prevent harmful bacteria.

Never wash a turkey, be careful not to cross-contaminate surfaces, and always check that it's cooked through before serving.

## Organ donation is changing

From the 1 December, the way we choose to become organ donors will change. Now is the time for us to understand what this means and talk about it with our loved ones.

**There are three actions you can take:**

- Opt in: By registering your choice, you can choose to donate all or only specific organs.
- Do nothing: After 1 December if you have not recorded a decision, you will be treated as having no objection to donating any of your organs.
- Opt out: You can now register your decision not to be a donor.

In Wales, from the 1st December 2015 the way we choose to be organ donors will change.



### What's on: healthy activities

November 14-15

#### Garden Gift Fair

National Botanical Garden of Wales, Llanarthne  
[www.gardenofwales.org.uk](http://www.gardenofwales.org.uk)



November 19 - starting 12pm

#### Ranger Walk

Dinefwr Park and Castle, Llandeilo, SA19 6RT  
November 19 - Fantastic Fungi  
[nationaltrust.org.uk](http://nationaltrust.org.uk) / 01558 824512



November 21 & 24 - starting at 10am

#### Carmarthenshire Wildlife Walks

21st - Penllergaer Valley Woods - Meet in Penllergaer Valley Woods Car Park  
24th - Burry Port Woods - Meet in Tywyn Bach Car Park

[www.waleswildlifewatch.org.uk](http://waleswildlifewatch.org.uk)



December 3 & 17 - starting 12pm

#### Ranger Walk

Dinefwr Park and Castle, Llandeilo, SA19 6RT  
December 3 - Ancient Trees  
December 17 - Ancient Trees  
[nationaltrust.org.uk](http://nationaltrust.org.uk) / 01558 824512



December 5 & 12 - starting at 10am

#### Carmarthenshire Wildlife Walks

December 5 - Clydach RSPB Nature Reserve - Meet in car park on Lone Road just after the New Inn  
December 12 - Sandy Water Park - Meet in Selwyn Samuel Centre

[www.waleswildlifewatch.org.uk](http://waleswildlifewatch.org.uk)



December 12-13

#### Christmas Craft Fair

National Botanical Garden of Wales, Llanarthne  
[www.gardenofwales.org.uk](http://www.gardenofwales.org.uk)



December 19-20

#### Christmas Food Fair

National Botanical Garden of Wales, Llanarthne  
[www.gardenofwales.org.uk](http://www.gardenofwales.org.uk)

\*\*All information correct at time of print





**2015-16 CIC MEMBERSHIP  
ON SALE NOW**

**0871 871 8088**



# Childminders complete Diplomas



Congratulations to childminders Lynsey Davies and Sandra Brain, of Llanelli, who have gained their Level 3 CACHE Diploma in Home-based Childcare.

Both have been Registered Childminders in Carmarthenshire for several years providing quality childcare to families in the area.

Through completing their Diplomas, with the support of Carmarthenshire council's Family Information, Childcare & Play team, they have improved their skills and knowledge whilst showing their commitment as a childminder.

Childminding is a rewarding career for those who enjoy working with children. Currently, there is a shortage of Registered Childminders in Carmarthenshire, particularly in the Gwendraeth, Teifi, Tywi, Aman and Llanelli areas.

**i** If you are a Registered Childminder in Carmarthenshire and are interested in completing the Level 3 CACHE Diploma call 01267 246555 or visit [www.fis.carmarthenshire.gov.uk](http://www.fis.carmarthenshire.gov.uk)



If you are a student who has recently moved to beautiful west Wales, please remember to register with a local GP and familiarise yourself with where your nearest pharmacy is – you never know when you will need it!



For more information about the right health service to meet your needs, along with useful contact details, please visit [www.hywelddahb.wales.nhs.uk/choosewell](http://www.hywelddahb.wales.nhs.uk/choosewell), follow @ChoosewellWales on Twitter and download the free app today from the iTunes or Google Play stores.

