



GARNTeg PRIMARY SCHOOL

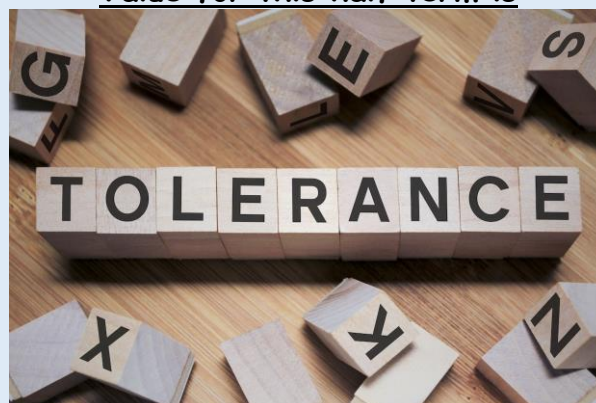
Hillcrest Garndiffaith Pontypool
Torfaen NP4 7SJ
01495 742934

Garntegschool.office@torfaen.gov.uk
www.garntegprimary.co.uk



Newsletter - 05th June 2026
Cylchlythyr - 05th Mehefin 2026

Value for this half term is



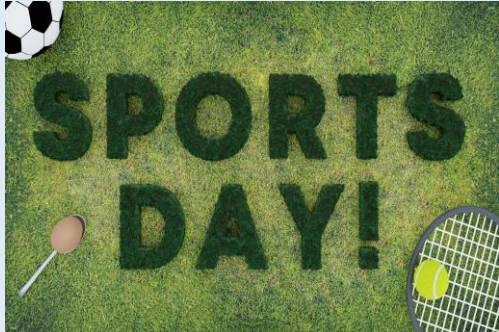
Gwerth yr hanner tymor
Croeso Yn Ôl

INSET DAYS

Friday 17th July 2026

Monday 20th July 2026

June



Tuesday 30th June 2026 - Year 5 Health and Wellbeing day at Abersychan School

Monday 22nd June 2026 - Foundation Sports Day all Nursery and Reception - **9.30am**

Year 1 & 2 - **1.30pm**

Wednesday 24th June 2026 - KS2 Sports Day Year 3 & 4 - **9.30am**

Year 5 & 6 - **1.30pm**

Friday 26th June 2026 - Year 5 Blenheim Bomber Walk

July

Thursday 2nd July 2026 - Nursery Leavers Assembly

Friday 3rd July 2026 - Year 6 Prom

Thursday 9th July 2026 - Year 6 Leavers Assembly

Friday 10th July 2026 - Year 6 Leavers Assembly

Year 5/6 Diary

JULY '26

 PACKED LUNCH REQUIRED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Move Up Day- all children	2 Y6 Safe Cycling Assessment	3 Y6 PROM- 6-8 School Hall
6	7	8 Y6 Abersychan Visit- Wizard of Oz	9 Y6 Class 9 & 10 Leavers assembly 1.30	10 Y6 Class 11 Leavers assembly 1.30
13 Y6 Girls in STEM session 4 	14	15	16 Last day of term	17

JUNE '26

 PACKED LUNCH REQUIRED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Y6 Road safety talk	02	03	04	05
08	09	10 Final enhanced transition visit (select pupils). Introduction to sign language Y6	11 Y6 Girls in STEM session 2 	12
15 Y6 Transition Abersychan 	16 -----SAFE CYCLING WEEK- BRING YOUR BIKES TO SCHOOL-----			
22 Y6 Transition Abersychan 	23	24 KS2 sports day	25 Y6 Girls in STEM session 3 	26 Y5 Blenheim Bomber Walk 
29	30			

Term Dates - 2025/2026 Academic Year

Term	Term Begins	Half Term Begins	Half Term Ends	Term Ends
Autumn	Monday 01.09.25	Monday 27.10.25	Friday 31.10.25	Friday 19.12.25
Spring	Monday 05.01.26	Monday 16.02.26	Friday 20.02.26	Friday 27.03.26
Summer	Monday 13.04.26	Monday 25.05.26	Friday 29.05.26	Monday 20.07.26

2026/2027 Academic Year

Term	Term Begins	Half Term Begins	Half Term Ends	Term Ends
Autumn	Tuesday 01.09.26	Monday 26.10.26	Friday 30.10.26	Friday 18.12.26
Spring	Monday 04.01.27	Monday 08.02.27	Friday 12.02.27	Friday 19.03.27
Summer	Monday 05.04.27	Monday 31.05.27	Friday 04.06.27	Tuesday 20.07.27



We have successfully received £1000 from Tesco Stronger Starts which we are hoping to get lots of new outdoor and cooking resources for our pupils with the money we receive. Thank you for supporting our school.

Breakfast Club

A reminder that our breakfast club begins at **8.20am** and finishes at **8.50am**. Please ensure children arrive on time. 🍌 🌟

Late Arrivals 🕒

If pupils arrive at 9:00am and after, please can all Parents & Carers (or whoever brings them to school) take them to the school office for their registration mark and lunch choice. Pupils need to be handed over to office staff. Can Parents & Carers please let other adults who bring children to school know this information too.

