

Foreword by
Councillor
Pearl Llewellyn



Well Christmas is here again, and so too is the winter edition of M:Life, the community newsletter for Monkton. We hope you enjoy it, and from everyone at Monkton Communities First, we hope you have a Merry Christmas and a Happy New Year!

Pearl

A Big 'Thank You'

The Autumn edition of M:Life featured an account of this year's Monkton Horticultural Show and Village Fayre, but we regret that we forgot to say a big 'thank you' to those who cleared and cleaned the Community Hall after the event. On behalf of the Show Organising Committee, thank you to those who gave up their free time to get the Hall back in top shape.



Inspectors Full of Praise for Monkton School

In October, Monkton Priory Community Primary School was inspected as part of a national programme of school inspection.

The staff and governing body were delighted with the findings. A copy of the summary reports is available from the school to any local residents.

The report highlights many outstanding features and the school was judged as a "very inclusive school, where pupils make good progress. Outstanding features include the learning experiences provided for pupils and the care, support and guidance available to pupils.

The progress that the vast majority of learners make in their personal, spiritual, moral, social and wider development is outstanding. Pupils' behaviour is also an outstanding feature of the school!"

The report also states that "the school's partnership with parents and the local community are highly successful and have outstanding features that enrich the life and work of the school and enhance children's experiences".

It commented that "parents and carers are overwhelmingly supportive and proud of the school. They have great confidence in the head teacher and staff, value the school's welcoming nature and appreciate the strong sense of community fostered by the school."

The reports findings recommend that the school can improve by raising standards in ICT and Music; in bilingual and ICT skills and by continuing to improve attendance rates.

The head teacher Mrs Shelley Morris considers that the report captures the essence of the school and the efforts of all the staff and pupils.

If you would like a Welsh copy of this Newsletter please call us on 01646 680373

**Dorothy & Toto
come to
Monkton on
21st December!**



No, you're not imagining things! Dorothy and Toto, along with other characters from The Wizard of Oz, will be coming along to Monkton on Monday 21st December courtesy of our very good friends TPP Productions from Llanelli in this year's production The Wizard of Oz. The performance starts at 7pm prompt!

This will be the fourth year that Monkton has had a panto and this year it's being held again for the third year in the Monkton Priory Church Hall, where it has been very well received.

Tickets are again very reasonably priced at £4 for an adult and £2 for a child. If you would like to book tickets then call Dot Lloyd on 01646 685060 or alternatively Monkton Communities First have a number of tickets to buy from their office.



Want 2 Work Tea Party

Want 2Work organised an event at Monkton Community Hall on 29th October to highlight the support available to local unemployed people, including help into training, voluntary work, employment and self employment.

Organisations represented at the event included Prime Cymru, Shaw Trust, Future Works, Springboard, JobcentrePlus and Monkton Communities First. The event was also attended by Cllr Peter Morgan, PCC Communities and Partnership representative (pictured with Want 2 Work adviser Alison Ayers).

Those attending the event were pleased and surprised by the amount of help and information available, and some are now taking up training and volunteering options, whilst others are being supported in looking for work.

Thanks are due to Monkton Community Hall Committee for the use of the venue, and to Shaw Trust for providing a prize for the free raffle, which was won by Linda Sugden.

Want 2 Work supports unemployed people who are claiming benefits other than Jobseekers Allowance, or not claiming any benefits at all. Your local Want 2 Work advisers, Alison and Lee, are available in the following venues for those living in Pembroke, Pembroke Dock or Monkton:

Monkton Community Hall, (car park entrance), Mondays and Thursdays, 9.30am – 3.30pm

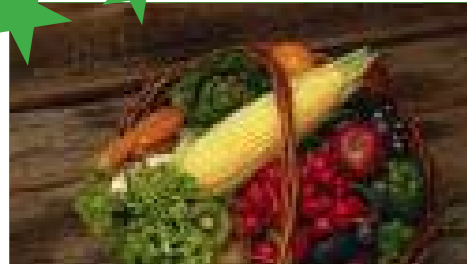
Development Centre, Pembroke Dock (opposite Tescos), Fridays, 9.30am – 3.30pm.

You can also contact Alison on 07966 566350 or Lee on 07825 378106

Want 2Work is a joint initiative supported by The Welsh Assembly and Jobcentre Plus.

Monkton Village Market

The Christmas Village Market will be held on Monday 21st December from 1pm to 4pm at Monkton Community Hall. There will be hot mince pies and teas, as well as the usual fruit and veg and craft stalls. There will also be an indoor 'car' boot sale. All welcome.