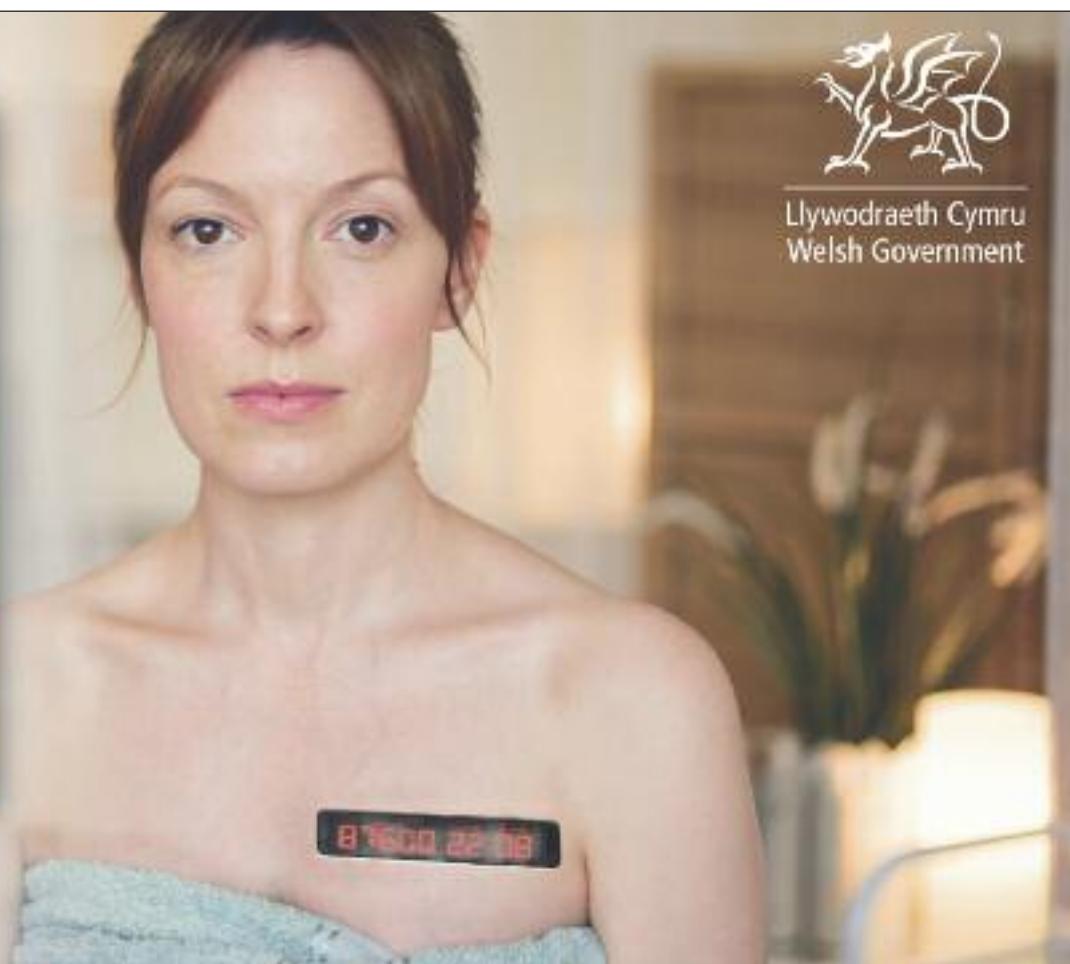
Opt In.  
Opt Out.  
Or do nothing.

It's time to make a choice.

From 1st December 2015, it will be easier for people in Wales to become organ donors.

To be a donor you can opt in or do nothing, which will mean you have no objection to being a donor.

But, if you don't want to be a donor you can opt out at any time.



Llywodraeth Cymru  
Welsh Government

Visit us online or call us today to find out more about your choices or to register a decision.

[organdonationwales.org](http://organdonationwales.org) | 0300 123 23 23

Nawr yw'r amser i wneud penderfyniad am roi organau  
It's time to make a choice about organ donation

# New barbers opens in market

Opening a new barbers is the fresh-start salon owner Tammy Rees has been longing for.

A familiar face to many in the town, Tammy, who hails from Seaside, has been managing Taffy's Barbers in Llanelli Indoor market for 15-years.

But since October the mum of two has been living her dream after re-locating and setting up her new business 'Tammy's Barbers' on Stepney Precinct.

"It was important for me to stay in the market. I didn't want too much change for my customers," said Tammy.

"Within three months we'd completely gutted the unit, put new floors and electrics in and opened up to our customers. I still can't believe it's all come together but it has! We've had a great response from our customers."

The new location has meant more room for Tammy and her five part-time staff. There's also the new addition of a children's play room and wifi access for customers.

"The tendering process was quite



**To keep up to date with stall vacancies and news and updates from our indoor markets in Carmarthen and Llanelli please visit [www.carmarthenshiremarkets.co.uk](http://www.carmarthenshiremarkets.co.uk).**

simple and I received great support from the market managers who made it even easier. I would urge anyone who would like to set up their own business to start in the market. It's a great community, we all look out for each other and offer

support where we can," added Tammy.

Tammy's Barbers is open Monday-Saturday from 8.45am-5pm and until 6pm on Thursday and Friday evenings.

## Become a registered childminder in Carmarthenshire

**Do you enjoy working with children?**

**Do you want to work from home?**

**Do you want to be your own boss?**

If you've answered yes to the above, registered childminding could be your number one career choice!



For more information or support with becoming a registered childminder please contact:

Carmarthenshire Family Information Service (FIS) will hold information about registered childminders, nannies and nurseries within the area. Telephone 01267 246555 or visit [www.fis.carmarthenshire.gov.uk](http://www.fis.carmarthenshire.gov.uk) or use the FIS Text Service: Start your message with 'Children' and send to 07786 202747



# Hywel Dda joins partnership

Hywel Dda University Health Board has joined in partnership with Abertawe Bro Morgannwg University (ABMU) Health Board and Swansea University to form ARCH - A Regional Collaboration for Health – spanning six local authority areas from Ceredigion to Bridgend.