Here comes the sun 😊

Please can children bring a drink, hats and make sure they wear suncream to school as the weather becomes hotter.

Appropriate Footwear 👟

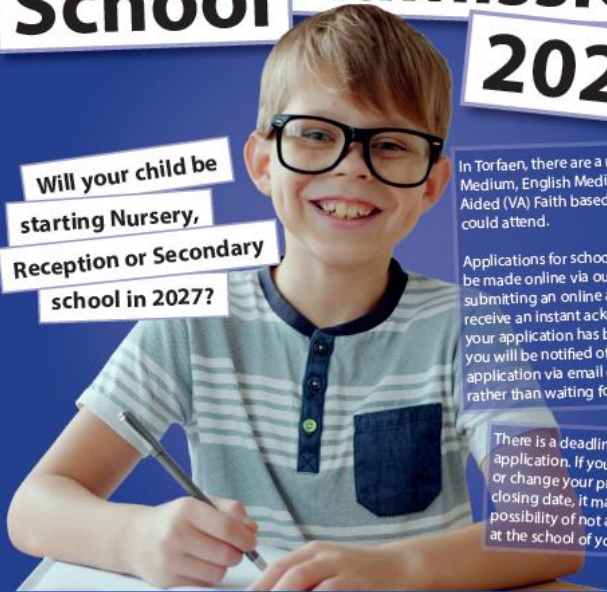
A reminder to ensure children are wearing appropriate footwear in school, closed toe shoes are necessary for daily mile and climbing frame activities.

Allotment Donations

We would be grateful for any plants or seeds for our allotment this Summer Term. Donations can be brought to the office. Thank you! 🌷 🌸 🌻

School Admissions 2027

Will your child be starting Nursery, Reception or Secondary school in 2027?



In Torfaen, there are a number of Welsh Medium, English Medium and Voluntary Aided (VA) Faith based Schools your child could attend.

Applications for school/nursery can be made online via our website. In submitting an online application, you will receive an instant acknowledgment that your application has been received and you will be notified of the outcome of your application via email on the decision date, rather than waiting for a letter in the post!

There is a deadline for making your application. If you miss this deadline, or change your preference after the closing date, it may increase the possibility of not achieving a place at the school of your choice.

September 2027 Admission Groups	Admission Round Commences	Closing Date for Applications	Decision Date
Nursery	8 June 2026	20 July 2026, 5pm	18 September 2026
Reception	13 November 2026	15 January 2027, 5pm	16 April 2027*
Secondary	18 September 2026	30 October 2026, 5pm	1 March 2027*

*This is a common offer date across all Welsh admission authorities.



Scan the QR code now to view the application process!

You are invited to join our free virtual swap shop:



FREE SCHOOL CLOTHES.com

Join our **growing community**. Easy to adopt with significant benefits for schools and families:

FreeSchoolClothes.com is a free, not-for-profit "virtual swap shop" helping families share and reuse school clothes and other essentials locally within your school community, for free.

- Help families to save money.
- Protecting our planet by reducing waste.
- Strengthening our communities.

Founded in 2022 at Ysgol Treganna, Cardiff. **Now covering all UK schools.**

It's easy to get started. *Simply share this message and QR code with your families.*

- **Your school is already live** on the platform and ready to go.
- **Free** to join and use. Not-for-profit.
- **No storage or handling** of clothes, redistribution happens directly between families.
- **Sustainability goals:** live impact data show money saved and carbon offset for your school.
- **Always open:** when families need it most, evenings, weekends and school holidays.
- **Compliments existing physical swap shop initiatives**, if you have one.

Please visit FreeSchoolClothes.com to join our new virtual swap shop.

Offer outgrown school clothes to other families in our school community. Browse and request things that you need, for free. Save money and protect the planet.



For **support** or to volunteer as a school champion please contact: support@freeschoolclothes.com

Brighter Futures Together South Wales

Citizens Advice Torfaen provide confidential and impartial advice on a range of areas including:

- Debt
- Benefits
- Housing
- Employment
- Family

Working in partnership with local schools, we are pleased to deliver a family advice project which sets out an aim to tackle child poverty through delivery of advice and support to parents/guardians at schools across the county.

You can meet with our dedicated advisor at Garteg Primary School on the following dates:

20/01/2026 02pm-04pm
17/03/2026 02pm-04pm
21/04/2026 02pm-04pm
19/05/2026 02pm-04pm
16/06/2026 02pm-04pm

**Alternatively if you can't make it, give us a call:
01633 973570
WhatsApp
07562685212**



cyngor ar
bopeth

citizens
advice

Torfaen

Abersychan School Moving Up Day



MOVING UP DAY

Ysgol Abersychan School

Wednesday 1st July

We are looking forward to welcoming our new starters to Abersychan School on Wednesday 1st July!