Adam Paddick a pupil at Monkton Priory CP School has shown that honesty pays. Adam was walking home from school with his mum a couple of weeks ago. They had just come out from the school gates, when Adam noticed an envelope on the pavement. Adam picked the envelope up and inside he found £250.00 in cash. Adam and his mum went straight back to school with the money and handed it over to Mrs Morris the School Head Teacher.

Mrs Morris said 'In hard economic times, when everyone is feeling the 'pinch' it's heartening to see such honesty. We have celebrated this action in school and we are very proud of Adam and his mother'.

Adam has since said "I am glad I handed the money in, because it's nice to be honest it makes you feel good". The school Head Teacher Mrs Morris is really proud of Adam and his mum's honesty.

The person who had lost the money rewarded Adam with a tin of chocolates and his mother was presented with a bunch of flowers and a card to say thank you.

Mrs Morris
Monkton Priory CP School Head Teacher.

The Bobby Van Scheme

You hopefully will have seen the Bobby Van present at the Spar on Long Mains, Monkton during the first two weeks of December.



The Community Safety Partnership hope to secure its return for another period in the New Year.

The Bobby Van Scheme was launched in Dyfed Powys on 30th April 1999. Since then over 8000 homes have been secured free of charge.

The scheme has made a major contribution to the fight against property crime and has helped provide reassurance for the elderly and for other vulnerable members of our community such as younger repeat burglary victims, victims of domestic violence, and members of minority and disadvantaged groups. The carpenter for Pembrokeshire is Carwyn Phillips. He accepts referrals through the scheme co-ordinator, Anna Lewis, who is based in HQ Community Safety Department where she manages all the referrals for Ceredigion, Pembrokeshire and Powys.

Anna can be contacted by email, anna.lewis@dyfed-powys.pnn.police.uk or phone 01267 226468 or fax 01267 226459.

Monkton Youth Club all trained up for Food Handling

Members of Monkton Youth Club have recently received training in food handling. The training was organised by Monkton Communities First and was provided free of charge by Ann Kerr from Neyland, a local Food Hygiene Trainer. The training covered areas such as washing your hands, ensuring your hair is tied back and other personal hygiene issues as well as how to prepare and handle food when cooking. The young people cook every week in Club and all who attended thanked Ann for coming along. Ann was very impressed with the enthusiasm and interest the members had in cooking each week in Club. The club have also had three lovely new aprons donated to them by the Co-operative Membership team for the members to use. A big thanks to Ann and the Co-op from all at Monkton Youth Club.

Beth yw Menter Iaith?



Mudiadau lleol yw Mentrau Iaith, sy'n rhoi cymorth i gymunedau i gynyddu ac ehangu'r defnydd o'r iaith Gymraeg. Mae Menter Iaith yn gweithio ar draws un sir fel arfer, ac yn adlewyrchu awydd pobl leol i wneud mwy o ddefnydd o'r iaith. Bydd y Mentrau yn rhoi cymorth a chynghor i unigolion, mudiadau a busnesau, ac yn cynnal gweithgareddau er mwyn codi proffil yr iaith.

Cewch wybodaeth am ba ddarpariaeth Gymraeg a dwyieithog sydd ar gael yn eich ardal chi, a sut i gael hyd iddo.

Bellach mae yna rwydwaith o Fentrau Iaith ar draws Cymru. Achos Sir Benfro, allu chwyfyrddiad Rhidian Evans achu 01348 873700 ai rhidian@mentersirbenfro.com

Springboard Project

Here are the existing adult learning classes in Monkton and Pembroke Dock, and details on classes for the winter term. Some of the courses may have finished but hopefully this will give you an idea of what we have to offer. For information on any of the courses please ring Claire Arnold on 0845 603 7021.

Springboard Classes in the Community
September 2009

CRECHE AFTER SCHOOL CLUB

MONKTON COURSE

COURSE	START DATE	NO of WEEKS	DAY	TIME	VENUE
Maths GCSE Revision	28/09/09	10	Monday	3:15-5:15	Monkton School
Literacy	07/09/09	10	Monday	1:00-3:00	Monkton School
Literacy	08/09/09	10	Tuesday	1:00-3:00	Monkton School
Numeracy	09/09/09	10	Wednesday	1:00-3:00	Monkton School
Family Learning (Grandparents & children writing a story)	NEW DATE	2	Friday	9:00am-12:00pm	Monkton School Or Pembroke Dock
Open Access to Computers & CV Writing	23/09/09	5 ED 21/10/09	Wednesday	4:00-5:30	Monkton School
Welsh Level Advanced	28/09/09	10	Monday	4:00-6:00	Monkton School
New CLAIT Creative Skills	30/09/09	10	Wednesday	9:30-11:30	Monkton School
Text Processing	30/09/09	10	Wednesday	12:30-2:30	Monkton School
New CLAIT Creative Skills	01/10/09	10	Thursday	9:30-11:30	Monkton School
New CLAIT Administrative Skills	01/10/09	10	Thursday	12:30-2:30	Monkton School
Jewellery Making	19/10/09	4	Monday	1:00-3:00	Monkton School
GCSE Science	01/10/09	10 (*3)	Thursday	6:00-8:00	Monkton & Pembroke School
Personal Confidence Course	20/11/09 27/11/09	2	Friday	9:30-4:00	Monkton School
Community Champions	13/11/09	1	Friday	9:15-11:15	Monkton School