Whilst still in the early days, ARCH is a world-class, visionary project, focused on keeping people healthy or better managing disease when they are ill. It aims to modernise health care system set up more

than 50 years ago to better meet the needs of the current population. It will align business, research, academic and health sectors to promote research, training and skills, to deliver a vibrant health economy through investment and innovation and attract and retain a world class workforce.

Hywel Dda UHB Chief Executive Steve Moore said: "For Hywel Dda, ARCH represents a potentially huge regional investment to support our vision of providing healthcare, such as treatments and diagnostic tests usually only

available in hospital settings, closer to people's homes; whilst maintaining our four main hospitals for those who are acutely unwell."



To read more about A Regional Collaboration for Health (ARCH) please visit [www.wales.nhs.uk/sitesplus/863/opendoc/271222](http://www.wales.nhs.uk/sitesplus/863/opendoc/271222)

# Save on your energy bills

Over 1,000 Carmarthenshire residents contacted the Welsh Government Warm Homes Nest scheme last year for help to heat their homes and reduce their energy bills.

Of these, over 400 households also received free home improvements and saved an average of £477 on their annual energy bills.

Mrs Davies, of Carmarthen, said: "I was on a very low income and disabled. My boiler wasn't working properly and was leaking. I would recommend the scheme to others. It has helped me save money on the heating costs."

Nest is open to all householders in Wales and provides advice on saving energy, money management, fuel tariffs, and benefit entitlement to help reduce the cost of energy bills.

**Nest** can be contacted on Freephone  
0808 808 2244 or visit  
[www.nestwales.org.uk](http://www.nestwales.org.uk) for advice on  
reducing energy bills and to find out if  
you qualify for a package of home  
energy improvements.

## Planned fees scrapped



A planned rise in parking fees has been scrapped by Carmarthenshire's Executive Board.

The introduction of parking charges for the evenings has also been stopped, following a decision taken by the board today. Environment executive board member Cllr Hazel Evans proposed the moves as part of a report which went before them regarding parking in Llanelli town centre.

Members also approved a month's trial for two hours free parking in all county council car parks in Llanelli town centre between 3pm and 5pm each day. The aim was to encourage more footfall into the town centre during a quiet period

to help traders and businesses, and to support families with children who shop after school.

Footfall was monitored during the month, which took place throughout October, to measure the effectiveness of the free parking hours.

Cllr Evans said: "I have asked for a task and finish group to be set up to look at parking across Carmarthenshire. I want to be in possession of more information before taking a longer term view. In the meantime, in fairness to the public, myself and my colleagues on the Executive Board have put a stop to the planned increases in charges of 20p per band and the introduction of evening charges."

## Food bin liners trial underway

Approximately 15,000 residents in Carmarthenshire have received liners for their food bins as part of a trial to increase food waste recycling.

If successful, it may be rolled out to households across the county.

The council wants to increase the number of people using their food waste bins and is trialling the liners to find out if it will encourage people to use them.

Five rounds have been chosen from each of the three depots at Trostre, Cillefwr and Glanaman to take part in the trial.

The liners are used in the small brown food bin which is kept in the kitchen. When it is full, tie the liner and put it in the large green bin ready for collection.

Executive Board Member for the Environment Cllr Hazel Evans said: "The best thing that can happen to food is for it to be eaten, but for anything you can't eat, like peelings, bones, plate scrapings, teabags and eggshells the best thing to do is recycle them."

"When you place food waste in your black bag it is taken to landfill where it rots and releases greenhouse gases that harm the environment. By recycling our food waste instead it is turned into compost which can be used in our gardens."

Recycling your food waste is easy, the bins help to contain the smell and they have lockable lids to stop animals getting in. Your food waste is also collected every week.

The liners help to keep the food bins clean and make it easier for the crews to collect.



For further information on food waste recycling please visit [www.carmarthenshire.gov.wales/recycling](http://www.carmarthenshire.gov.wales/recycling)



### Consultation underway on new dog orders

The public are being asked for their views on new orders drawn up to tackle dog fouling and the control of dogs in public places.

The orders include cleaning up after your dog on all public land in the county, putting your dog on a lead when directed to do so by an authorised officer and excluding dogs from children's play areas.

Residents and stakeholders will be able to give their views as part of the consultation process.

Executive Board Member for Environmental and Public Protection Cllr Jim Jones said: "Although the majority of dog owners are responsible, there are a minority who do not care; and residents, local members and community councils have been asking us to

take action for a long time. A number of changes in legislation have held up the process but we are now in a position to proceed with these three orders which reflect the results of the public survey we carried out back in April.