- ✓ MEET THE TEACHERS
- ✓ TOUR THE SCHOOL
- ✓ EXPERIENCE LESSONS

✉ school.office@abersychanschool.co.uk
🌐 www.abersychanschool.org.uk

Year 4 & 5 Secondary School Preparation Evening



Ysgol Abersychan School

YEAR 4 & YEAR 5

THE NEXT STEP
Preparing for Secondary School

18TH JUNE 4PM - 5.30PM

- ✓ Meet the Senior Leadership Team
- ✓ Meet with students ambassadors
- ✓ Q & A with students and Senior Leadership Team
- ✓ Student led activities

We look forward to welcoming **Year 4 & 5** pupils and their families to Abersychan School!
Scan the QR code to register your attendance



 school.office@abersychanschool.co.uk  [@abersychanschool](https://www.instagram.com/abersychanschool)

BYDDWCH YN DDIOGEL A MYNIAEWCH

BE SAFE HAVE FUN!

COFFWCH WNEUD Y CANLYNOL:


- 1 **PWYLLWCH**
- 2 **ARHOSWCH GYDA'CH GILYDD**
- 3 **ARNOFWCH**
- 4 **FFONIWCH 999 NEU 112**

ALWAYS REMEMBER TO:

- 1 **STOP AND THINK**
- 2 **STAY TOGETHER**
- 3 **FLOAT**
- 4 **CALL 999 OR 112**

YMUWCH A'N CRIW

JOIN OUR CREW



RNLI.org/JoinStormForce

RNLI is a Storm Force sea club's friend. It's a group of children and adults who help look after the sea. You can join a Storm Force sea club if you're 10 or over. For more information, visit RNLI.org/JoinStormForce.


CRAFF AM DDWR

WATER SMART

CANLLAW

GAEL HNYL A BOD YN DDIOGEL GER Y DDWR

'S RUFF GUIDE TO HAVING FUN AND STAYING SAFE NEAR THE WATER



HELÔ

FY ENW I YW RWFF AC RWYN DWLLI AR Y DDWR. MAE'N LLAWER O SBORT OND MAE'N GALLU BOD YN BWERIUS AC YN BERYGUS HEPYD. MAE ENI CRINIALL SAIÐ ACHUB A'N HACHUBWYR BYWYD YN ACHUB POBL SY'N MYND I DRAFFERTH, OND MAE PEDWAR PETH Y GELLI DI ELU GWNEUD I OSGOI PERYGL. FELY BYDDA'N CRAFF AM DDWR GYDA NI A CHAEL HNYL YN DDIOGEL!

HELLO

MY NAME IS RUFF AND I LOVE THE WATER. IT'S AMAZING FUN BUT IT CAN BE POWERFUL AND SCARY TOO. OUR LIFEBOAT CREWS AND LIFEGUARDS RESCUE PEOPLE WHO GET INTO TROUBLE BUT THERE ARE FOUR THINGS YOU CAN DO TO STAY OUT OF DANGER. SO GET WATER SMART WITH US AND HAVE FUN SAFELY!

1

PWYLLWCH STOP AND THINK

Pan fyddwch chi'n agos at ddwr, gofynnwch i'ch hun:

- A yw'n lle ddiogel i neofa a cael achubwr? Bydd wrth i'ch awr?
- Pa mor dwfn ydych chi?
- Pa beryglon ataf i fod o dan y wybedd?
- A yw'r tracwr, y rhyddwr chi wadi gofyn i'r achubwyr bywyd am gyngor?

Chwiliwch am y peryglon
A allwch chi ddeud o byd i'r 4?

Spot the dangers
Can you find all 4?



2

ARHOSWCH GYDA'CH GILYDD STAY TOGETHER

Dell i'cau a ffrindiau helpu mewn trosglwyfod:

- Ewch gyda rhywun arall bob amser.
- Dywddwch wrth y wyan i ddeud i'ch criw chi'n mynd a phwy fyddwch chi'n dod yn si.
- Gwch â rhed gyda chi a'w am help.



EMILY LYDIA

Roedd Emily a Lydia yn mynd i'r traeth pan gwasparf i'w awyru ar y traeth. Yn ymestyn i'w awyru, roedd Emily a Lydia yn mynd i'r traeth. Yn ymestyn i'w awyru, roedd Emily a Lydia yn mynd i'r traeth.

Two children were enjoying a trip to the beach when they got stranded on a small island. They tried to use the sand to walk but the sea level rose so the tide came in. Their only hope was another adult.

Somebody saw them and called 999. Emily says: "The RNLI lifeboat came around and the man got off. I felt scared because I didn't know how we were going to get to the boat. But he said 'I'll give you a little boat'."

David said: "I asked the crew about it. They said they'd stick together and stay where they were."

3

ARNOFWCH FLOAT

Os byddwch chi'n mynd i draffwrth y ddwr, ARNOFWCH CHY NUS I'CH DDWBL!

- Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.
- Practise floating the next time you're at the swimming pool.

- 1 **Calwch eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
- 2 **Parhewch yn eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
- 3 **Calwch eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
- 4 **Parhewch yn eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
- 5 **Calwch eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
- 6 **Parhewch yn eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**

- 1 **Calwch eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**
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- 6 **Parhewch yn eiddo i'w gysylltu gyda'ch gilydd. Rhwng gynnwyl ar ymarfer amonni i'w nesaf y byddwch chi yn y pwll neffo.**

OS BYDDWCH CHI'N STRYGO I'R DDWR, FFONIWCH AC ARNOFWCH FEL OFFISI!
IF YOU FALL INTO THE WATER, FLIP AND FLOAT JUST LIKE AN OTTER!

4

FFONIWCH 999 neu 112 CALL 999 or 112

Callwch chi helpu os yw rhywun arall mewn traffwrth

Pan fyddwch chi wedi gael am help ...

Callwch chi helpu os yw rhywun arall mewn traffwrth

Once you've called for help ...

OS BYDDWCH CHI'N STRYGO I'R DDWR, FFONIWCH AC ARNOFWCH FEL OFFISI!
IF YOU FALL INTO THE WATER, FLIP AND FLOAT JUST LIKE AN OTTER!

The ABUHB School Nursing Service

Parent/CarerLine



The ABUHB School Nursing Service are excited to launch Parent/CarerLine, a new SMS text service for parents and carers of children aged 5 to 16!

Parents and carers can text our school nurses on [07507330206](tel:07507330206) for expert advice and support with a child's health and wellbeing. * Texts are replied to Monday - Friday 9:00 - 16:00 (excluding bank holidays)

Who are School Nurses?

School nurses are specially trained public health nurses who can help with a range of physical and emotional health issues, such as emotional wellbeing, toileting, immunisations, low mood, exam stress, self-harm, behaviour, relationships, healthy eating and more.

Noddfa Church



FREE TUITION
GET AHEAD

Key Stage 2-4

MONDAYS 4-6PM
A drink and a snack when you arrive

LEARNING MADE FUN
Interactive sessions to help make learning fun. Games and Quizzes that will help you in every subject across the curriculum

HOMEWORK HELP
Come with questions and we can help you to answer them for yourself.

QUALIFIED TEACHERS
Volunteers from Noddfa Church with experience in teaching are giving up their time to offer free tuition.

www.NoddfaChurch.com
(Homeschoolers welcome)



LEARN LOVE SHARE

NODDFA JUNIORS
FRIDAYS 6-8PM
TERM-TIME

FOR PRIMARY SCHOOL AGED CHILDREN
MAKE NEW FRIENDS
EXPLORE CHRISTIANITY
ASK QUESTIONS

Team **AWARDS** Individual **PRIZES** Cost **FREE**

Activities
✓ Storytelling & Crafts
✓ Games and Singing
✓ Tuck Shop
✓ Pizza and snacks
✓ Seasonal trips

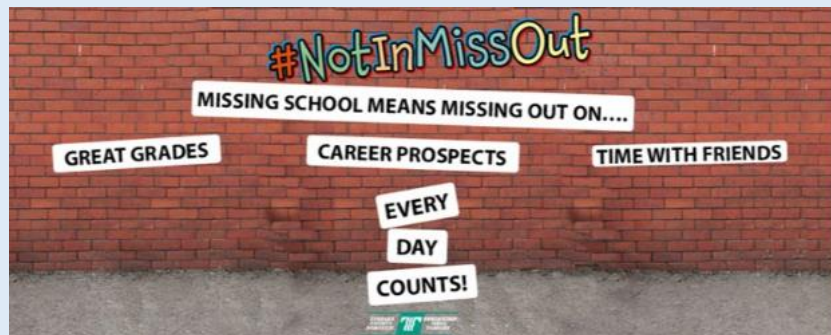
Noddfa Church
Abersychan
NP4 7EF
All are welcome
You do not need to be a "Christian" to come.

More Information www.NoddfaChurch.com



Attendance Winners 18th May - 22nd May 2026

Congratulations to Dosbarth 4 Miss Brooks who were foundation phase attendance winners with 90.94% and Dosbarth 7 Mr Phillips with 99.31%



WELL DONE! DA IAWN!