PEMBROKE DOCK COURSE

COURSE	START DATE	NO of WEEKS	DAY	TIME	VENUE
Family Learning – Basic Skills (Cooking)	09/09/09	10	Wednesday	9:30-11:30am 1:00-3:00pm	Pembroke Dock Youth Centre
New Clait-Creative Skills	02/10/09	10	Friday	10:00-12:00pm	Pembroke Dock School
CV Writing Workshop	05/11/09	1	Thursday	4:00-5:30pm	Pembroke Dock School
Welsh for Beginners Taster	19/11/09	1	Thursday	3:30-5:00pm	Pembroke Dock School
Intergenerational Forest Schools	18/11/09	1	Wednesday	12:30-2:30pm	Pembroke Dock School
Cooking Taster	23/11/09	2	Monday	1:00-3:00pm	Pembroke Dock Youth Club
Christmas Craft Taster	03/12/09	1	Thursday	1:00-3:00pm	Pembroke Dock School
Boogie Babies	10/12/09	1	Thursday	9:00-11:30am 12:30-3:00pm	Pembroke Dock School
Bicycle Maintenance	TBA	1	TBA	TBA	Pembroke Dock School/Monkton
Jim Harwood 01646 685113					
First Steps with Computers	TBA	5	TBA	TBA	Pembroke Dock School
Jewellery Making	TBA	2	TBA	1:00-3:00pm	Pembroke Dock School

Courses to follow in Autumn/Winter Term (Funding dependent)

COURSE	START DATE	NO of WEEKS	DAY	TIME	VENUE
Beauty Therapy or hairdressing	TBA	10	TBA	TBA	Pembroke Comprehensive
Basic Carpentry or Bricklaying	TBA	10	TBA	TBA	Pembroke Comprehensive
Building	TBA	10	TBA	TBA	Monkton School
Intergenerational Forest Schools	TBA	1	TBA	TBA	Pembroke Dock School
Boogie Babies	TBA	1	TBA	TBA	Pembroke Dock School
First Aid	TBA	1	TBA	TBA	Pembroke Dock School
Site Safety	TBA	1	TBA	TBA	Pembroke Dock School
Bicycle Maintenance					
Jim Harwood 01646 685113	TBA	1	TBA	TBA	Pembroke Dock School /Monkton School

Free Courses in Monkton

Pembrokeshire College's STEP Project is holding 2 FREE courses in Monkton starting January 2010. New courses for the spring are Beginners' Silk Painting in Monkton Swifts Football Club and Gentle Exercise held in Monkton Community Centre. Both courses run for 8 weeks and are 2 hours a week, due to start mid-January. For further information about these courses and how to book, please visit our website www.pembs.ac.uk/step, email community@pembs.ac.uk or phone 01437 753 139.

All courses offer nationally recognised qualifications and are available free of charge due to project funding received through the Rural Development Plan for Wales 2007-2013 which is funded by the Welsh Assembly Government and the European Union.

Mix Walking with Socialising at Steps 2 Health

The Monkton Steps 2 Health group meet every Monday at 1.30pm at Monkton Community Hall. The group would like to welcome new people to join them on the walks and for tea afterwards at the Hall. It's an opportunity to meet like-minded people from the same community.

Want to know More...?

Monkton Communities First are putting on some learning sessions in the community and would like to invite anyone who lives in Monkton to come along.

The sessions will only be around 3 and a half hours each, all starting at 1pm, with a buffet lunch provided from 12.15pm, and all to be held at Monkton Church Hall (Church Terrace). Each session, and lunch, is free of charge. The topics apply to the community, and relates to the current work that Monkton Communities First are undertaking.

The sessions are:

Monday January 11th - Managing an Effective Meeting

How to get the most out of a meeting. Learn how to organise, facilitate and follow-up.

Friday January 22nd - Engaging Hard to Reach People

Come up with a strategy for engaging with hard to reach citizens.