"We believe the orders will make it easier to deal quickly and efficiently with irresponsible dog owners as well as bring a number of benefits including creating a cleaner environment, reducing the health risks associated with dog mess and promoting responsible dog ownership."

Public Spaces Protection Orders (PSPOs) were created under the Anti-social, Crime and Policing Act 2014 to give local authorities greater flexibility in tackling irresponsible dog owners and incidents involving dogs.

To give your views on the orders please visit [iLocal.carmarthenshire.gov.uk/consultations](http://iLocal.carmarthenshire.gov.uk/consultations) before December 14.

## Waste and tyre amnesties

More waste and tyre amnesties are being held in Carmarthenshire. Residents are being urged to take advantage of these one-off opportunities for a clear out.

Most household waste can be taken along including unwanted furniture, carpets and mattresses, electrical items such as fridge-freezers and televisions, as well as black and blue bags. A maximum of four tyres can also be disposed of; however, tractor or lorry tyres will not be accepted. Hazardous waste such as paint, fluorescent tubes, batteries, chemicals, gas bottles and asbestos will not be accepted along with glass, garden waste, trade waste, construction waste and agricultural waste.

Residents can pick up a free bag of Merlin's Magic Compost (while stocks last) courtesy of CWM Environmental Ltd. Half-price compost bins will also be on sale for just £6 instead of the usual £12.

Residents are advised to please bring proof of address.

### Where and when:

All amnesties are held between

8am and 1pm on Tuesdays:

December 15 - Kidwelly - Co-op car park

January 19 - Newcastle Emlyn mart car park

February 16 - Pencader - Ysgol Cae-r Felin

March 15 - Llanybydder car park

## Christmas & New Year BIN COLLECTIONS



### Usual collection      Collection on

Friday, Dec 25	Sunday, Dec 27
Monday, Dec 28	Tuesday, Dec 29
Tuesday, Dec 29	Wednesday, Dec 30
Wednesday, Dec 30	Thursday, Dec 31
Thursday, Dec 31	Saturday, Jan 2
Friday, Jan 1	Sunday, Jan 3



All other days are as normal.

Go to [iLocal.carmarthenshire.gov.uk/my-house](http://iLocal.carmarthenshire.gov.uk/my-house) and type in your post code to find out when your bins are being collected and if it's black or blue bags.



EICH CYNGOR Sir Gaer  
Sir Gar Carmarthenshire  
[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)  
YOUR COUNCIL [doitonline](http://doitonline.cymru)  
[www.carmarthenshire.gov.wales](http://www.carmarthenshire.gov.wales)





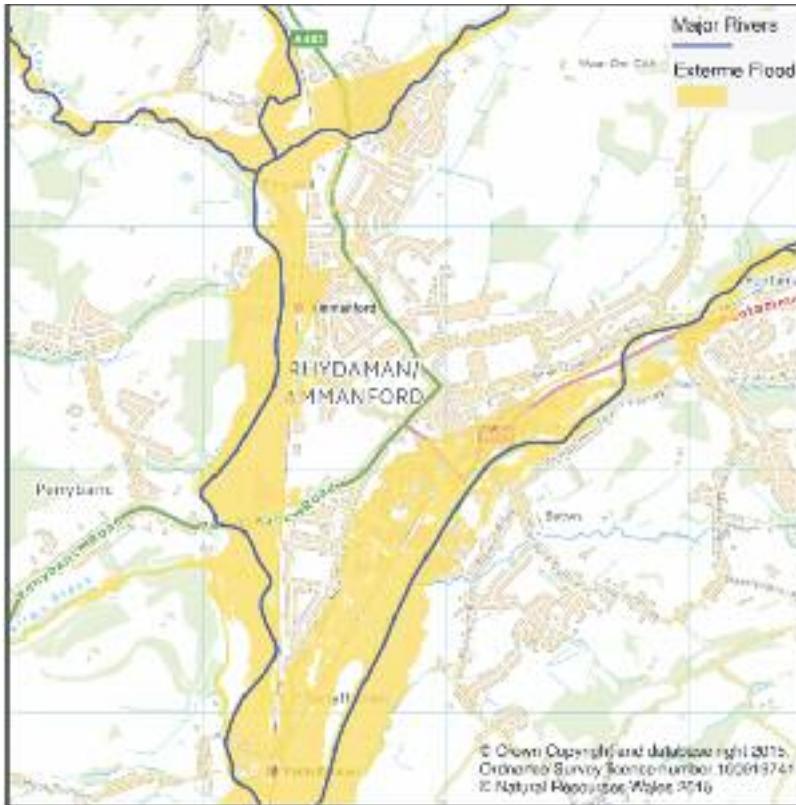
# Environment

## Do you know your flood risk?



With winter approaching, do you know your flood risk?