This week's attendance figures are

Year	% overall	Class	Percentage	Year	% overall	Class	Percentage
Nursery	80.67	0	80.67	3 / 4	89.48	5	93.10
Reception	72.32	1	72.32			6	85.86
		1	86.67	2	86.67	3/4	7
1 / 2	83.57					3	84.64
		4	82.50	9	84.19		
				5 / 6	91.44	10	90.67
						11	92.22

Class	Target by end of year	Current percentage to date
3	95	90.77
4	95	92.55
5	95	92.96
6	95	90.77
7	95	94.85
8	95	88.33
9	95	91.70
10	95	92.57
11	95	92.48

Seren Yr Wythnos

Foundation Phase		Key Stage 2	
Class	Seren Yr Wythnos	Class	
Nursery - Mrs Rogers	AM- Sonny PM-Nancy	Dosbarth 5 - Mr Key	Elliot
Dosbarth 1 - Mrs Lewis	Elodie	Dosbarth 6 - Miss Williams	Whole Class
Dosbarth 2 - Miss Dalton	Elias	Dosbarth 7 - Mr Phillips	William
Dosbarth 3 - Miss Bones / Mrs Attewell	Samuel	Dosbarth 8 - Mrs Ngwenya	Owen
Dosbarth 4 - Miss Brooks	Caden	Dosbarth 9 - Mrs Emanuel	Isaac T
		Dosbarth 10 - Mrs Lee	Darcey and Harley
		Dosbarth 11 - Mrs Parker-Evans	Tyreece

Meithrin – Bendedig pawb for a fantastic week of learner. You have been amazing bug hunters in the garden as part of our topic 'Yn y Goedwig.' We were so proud of you retelling the story of 'The very hungry caterpillar' as you remembered so much information about it. It was lovely to see you acting out the story too in the role play. We can't wait to learn more about butterflies next week. Have a lovely weekend!

Dosbarth 1 – Reception have thoroughly enjoyed exploring their new class book, *The Very Hungry Caterpillar*. The children have loved retelling the story in their own words, using props and actions to help bring it to life. They have also been busy taking part in exciting investigations about minibeasts and their habitats, showing great curiosity as they learn about the natural world around them. Alongside this, the children have been practising their Welsh songs and using simple Welsh phrases confidently in the role play area and both in and out of the classroom. It has been wonderful to see their enthusiasm and growing confidence across all areas of learning. Have a lovely weekend. Diolch. 😊

Dosbarth 2 - This week in dosbarth dau, we have enjoyed making predictions and having healthy debates about our new story book. We have worked hard to write with growing independence. In Mathematics, we have searched for, finished and created our own patterns within areas using a range of resources. During or PE session, we challenge our movement skills whilst practising for sports day. What a busy week! Da iawb pawb 😊

Dosbarth 3 - Croeso yn ol i dosbarth tri! 😊 We hope you all had a lovely half term!

This week we have looked at our new class book, 'The wall and the wild' and created class predictions and character descriptions. You were also able to act out the story in groups using expression and tone in role-play. In maths, we have been looking at repeated patterns using shape, colour and number. We have also been practising for sports day and are very excited to participate and show you how amazing we are. Please continue to return your home reading book regularly. Thank you for your continued support.

Dosbarth 4 - Gwaith da dosbarth 4! This week we have started to look at our new topic book "Wall into the Wild". The children have been looking at what they think the book is about and are really excited to see whether their predictions were correct. Just a reminder that PE kit needs to be in school as we are now practicing for Sports day regularly. Can children can wear trainers to school on Tuesday so we can practice on the field. Have a lovely weekend.

Dosbarth 5 - Welcome back! What a busy and fantastic first week back for Dosbarth 5! We absolutely loved our visit to St Fagans, where we learnt so much about Welsh history, Cynefin, and Welsh people including some sporting heroes. Thank you to all of our parents, carers and families for your support with this. We also enjoyed an amazing music workshop with Upbeat music. Just a reminder about our home learning logs, please can children complete a challenge from these to share next week. Have a lovely weekend!

Dosbarth 6 & 7 - What a busy first week back we have had! Well done to everyone in Dosbarth 6 & 7 who were excellent ambassadors of Garnteg Primary on our trip to St Fagans. Everyone listened carefully to the historians, and we all enjoyed learning more about what is meant by Cynefin, Welsh history and our sporting stars. Thank you to all of our parents, carers and families for your support with this. Have a lovely weekend everyone!

Dosbarth 8, 9 & 10 - A great first week back this week. We have continued our topic 'Jurassic Journey' and have explored how different animals have adapted to their environments. A reminder that Year 5 will have their growing up talk coming up, which involves discussions about how bodies change due to puberty, menstruation and healthy relationships. If you require any further information, please do not hesitate to get in touch. Have a lovely weekend 😊

Dosbarth 11 - an excellent week, the children have worked so hard and thoroughly enjoyed starting our 'choose your own adventure' stories. Keep working on your learning logs and please remember to upload your baby photos ready for leavers. Have a lovely weekend.

Community Notices

We would like to share with you details of the next series of Talks in Torfaen for parents/caregivers - please see flyer attached).

These are **FREE** 1-hour wellbeing talks that take place weekly on **Fridays from 9.30 - 10.30am**, and start on **Friday 12th June 2026**. Talks take place online using Microsoft Teams and are facilitated by NHS Clinical Psychologists.

To register to attend these talks, you can click the link here: [Primary Talks in Torfaen for Parents & Caregivers: Summer 2026 Sign Up Form - Fill in form](#)

primary Talks in Torfaen for Parents & Caregivers Summer 2026

A series of talks for **ALL** parents & caregivers of children who are **nursery** or **primary** school age (1-10 years old) in Torfaen.