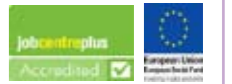
Friday February 12th - Programme Bending/Outcomes Fund

Participants will explore the meaning of Programme Bending and the actions required to make it effective in their area. What is the Communities First Outcomes Fund? Explore the principles and purpose of the Fund.

Your place on any of the sessions must be booked with us. If you would like more information or to book please call us on 01646 680373 or call in to the office at 5 Tenby Court. Places are limited so book early. You haven't got anything to lose by coming along, so give it a try!



Why not give learning a go!



Do you live in Monkton?

Are you Unemployed?

You could qualify for up to £250 funding to help with training and/or living costs

Please call Rhian on 07720996658 or 01792 325317 for an informal chat!

Monkton Rectorial Benefice

Services for Advent & Christmas 2009

Tuesday 15th

7.30pm Carol Singing, Highgate Hotel, Hundleton

Sunday 20th Dec

6pm Benefice Service of Nine Lessons & Carols, St Mary, Pembroke

Christmas Eve

Celebrations of Holy Eucharist
11.30pm SS Nicholas & John, Priory Church, Monkton

Following Christmas Day

Holy Eucharist Service

Sat 26th Stephen, Deacon & First Martyr

9am SS Nicholas & John, Priory Church, Monkton

Also, Carol Services at Residential Homes

Mon 14th Dec 2.30pm Ashdale

Thurs 17th Dec 2.30pm Bush House

Fri 18th Dec 3.00pm Croft Court

Mon 21st Dec 2.30pm Hollyland Lodge

Tues 22nd Dec 2.00pm Cartref

All are welcome to the above services to celebrate the birth of our Lord Jesus Christ. Please join us and be happy this Christmas time.

God Bless You All

Martin Cox Rector and Congregation at Monkton Priory Church

Did you know...?



Monkton Communities First is busy working on its Action Plan and securing funding to try and make a difference to everyone living in Monkton. It's a very busy time, and whilst many of you know that we're based at 5 Tenby Court, we wanted to remind you that our Resource Centre there is open and available to all. If you want up to date information about what's going on in the area, come in and take a look at the notice boards. There's plenty of leaflets to take away covering most subjects and we even have a small library of books (resources, manuals and guides relating to our work) that you're welcome to lend.

If you're not sure about what help we can offer, here's a snippet of reasons people have called in to see us over the past year and a half:

Needed help with filling in a form, or help to call the Jobcentre or Council

A council issue relating to their home or because of rubbish in the street (if you're unsure of who to turn to regarding an issue with your home we'll happily point you in the right direction).

Others have needed advice on debt, doorstep lenders, and advice on starting up a group.

So our message to you is, if you need help with anything at all, come and see us, because if we can't help you directly, we'll be able to give you details of someone who can. Every person's query is kept confidential.

Finally, don't forget the Community Notice Board which is on the wall outside of the Community Hall. It's updated regularly, and we're happy to advertise anything that's relevant to the people of Monkton. Just call us on 01646 680373.

Half-term fun in Monkton!

Over fifty parents and young people had a fabulous time during the half term holiday when they took part in a Rounders Tournament on Monkton Village Green.

The event was organised by Monkton Children and Young People's Group, a sub-group of Monkton Communities First. Players included the Neighbourhood Policing Team, Pembrokeshire County Council's Youth and Play Service, and MY Voice Forum members. Everyone who took part received a certificate and enjoyed refreshments courtesy of Tesco and the Co-operative Group. Members of the winning team, who all live in Monkton, received a prize.

A big thank you to everyone who supported the event in any way, including the Community Centre Committee who donated the hall for free and to Maggie from M&M's Community Group who looked after the catering. It is hoped that more events will be planned for future holiday periods.

If you would like more information on the Action Group's work contact Liz Cook at Monkton Communities First on 0845 345 4953.



'Cuppa with a Copper'

Pembroke Neighbourhood Policing Team would like to invite anybody to come for 'a cuppa with a copper' and discuss any problems/concerns/wants/needs etc they may have in an informal environment at Monkton Priory School on the 2nd Wednesday of every month at 14:00. The Team would like to thank Monkton School for the kind use of their staff room for this event and also a big thank you to Monkton Priory Unit who has helped us set up the surgeries. Billy Roberts who came up with the idea of 'have a cuppa with a copper' has designed a poster ready for use to publicise the event around Monkton.



MY Voice Forum raise money doing a Sponsored Walk

Members of the MY Voice forum have raised the fantastic sum of £191 from their Sponsored Walk to Stackpole during the Summer and from their other fundraising at the Village Fayre. The money raised will be used to purchase equipment for Monkton Youth Club. A big well done to all those who took part.