NRW has invested in flood alleviation projects across the county, including £3 million on the St Clears flood scheme. Where traditional engineering defences are not possible, NRW have provided individual property protection measures to homes and businesses in villages such as Llangennech and Laugharne. An extensive river level, rain gauge and CCTV network enables us to monitor rivers and respond effectively to incidents, such as at Swan Bridge in Llandovery or the flood gates in Abergwili. Despite this, 9000 properties in Carmarthenshire are at risk of flooding from rivers and the sea, from Pendine in the west to Ammanford in the east. We are working with town councils, local authority and emergency services to encourage community resilience.



To find out if you are at risk of flooding, or for more information on how to prepare, contact Floodline on 0345 9881188 or visit [www.naturalresourceswales.gov.uk](http://www.naturalresourceswales.gov.uk) Natural Resources Wales provides free flood warnings to 33 separate flood risk areas in the county

## Get fit for Christmas



Exercising this winter needn't be a New Year's resolution, neither does it have to be expensive.

Get fit for Christmas by taking the whole family to visit Carmarthenshire's four National Nature Reserves (NNR).

With Waun Las at the National Botanic Gardens, Dinefwr, Carmel and Allt Rhyd y Groes at the top of the Tywi these NNRs provide a fantastic opportunity for all ages to explore the wonders of nature during the winter months.

The health benefits from exercising are well documented, taking some time off with family or friends to do so in the tranquillity of the countryside will be an added benefit at this most stressful time of year.

## Solar energy savings



The solar PV system at Coleg Sir Gâr's Gelli Aur campus

Coleg Sir Gâr's Gelli Aur agricultural campus installed a solar PV system in 2013 to generate income and reduce bills through the Feed-in-Tariff. Solar energy doesn't always suit the needs of a typical Welsh dairy farm due to peak electrical demand during milking. Through the Welsh Dairy Supply Chain - a Welsh Government initiative, the farm installed storage battery packs consisting of 25kWh of useable energy storage using lithium-ion batteries and SMA Sunny Island inverters. When the farm demand increases, the system releases stored energy.

## Green Gown Awards finalists announced

The University of Wales Trinity Saint David celebrated its success as the Green Gown 2015 finalists were announced recently.

The Green Gown Awards recognise exceptional sustainability initiatives undertaken by universities. UWTSD has placed sustainability at its core through the institution-wide Institute of Sustainable Practice and Resource Effectiveness (INSPIRE).

The UWTSD Group, which includes Coleg Sir Gâr and Coleg Ceredigion, has been shortlisted in six categories representing cross campus initiatives as well as individual staff contributions to the sustainability agenda. Nominees include Dr Jane Davidson, Associate Pro Vice-Chancellor and

Director of INSPIRE who's been shortlisted under the Leadership category, and Anthropology lecturer Luci Attala and Art and Design lecturer Gwenllian Beynon who have both been shortlisted for the Sustainability Champion Award. The award ceremony will take place in Bristol on Thursday, November 26.



For further information regarding UWTSD's commitment to sustainability as well as case studies and comments, please visit [www.uwtsd.ac.uk/inspire](http://www.uwtsd.ac.uk/inspire)

## LSB energy efficiencies

Local Service Board partners have been busy reducing the environmental impacts, and costs, associated with the delivery of their services.

Over the last few years they've been investing heavily in energy efficiency and renewable energy projects.

During these difficult times, this has helped stimulate the development of a local 'green' economy.

Hywel Dda University Health Board was amongst the first in the county to install efficient LED lamps, and in the process transformed the quality of its car park lighting.

University of Wales Trinity St.

David has invested in a number of technologies and is now ranked 8th out of 151 universities across the UK, and the 1st in Wales, in the People & Planet University League – the UK's only comprehensive and independent 'green' ranking of universities.

The County Council has also invested nearly £2 million pounds in some two hundred projects, covering technologies from LED lighting and insulation to thermostatic radiator valves and swimming pool covers. These works are projected to save £6.9 million and 40,000 tonnes of CO<sub>2</sub> over the lifetime of the technologies installed.

## Biomass boiler savings



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

Savings of up to £750,000 a year are expected to be made following the installation of a brand new state-of-the-art biomass boiler at Glangwili General Hospital in Carmarthen.

Hywel Dda University Health Board has entered into a Wales-first Energy Performance Contract with the Welsh Government and British Gas in a bid to reduce carbon emissions and improve energy performance.

# School of Performing Arts



Photo by: J Caldwell

The School of Performing Arts at the University of Wales Trinity Saint David recently produced Site Specific shows in Kidwelly.

The shows accompanied the Kidwelly 900 celebrations, a community initiative established to arrange a year of celebrations during 2015, the year in which town celebrates 900 years of history.

The two collaborative devised pieces were brought together by both BA Acting and BA Theatre Design and Production students for the final performances of their university experience.

The two shows presented a theatrical bus journey around Kidwelly inspired by 900 years of local history, and a promenade performances at the Kidwelly Industrial Museum.