Talks will take place online using **Microsoft Teams** and are delivered by **NHS Psychologists**.

Talks are about **supporting your child with their...**

with Dr Charlie Cowtan (Clinical Psychologist)

- Friday 12th June 9:30 - 10:30am**
Emotional Wellbeing
- Friday 19th June 9:30 - 10:30am**
Difficult Emotions
e.g. separation anxiety, anger, feeling nervous
- Friday 26th June 9:30 - 10:30am**
Development
e.g. understanding emotions, social skills, concentration
- Friday 3rd July 9:30 - 11.00am**
Screens & Devices
- Friday 10th July 9:30 - 10:30am**
Going back to School
e.g. after summer holidays, start of new school year

DEEP DIVE

If you would like to book on to these talks please **click on the link below or scan the QR code**

<https://forms.cloud.microsoft/e/CXaZnC3tFa>

GIG NHS Bwrdd Iechyd Prifysgol Anafurdd Swydd University Health Board
primary Talks in Torfaen for Parents & Caregivers Gwaithdy yn Nhorfaen ar gyfer rheini a gofolywyr
Seiboleg Cymunedol Plant a Theulu Child & Family Community Psychology

**foster
wales**
Torfaen



**help teenagers foster their own story.
visit torfaen.fosterwales.gov.wales**

fostering a teenager means being there for key moments in their life.

your support can offer stability, encouragement, and a safe space to grow. It's not just about changing a life – it's about empowering a young person to write their own life story.

as a foster carer with us, you'll receive:

- support from your local fostering team

- access to your local fostering community


- fees and allowances


- training and development


- Fostering Network membership – the UK's leading fostering charity

- New Family Social membership – a support network for LGBTQ+ foster carers

- refer a friend bonus

 torfaen.fosterwales.gov.wales

 01495 766669

 fosterwalestorfaen@torfaen.gov.uk





Cwmbrân
Cynghor Cymuned | Community Council

Cwmbran Community Council with Croesyceiliog & Llanyrafon Community Council
Cynghor Cymuned Cwmbrân gyda Chyngor Cymuned Croesyceiliog a Llanyrafon



CWMBRAN BIG EVENT DIGWYDDIAD MAWR CWMBRÂN

13/06/2026

SATURDAY / DYDD SADWRN
12:00pm to 5:00pm

Cwmbran Boating Lake
Llyn Cychod Cwmbrân

For more information call:
Am fwy o wybodaeth ffoniwch:

01633 849070

cwmbrancc@cwmbrian.gov.uk



RUBIN / LEWIS / O'BRIEN



BABY & ME
EXERCISE CLASS

**PERSONAL
Shelite
TRAINER**

Pontypool Community Council
Cyngor Cymuned Pont-Y-Pŵl

FREE BABY & MUM EXERCISE CLASS!

★ **STARTING THURSDAY 4th JUNE at 1PM** ★

Contact me at shelitefitness@live.co.uk to register!

Benefits for the Mother

- **Physical Recovery:** Restores strength and tones abdominal and pelvic muscles.
- **Weight Management:** Helps with losing post-pregnancy weight.
- **Mental Well-being:** Reduces stress, anxiety, and symptoms of postpartum depression.
- **Increased Energy:** Improves energy levels and sleep.
- **Social Connection:** Meet other new mums in a supportive setting.

Benefits for the Baby

- **Bonding:** Builds emotional connection with mum.
- **Development:** Stimulates social awareness, fine motor skills, and balance.
- **Comfort:** Soothes colic and aids digestion.
- **Relaxation:** Helps babies relax and sleep better.

Funded via
Pontypool Community Council




CAMHS
Mental Health & wellbeing
WORKSHOPS

FOR YOUNG PEOPLE. ONLINE.
MAY HALF TERM

Understanding your emotions

A 1.5 hour workshop exploring feelings and emotions and learning new ways to regulate our emotions. Suitable for year 5 and older

Thursday 28th
May 13:30-15:00

5 ways to wellbeing

1.5 hour workshop sharing tips and ideas on easy ways that students can actively improve their own well being

Wednesday 27th
May 13:00-14:30

Transition

1.5 hour workshop exploring feelings and emotions associated with transition and change. We look at common worries associated with transition and discuss some coping strategies to positively manage. For year 6s.

Tuesday 26th
May 11:00-12:30

Looking after yourself during exam season

1.5 hour workshop supporting students to understand what stress is, how it can present itself in the body and providing strategies to combat the impact of exam stress.

Thursday 28th
May 11:00-12:30

Scan to book on



GIG NHS South Wales Regional Health Board



SPOTLIGHT DANCE FITNESS

Gentle Spotlight Dance Fitness

Move at your own pace with simple choreography, uplifting music, and a relaxed, supportive atmosphere.

A softer take on the classic Spotlight session – same fun, less intensity.



