



BUDDY SCHEME NEWSLETTER

BUDDY CO-ORDINATOR

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GROESO TO ISSUE 1

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Welcome everyone to our very first issue of our "Buddy Newsletter". It is very much a test draft to see if it is worthwhile running.

Do you like it? is it useful? how can we improve it, ideas? Please email me any feedback good or bad, thanks Phil:

buddycoordinator@fnf-bpm.org.uk

BPM Cymru

News Point May 2021

Click on the link below:

[Newspoints | BPM Cymru \(bpmuk.org\)](http://Newspoints|BPM Cymru (bpmuk.org))



Are you in a Crisis? Do you need someone to talk to?

If you are suffering or can't cope with any of these issues: Loneliness, Suicide, bullying, coronavirus, self-harm, depression, anxiety, emotional abuse or anything along those lines.

Try this service from a service provider called SHOUT".

Just TXT them and they get back to you. It is quite simply to use.

TEXT: HOME to 85258

To connect to a Crisis Counselor.

For details on how this works take a look at their web site:

<https://www.crisistextline.org/>

For Free 24/7 Support at your fingertips.



Facebook Buddy Group

Don't forget our closed secure Facebook Buddy Group, a safe place to discuss your problems and make friends going through the same or similar issues.

If you're not already a member then email Phil the Buddy Coordinator with the email address that you first used to open your Facebook account.

Email:

buddycoordinator@fnf-bpm.org.uk

Social activities for service users?

We have teamed up with one of our partners "Marauders Men's Health"

They're Facebook group link is:

[Marauders Men's Health | Facebook](#)

They have various walks for all levels of fitness in Neath Port Talbot and Rhondda Cynon Taf and Hopefully we will be helping to set up a group in the Cardiff area.

Some examples of walks below:

RCT Marauders

For those of you that unfortunately can't make the Wednesday walk with the RCT Marauders to Castle Coch we are arranging a return visit to the Maerdy Dams.



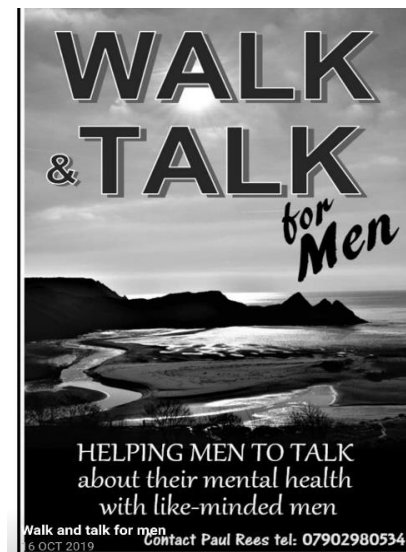
Also Marauders have walks around Neath Port Talbot on Mondays 5pm / Wednesdays 9:20 am and 1:50pm Walk with a great friendly group of men. Great for body and mind.



Vickesh one of our volunteers and myself are looking to set up a walking group in the Cardiff area in Partnership with "Marauders Men's Health".

As well as Marauders Men's Health walking groups we are promoting another group that we are partnered with, they meet once a month in the Swansea area.

The Next walk for men will be may 9th. Meeting at Castelmare car park mumbles 9.25 am they will walk to caswell and back via coastal path..



Let's get out and blow those cobwebs away! If you're up for any of these walks let Phil know.



Also I wanted to let you know about an upcoming woodland programme for adults, in Cwm Du Glen in Pontardawe. This will run for 6 weeks, starting on the 18th May (Tuesdays) from 10am-12.30, with the final session being held on 22nd June.

Due to Covid restrictions this will be a little more focussed on walking activities (eg bug hunting, mindful charcoal drawings, tracking, woodland poetry, maybe a little bit of knife skills with some spatula making).

We have very limited spaces on this programme, so if you are interested in attending, please could you let me know asap and I can send out more details.

As we move in to summer we will be hosting more sessions around the county, so if this is a bit far from you or we run out of spaces, I will let you know about more programmes in the near future. In particular, we will be running some family sessions (for pre-school aged children and their siblings and carers) from June onwards in both Glyncorrwg and Cymmer

(please let me know if you're interested!)

Yes theres more:

In the meantime, they will be continuing to host a free online weekly sessions...

Online Sessions

Coed Lleol (Small Woods Wales) is continuing to help people across Wales improve their wellbeing by connecting to nature. One of the ways we're doing this is through FREE online sessions, currently held on Zoom. Zoom is free to download and can be used on a computer, tablet or phone. Each of our hour-long weekly sessions has a different theme, from Foraging to Nature Watch & Mindfulness! You can interact with us as much as you like in these sessions. Although we encourage you to have your camera on and say hi to everyone, if you are nervous and don't want to have your camera or mic on, that's OK too. Each session is an hour long and led by an expert on the subject, who will spend most of the session delivering a talk to you.

How to get involved:
Have a look at the regular weekly timetable - check out our website for full details: <https://www.small-woods.org.uk/en/coedlleol/advice-and-info/covid19/online-nature-sessions/>

Register online :
<https://forms.office.com/Pages/ResponsePage.aspx?id=Zgq4O84MQkqSUfzfnI2px9eNNIOEPt1Gk50yMSL-9CZUOURKN0cwVEFMTIVXVzc1WVE1WFZJM1pEVi4u>

When you've registered, you'll receive a password that will let you join any of the online sessions. Come to as many as you like! I regularly post the monthly session topics on our Facebook page, here: <https://www.facebook.com/ActifWoodsNPT>

We have a few social projects in the pipe line now that the lockdown is easing in Wales..

For example: We plan to hold a virtual online Social evening from 7:30pm-9.00pm via Teams on Friday 21st May. Grab a coffee or something cold to drink and join us for a fun evening, where we can chat, maybe a quiz /bingo etc

If you would like to attend email Phil buddycoordinator@fnf-bpm.org.uk

I will then add you to the Teams invites.

Another idea is a social group getting together in the Cardiff area for a social group get together for a cuppa and some fun!



Maybe indoor Kurling, magnetic darts, knock down the can, music quizzes, Carpet Bowls etc, a good chance to get out and have some fun with like-minded men. We are awaiting confirmation of a date and Hall hire, hopefully by the end of May.

Booking All-Wales Online Support Meetings



www.bpmuk.org

Held weekly every Wednesday, 7pm - 9pm. Volunteers and service users in any location may attend, who need support and information on more legal matters appertaining to their case.

We will send you a link by email to use to join the meeting. Service users who have not previously completed a Service User Pack **MUST** do so before booking for an online support meeting or your booking will be rejected.

This can be found on our website under meetings

[All-Wales online | BPM Cymru \(bpmuk.org\)](http://All-Wales online | BPM Cymru (bpmuk.org))

Or Telephone our helpline for info:

03330506815

Watch this space for more exciting buddy news, with new activities planned. Eg: wall climbing in Cardiff