The School of Performing Arts at UWTSD offers degree programmes through the medium of Welsh and English, including Acting, Design and Production, Musical Performance, Dance and Creative Media. All programmes are designed to develop students as industry-ready, creative practitioners.



For further information on Performing Arts courses at UWTSD, please visit [www.uwtsd.ac.uk/performing-arts](http://www.uwtsd.ac.uk/performing-arts)

# Apprenticeship opportunities



More than 30 students at Coleg Sir Gâr have benefited from an increase in engineering apprenticeship opportunities being offered by local employers.

For years the college has worked with local engineering companies to provide apprenticeship training but this year the number of apprenticeship opportunities has significantly increased.

Rob Rees, mechanical engineering lecturer at Coleg Sir Gâr, who also works as a link between industry and college apprentices said is delighted with the increase in

demand for apprentices. "Over the years less young people have been able to enter the industry which has left a skills gap combined with an increasingly ageing workforce," he said. "Although we have always had good links with local industry, we haven't always been able to guarantee apprenticeship placements for all of our students."

"This year however, over 90 per cent of our first year apprentices are now employed."



Thinking about earning as you learn?  
Call 01554 748179 to find out more.

## Former rugby players praised



Staff at Coleg Sir Gâr's rugby academy are praising former players as three got selected for the Wales World Cup squad.

Scott Williams, Samson Lee and Gareth Davies started their rugby careers with local clubs and at the college's rugby academy.

Samson Lee, prop for Wales said: "Coleg Sir Gar's rugby academy helped make me the player I am today. It's a first class rugby environment that got the best out of me."

# College's record A-level numbers



Record number of A-level students coming through the college's doors

Coleg Sir Gâr is celebrating record numbers of students signing-up on its A-level programme this year.

The college has also seen a significant number of students with over seven A\* grades at GCSE level who have joined the ACE programme which was introduced to provide a higher learning platform for those striving to study for academic and professional careers such as medicine, law and science.

**For further information about A Level courses available contact 01554 748179 or [admissions@colegsirgar.ac.uk](mailto:admissions@colegsirgar.ac.uk)**

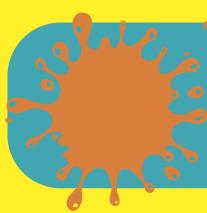
# Nursery celebrates positive inspection



**Prifysgol Cymru Y Drindod Dewi Sant University of Wales Trinity Saint David**

Y Gamfa Wen - the nursery at the University of Wales Trinity Saint David in Carmarthen - is celebrating following its recent positive inspection. The nursery was praised for the good

opportunities offered to children to use their Welsh speaking skills in different situations; for the effective provision to develop children's creative skills and for the very good relationship between children and practitioners. The report also noted the nursery's constructive approaches that promote very good standards of behaviour and the promotion of the importance of caring for the environment.



# Children's Page



## New Actif Clubs sports programme

A new programme designed to guide every child through the sporting pathway is due to be launched in 'Actif Clubs' across Carmarthenshire's leisure centres in the New Year.

Children will learn vital skills including throwing, catching, running, jumping and landing techniques. As they become more confident and competent, they will progress through sporting stages in a programme similar to the Learn to Swim scheme, ensuring a smooth transition into community sporting clubs and a more active, healthier future.

Already the re-vamped Actif Club holiday programme has proven a hit in Llanelli, Ammanford and Carmarthen leisure centres with almost a 60 per cent increase in attendance.

With a feast of activity to be available between 4 and 6pm in the New Year, including toddler and balance bikes, hockey, netball, racquet sports, Zumba, football and athletics, Actif Clubs promise to get more people more active more often!



For further information, check out [www.actifsirgar.co.uk](http://www.actifsirgar.co.uk) or call Llanelli leisure centre on 01554 774757, Carmarthen on 01267 224700 or Ammanford on 01269 594517.

## Prince Philip Hospital nursery extension

The Play Room Nursery at Prince Philip Hospital has opened its doors as Brambly Hill Nursery following the completion of an extension that will see its capacity nearly double.

Providing day care from birth to five years by experienced, knowledgeable and qualified staff, including a qualified foundation stage teacher, the nursery is open to the general public as well as employees of Hywel Dda UHB (who receive a discount on standard rates).

Katia Clark, Manager of Brambly Hill Nursery, said: "This is a very exciting time for the nursery. The extension has increased the space available by

90 square metres and includes a newly installed kitchen for us to continue making home-made food from scratch and a refurbishment of our existing nursery to enable us to provide the highest standard of early years care and education.

"We also have plans to give the outdoor area a makeover and hope that will be ready by spring next year."



For more information please contact Brambly Hill Nursery at Prince Philip Hospital on 01554 783435.

## Win tickets



Would you like to be in with a chance of winning a family ticket (for up to two adults and two children) to see Sleeping Beauty in Carmarthen's Lyric Theatre?