Thursdays - 10:30am Garndiffaith Millennium Hall

Fridays - 11am Blaenavon Workmen's Hall

No experience needed. Everyone welcome.

Contact Rachael: 07484 737410



LEARN TO SWIM AT HALO LEISURE

Learning to swim is more than fun – it's lifesaving.

Build confidence, stay safe, and enjoy the water with Halo's Learn to Swim Programme.



Sign up to our learn to swim programme between 1st & 30th June 2026 and enjoy:

First 2 lessons

FREE+
50% OFF
first 2 months

**SAFER
SWIMMERS
START HERE**



JOIN TODAY

Let's make swimming second nature.



Call **01432 842075**
or pop into your
local Halo pool.

www.haloleisure.org.uk



halo

BLAENAVON ON THE MOVE!

Launching Our New Bike Recycling Project & Community Bike Library



DONATE & RENEW!
BIKE RECYCLING PROJECT

Sustainable Transport -
Give Old Bikes New Life!



FREE WHEELS!
BIKE LIBRARY

Access to Bikes -
Borrow, Ride, Explore!




JOIN THE MOVEMENT!

**VOLUNTEER
OPENING DAY**

Community Building -
Make a Difference!



We have Teamed Up With
Active Travel. 

Join us as we launch an exciting new community initiative focused on **sustainable transport, accessibility, and hands-on skills.**

WHAT'S HAPPENING?

- Live Bike Repairs And Demo
- Volunteer Sign Ups
- Donation Station
- Bike Library Registrations
- Refreshments
- Information And Advice
- And So Much More

Event Details

Location: Circulate Recycling
Unit 14, Gilchrist Thomas
Industrial Estate, Blaenavon

Date: Wednesday, 3rd June 2026

Time: 10:00 AM – 2:00 PM



HwbGofalwyr
Gwent
CarersHub

WHAT'S ON Gwent Carers Hub

May 2026

Monday - Friday, 10am - 3pm

The Hub is open to provide advice, information and support on your caring role in a relaxed, friendly and informal environment.

Gwent Hub Closures This Month:
Monday 4th May
Monday 25th May

May Support Groups:

Unpaid Carers Support Group

Every Monday
10am-2pm

Unpaid Carers Support Group

Every Wednesday 10am-2pm please contact the Hub to let us know you are coming

HwbGofalwyr
Gwent
CarersHub

Upcoming Activities

Reflecting On Our Service

Reflecting On Our Service - What Does Our Service Mean To You?

Gwent Carers Hub, 3 Central Mews, Off Market Street, Pontypool, NP4 6JN
Wednesday 6th May 2026 10am-2pm

Unpaid Carers Bracelet Making

Come And Join Us To Make A Bracelet

WEDNESDAY 13th MAY 2026 10AM-2PM
THE GWENT CARERS HUB 3 CENTRAL MEWS, OFF MARKET STREET, PONTYPOOL, NP4 6JN
GWENTCARERSHUB@ADFERIAD.ORG 01495 367564

Unpaid Carers Mosaic crafting

WEDNESDAY 20th MAY 2026 10AM-2PM
THE GWENT CARERS HUB 3 CENTRAL MEWS, OFF MARKET STREET, PONTYPOOL, NP4 6JN EMAIL: GWENTCARERSHUB@ADFERIAD.ORG 01495 367564

Unpaid Carers Scrapbook Making

We Will Be Doing This Every Last Wednesday Of The Month. Please Contact Us To Let Us Know You Will Be Attending
WEDNESDAY 27th MAY 2026 10AM-2PM
THE GWENT CARERS HUB 3 CENTRAL MEWS, OFF MARKET STREET, PONTYPOOL, NP4 6JN EMAIL: GWENTCARERSHUB@ADFERIAD.ORG 01495 367564

To book onto any of the activities, please contact the Gwent Carers Hub on 01495 367564 / gwentcarershub@adferiad.org

meithrin.cymru/clwbcwtsh

PONTYPWL

DYDD MERCHER / WEDNESDAY

13:00 - 14:00

29/04/26 - 24/06/26

Cylch Meithrin Pontypwl, St James Hall,
St James Field, Handbury Road,
Pontypool, NP4 6JT

Croeso

Hwyl

Clwb Cwtsh is a fun-filled and informal programme focusing on speaking Welsh with young children.

Mae Clwb Cwtsh yn gwrwbluasu Cymraeg sydd wedi'i anelu at ddysgwyr newydd ac sy'n canolbwyntio ar iaith magu plant yn y cartref.

I gofrestru, ebostiwrch / To register, email:
clwbcwtsh@meithrin.cymru



NEW PLAYERS WANTED

Kids Rugby – Come & Give It a Try!
Looking for a fun, active sport for your child?

Our Mini & Junior Rugby Team is welcoming new players of all abilities.

Fun, safe & supportive environment.
Build confidence, teamwork & friendships
Open to all kids who want to give rugby a try

Bring your child along on a Wednesday training night for a free taster session to see if rugby is for them — no pressure, just fun!