MONKTON COMMUNITY HALL

(Monkton Sports & Community Association)

The Village Green, Back Terrace, Monkton, Pembroke.

Have you thought about hiring The Community Hall for your party or event? The refurbished hall has a good kitchen, disabled facilities, and ample off road parking. Monkton Community Hall is not privately owned, but it belongs to you, the Monkton Community. Please come along and make use of your hall whether it be a surprise party, a quiz night or other. If you have any queries or would like to make a booking, please contact Dot Lloyd on 01646 685060.

Home Heat Helpline

The Home Heat Helpline is a free phone line set up to help British energy customers who are struggling to pay their fuel bill and keep warm. The Home Heat Helpline is run by the Energy Retail Association. The helpline provides information on grants, benefits and payment schemes that may help with fuel costs, and on basic steps that can be taken to save money on heating bills by making homes more energy efficient.

Home Heat Helpline

Phone number 0800 33 66 99

Website <http://www.homeheathelpline.org>

Opening Hours

Monday to Friday, 9.00 am to 8.00 pm,

Sat 10.00 am to 2.00 pm



Claiming disability or health related benefits?

Looking for work? We can help. £200 job start grant now available!



One to one support and assistance from our experienced advisors before and after you start work. Help and advice with training, travel, childcare and other work-related costs. Help with disabled bus pass applications. Established relationships with leading local employers. Work 'tasters' to help you find what suits you best.

For more information call Hannah Greenhouse on 01437 776437 or email futureworks@pembrokeshire.gov.uk

Half-term fun at Colby Woodland Garden

On the Tuesday of October half-term members of Monkton's Youth Club went on a Woodland Adventure Trip to Colby Woodland Garden on invitation from Pembrokeshire Coast National Park who organised the event. The weather was lovely and the gardens were stunning in all their Autumn glory. After a woodland ramble where the young people learned how to identify trees, nuts and seeds, the young people learned how to make fat balls for wild birds and ladybird shelters. To round the day off they took part in art activities before heading back home in the PACTO bus driven by Maria and Liz to Monkton in the late afternoon. Many thanks to Pembrokeshire Coast National Park for extending the invitation to the Youth Club. Also, a huge thank you to Alex from our Neighbourhood Policing Team and Maggie Hart for coming along and helping out too.



Thank you to the Community

The guys from Pembrokeshire County Council's Building Maintenance Team who work every day keeping the streets and green areas of Monkton clean and neat would like to take this opportunity to say thank you to the residents of Monkton. They have noticed a great improvement in the area; the streets are far tidier, especially on a Friday morning after the bin collection, which goes to show that residents are disposing of rubbish in the correct way. This then makes the team's work so much easier, and they can concentrate on other areas in the community. Pictured are Malcom 'Macker' Hayes and Trevor Randell, just two of the team who would like to thank the community for their efforts.



A big thank you from M & M's Community Club

Maggie and Shelley from M&M's Community Club would like to take this opportunity to thank all the people who have supported them through 2009, especially our Tuesday girls and our Friday lunch gang. We would also like to thank Ruth, Tesco's Community Champion for her support and Liz, Maria and James from Communities First for all their support driving the bus for us and for all the help in the many other ways they support us.

Also a big thank you to the Community Hall Committee for the use of the hall. Thanks to Pearl Llewellyn for all her support and last, but no means least, to the Co-operative for their £300 cheque towards our rent and for the lovely aprons donated by them for the youth club to use when cooking. We wish you all a very merry Christmas and a Happy New Year.

Christmas Recipe Tip

Spruce up those brussels sprouts at the dinner table this Christmas day by following this simple recipe.

300g Brussels Sprouts

50g butter

125g unsmoked bacon, chopped

2 cloves of garlic, crushed

Peel the sprouts and cut a cross in the bottom of each. Cook in boiling water until tender. Drain well.

Heat the butter in a large saucepan and fry the bacon for 2-3 minutes. Add the garlic and fry for 1 more minute.

Add the sprouts and cook for a few minutes until they start to colour. Season with salt and pepper and serve.



Why Not Enter the Pembroke Xmas Quiz?

You could win a cash prize.

Entry forms are available at Pembroke Town Hall and various shops in Pembroke.

The quiz can also be downloaded from www.pembroketownguide.co.uk

Closing date Monday 4th January 2010.

The Team at Monkton Communities First

would like to thank all those who have worked with us over the past year and wish the Monkton community and all of our partners

**a Very Merry Christmas
and a Healthy and Happy New Year**