If so, please send your name, address and contact number to Communications, County Hall, Carmarthen, SA31 1JP or email [carmsnews@carmarthenshire.gov.uk](mailto:carmsnews@carmarthenshire.gov.uk) by Friday, November 27.

The lucky winner will be contacted accordingly.

To book tickets to see the show visit [www.theatrausirgar.co.uk](http://www.theatrausirgar.co.uk) or call the box office on 0845 2263510.

## Competition

A FREE bowling lane for one hour up to six people is on offer to one lucky winner of this edition's competition.

Colour in this picture using your school uniform colour and send it to Communications, County Hall, Carmarthen, SA31 1JP  
By Friday, January 9, 2016

Winner of the competition in the last edition was:  
Rebecca Cook  
Age 6  
Llangunnor School



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# Welsh language centre Yr Atom opens its doors



**Yr Atom** - the University of Wales Trinity Saint David's new Welsh language centre on Carmarthen's King Street - is now open and has quickly established itself as a hub for Welsh language activities and events in the town.

The Centre was opened by the First Minister, Carwyn Jones AM on October 15th and is already being used by numerous societies and community groups such as Merched y Wawr and Twf as a venue for various activities and events.

Yr Atom is also home to several other ventures, including Menter Gorllewin Sir Gar; Cymru FM and Mudiad Meithrin. It also has its own café - caff'r Atom - offering local produce in a friendly, Welsh environment.

Iola Wyn from St Clears was recently appointed the Manager at Yr Atom and is looking forward to developing the Centre as a focal point for the Welsh language in Carmarthen.

Iola is a familiar face - and voice - to people across Carmarthenshire having been a journalist and presenter with BBC Cymru Wales for many years.



Speaking of her appointment, Iola Wyn said: "I'm really looking forward to developing Yr Atom and to working with the local community to ensure that we have a range of events and activities for Welsh speakers and learners of all ages."



For more information, please visit [www.yratom.cymru](http://www.yratom.cymru) or call 0300 3231848.



There are many exciting developments underway as the plans for Canolfan S4C Yr Egin gain momentum.

The Centre, which will be based at the University of Wales Trinity Saint David's campus in Carmarthen will be home to S4C's headquarters in Carmarthen as well as a range of creative industries and community groups co-locating with the Channel within an iconic and sustainable building.

The University recently announced that Llandysul based Rural Office for Architecture had been appointed along with the international company BDP

(Building Design Partnership) as the design team responsible for taking forward the University and the Channels' vision for the development.

A 'World of Work Day' has also been arranged in conjunction with Carmarthenshire County Council and S4C for late November where sixty Year 12 pupils from six Carmarthenshire secondary schools have been invited to attend a day of workshops to hear more about the development and to learn more about the media industry. A new logo has been created for the development too which has originated from a concept put

forward by a BA Advertising and Brand Design student based at the University's campus in Swansea. Daniel Lovell, now in his third year, had his design chosen by a panel comprising of representatives from UWTSD and S4C and had the opportunity to develop a brand for Canolfan S4C Yr Egin with designers from the University and the channel.

The logo is now proudly displayed on two large signs which many of you may have seen in the field where Canolfan S4C Yr Egin will be developed on College Road in Carmarthen.

# Welsh courses

A Welsh learner has praised the fantastic opportunities available within the county to learn the language.

Carmarthenshire County Council School Improvement Officer Jayne Marciano, based in Parc Dewi Sant, started learning Welsh when she joined the council in 2013.

She says she now uses the language daily in work and with family and friends.

Speaking about why she decided to learn Welsh, Jayne said: "I wanted to develop my confidence and fluency in the language.

"I hear Welsh spoken every day in the office and when I am working in schools.

"My children also learn Welsh in school, so I am also able to speak Welsh with them and help them with their homework."

During her employment with the council, Jayne has attended several courses including Welsh in the Workplace, Cwrs Calon and Sadwrn Siarad.

She has also attended an intensive week residential course at the Welsh Language Centre, which she describes as "an amazing experience".

She is now set to enrol on the Welsh for Adults Uwch course, enhancing her skills even further.

Encouraging others to learn the language, Jayne added: "There are so many opportunities within Carmarthenshire to learn Welsh, both formally and informally. I would encourage others to make the most of the opportunities available to them. It's hard but worth it!"

For further details about Welsh courses available in Carmarthenshire contact:

- Welsh for Adults Community Learning Officer Siân Merlys on 01558 822729 / 01267 246861 or Business Support Assistant Bernadette McGrath on 01267 246177
- Facebook: [www.facebook.com/ciosirgar](http://www.facebook.com/ciosirgar)
- Email: [welshforadults@carmarthenshire.gov.uk](mailto:welshforadults@carmarthenshire.gov.uk)

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# Schools celebrate investment

Three more Carmarthenshire schools are celebrating major investment with official openings.

Ysgol Y Strade and Ysgol Dyffryn Aman, and Burry Port Community Primary school, are all scheduled to take place over the next few weeks.