Location: Lasgarn View, Varteg, Pontypool
Torfaen
NP4 7SF



Message us on Facebook
@Garndiffaith Mini and Juniors

● WEEKLY ACTIVITIES IN ● GARNDIFFAITH AND ABERSYCHAN

MONDAY

10 am - 11am

Yoga - Cwmavon Village Hall
Baby & Me - Millenium Hall

10 am - Midday

Drawing & Talking - Coedwedd
Community Hub

12.30 - 2.30pm

Open art session - Coedwedd
Community Hub

1pm - 3pm

Wellbeing Through Stitch -
Cwmavon Village Hall

TUESDAY

10 am - 11am

Couch to 5km - Coedwedd
Community Hub

10 am - Midday

Coffee Morning - Trinity
Methodist Church

10.30am - 11am

Tai Chi Talywain OAP Hall

11.30am - 12.30pm

Body Weight Exercise Class -
Millenium Hall

Midday - 2pm

Lunch club - Talywain Rugby
Club

2.30pm - 4.30pm

Pensioners Club - Victoria
Village Hall

WEDNESDAY

10 am - 11am

Tai Chi - Millenium Hall

10am - 2.30pm

Men's shed - Coedwedd
Community Hub

2pm - 4pm

Prize Bingo - Victoria Village
Hall

Cwmavon & Blaenavon
Crafters - Cwmavon Village
Hall

6pm - 8pm

Noddfa Teens - Noddfa
Church

8pm - 10pm

Old Time Modern Dancing -
Millenium Hall

THURSDAY

10am - 11.30am

Shelite (gentle exercise class) -
Millenium Hall

10am Start

Wellbeing Walk - Coedwedd
Community Hub

10am - Midday

Art for Everyone - Cwmavon
Village Hall

12.30pm - 2.30pm

Little Feet (parent and baby
group) - Noddfa Church

1.30pm - 3.30pm

Knifty Knitters - Millenium Hall

FRIDAY

9.30 - 10.30am

Pop in & Play (family with pre-
school children) - Millenium
Hall

10am - 11am

Tai Chi - Cwmavon Village Hall

10am - Midday

Feet-Up Friday - Noddfa
Church

10am - 2.30pm

Fun & Games - Coedwedd
Community Hub

6pm - 8pm

Noddfa Juniors - Noddfa
Church



The Millennium Hall are running 3 warm hubs on a weekly basis for the next few months.

Monday: 11am - 2pm will be just a warm hub (free refreshments and somewhere to go and have a chat)

Wednesday: 1pm - 4pm will be a film club (free to attend)

Saturday: 11am - 2pm will be a family film club (free to attend)

Victoria Village Hall:

Thursday: Cake and Company 11am - 1pm (free refreshments)

Coedwedd Community Hub

Coedwedd Community Hub offer sessions in our local community for adults, including DIY, Chat and Snack and Craft and Relax. Please visit their website to find out more.

[Coedwedd Community Hub | Home | Stanley Road, Gardiffaith, Abersychan, Pontypool](#)



Everyone is welcome
Coedwedd

Coedwedd Community Hub

Wellness in the Workshop
Wellbeing Walks
Coffee Mornings
Social Garden
Drawing & Talking




“Strangers are just friends we haven't met yet”

“Mae dieithriaid yn ffrindiau nad ydym wedi cwrdd â nhw eto”

info@coedwedd.org

Coedwedd
Community Hub

MEN'S SHEDS
CYMRU

Stanley Road
Garndiffaith, NP4 7LY
(opposite Premier shop)

Coedwedd
Communitu Hub

Weekly Schedule



Monday 10am - 3pm	Drawing & Talking 10am - Midday Open House Art 12:30 - 14:30
Tuesday 10am - 3pm	To Be Confirmed
Wednesday 10am - 3pm	Coffee Morning 10:00 - Midday Men's Shed (Social & Workshop) 10:00 - 14:30
Thursday 10am - 3pm	Social Walk 10:30 - 13:00
Friday 10am - 3pm	Fun & Games 10am - 14:30



Unit 14, Gilchrist
Thomas
Industrial Estate,
Blaenavon. NP4
9RL

Community Hub

Monday - Friday 9am - 4:30pm

- Coffee Corner
- FREE WIFI and Computer Library
- Community Kitchen
- Pantry
- FoodBank
- BabyBank
- Fuel Support
- Prescription and Welfare Support Packages
- Befriending Calls
- Volunteering
- Training Courses
- Bike Recycling
- Furniture Retail Shop



 01495 774453



PONTYPOOL!

EARLY YEARS FOOTBALL

AGES 18MTHS - 5YRS

BASED INDOORS AT
GARNDIFFAITH HALL,
NP4 7LT EVERY
SATURDAY!

FREE TRIAL!



www.footicubs.co.uk/early-years



kindest Regards,

Mrs Roche & all the staff at Garnteg Primary School