Ysgol Y Strade has a new £8.25million extension which houses a science, technology, design and art block. The existing art, science, technology and design classrooms have also been refurbished.

Ysgol Dyffryn Aman underwent a £21.5million refurbishment which included new extensions, a Special Educational Needs facility the refurbishment of four of the existing buildings plus three additional new buildings, the extension of the existing car parking facility and new sportspitches. The main block extension houses a sixth form common room, library, staff work rooms, science accommodation and reception area.

Burry Port Community Primary School is a new £3.8million building which provides a home for 210 pupils plus a 30 full time equivalent nursery and a Flying Start crèche. It is the first Passivhaus school in Wales which is a rigorous, voluntary standard for energy efficiency in a building, reducing its ecological footprint.

The investment in the schools has been delivered through Carmarthenshire County Council's Modernising Education Programme, supported by funding from the Welsh Government's 21st Century Schools initiative.



## Nominate your sporting hero



**The search is on to find Carmarthenshire's sporting stars of 2015.**

Nominations are now open for 13 categories at the annual Sports Personality ceremony to be held in February.

Categories include Sports Personality, Young Sportsman and sportswoman, Disabled Sportsman and sportswoman.

The awards in its 18th year are organised by the council's sports and leisure team and recognise the

sporting achievements of athletes, coaches and volunteers across Carmarthenshire.

Winners will be announced in a glittering event at Y Ffwrnes on Friday, February 12.

Media partners are SWWMedia Ltd and Radio Carmarthenshire. Our nominated charity is The Ray Gravell and Friends Trust.

The closing date for nominations is November 27.

Forms are available on our website or email [ActifSirGar@carmarthenshire.gov.uk](mailto:ActifSirGar@carmarthenshire.gov.uk)



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## Currently recruiting...

Visit the Local Service Board partner websites to see what vacancies they have available within the County.



[www.carmarthenshire.gov.uk/jobs](http://www.carmarthenshire.gov.uk/jobs)



[www.uwtsd.ac.uk/jobs](http://www.uwtsd.ac.uk/jobs)



[www.hywelddahb.wales.nhs.uk/jobs](http://www.hywelddahb.wales.nhs.uk/jobs)



[www.cavs.org.uk](http://www.cavs.org.uk)



[www.mawwfirerescue.gov.uk](http://www.mawwfirerescue.gov.uk)



[www.naturalresources.wales](http://www.naturalresources.wales)

# New nurses welcomed



A cohort of newly-qualified nurses have been welcomed to Hywel Dda University Health Board following a combined open day and recruitment session in September.

The workforce team and senior sisters who interviewed the candidates were thrilled at the calibre shown, and were extremely pleased and proud to offer 22 out of the 27 attendees a role.

They will join 53 newly qualified nurses in nursing teams across Carmarthenshire, Ceredigion and Pembrokeshire.

Back in March, Hywel Dda UHB saw the largest newly qualified nurses' open day held by the organisation to recruit new nurses for adult acute services and the community.

Such has been the success of the events that the health board is now planning to hold two open days a year in a bid to

lure top nursing talent to the area.

Feedback from the September session highlighted the range of interesting guest speakers who made everyone feel at ease, along with the compassion and attitudes shown by those who have worked in the nursing profession for a number of years.

Other candidates said they were impressed by the way the event was run, with a number praising the health board for the timing of the interviews, which has allowed them to go directly from training and into employment.

Lisa Gostling, Director of Workforce and Organisational Development, said: "We care for a diverse local population, which is what makes Hywel Dda UHB a very special place to work."

"Choosing the right people is a key part of our success."

## Nursing Diploma

If you're interested in a career in nursing but aren't sure whether you have the right qualifications, the University of Wales Trinity Saint David is offering a course that could offer you a pathway into the profession.

Based at the University's Carmarthen campus, the Diploma of Higher Education (DipHE) in Nursing Studies and Health provides students with the necessary skills in Nursing and Health studies and offers students the opportunity to understand and develop skills related to nursing within the Health and Social Care sector.

This course provides a valuable foundation to those who wish to seek a career in nursing or related field, but lack the necessary skills and qualifications to access the relevant degree course.

After completing the course, students will have gained significant subject knowledge and up to date skills designed for the modern workplace. Possible careers are very diverse and reflect the diversity of the health care profession. Students can also go on to apply for a nursing degree or continue on to one of the University's health and social care programmes.



For more information,  
please contact  
[Amanda.Owens@uwtsd.ac.uk](mailto:Amanda.Owens@uwtsd.ac.uk)



**One Carmarthenshire, a team of advisors who offer advice and support regarding education, volunteering, training and employment opportunities, within the County, are coming to you!**

We are available in Ammanford, Brynaman, Carmarthen, Llandovery, St Clears, Whitland, Pantyffynon and Newcastle Emlyn.

For more information, please e-mail from our website  
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