

TIME TO VOLUNTEER

Can you spare **TIME** for the Goldies Cymru **SMILE** Charity?

HELP TO MAKE IT A GOLDEN HAPPY HOUR

A charity that brings together older people through fun daytime singing and activity sessions across Wales wants to find people who can spare some time each month to go along as **GOLDEN VOLUNTEERS** and support its work.

Goldies Cymru runs its activity and sing and smile sessions during the day with many more planned in the months ahead. The popular singalong hits of the 50s onwards are at the heart of the sessions. Rachel Parry is the programme leader for Goldies Cymru and she is keen to point out that Goldies (as the charity has become fondly known) is NOT a choir but fun singsongs and laughter are the Goldies trademark as can be seen by our pictures.

"We welcome everyone to come along but would love to have more active **GOLDEN VOLUNTEERS** to help out at the sessions. Some of our attendees need a friendly helper to find the right page in our singing books, to help with the tea and squash, to assist in setting out the rooms and support our session leaders so we give those who attend a **GOLDEN HAPPY HOUR** the happiest hour in their month."

Goldies Cymru is having a major effect on the lives of hundreds of older people and with the help of **GOLDEN VOLUNTEERS** it can reach out to many more. The sessions are listed below and those attending are older people from the local community, many may have dementia or Alzheimer's. The work of our charity has grown in the last four years in Wales in partnership with many other age support organisations, churches, Local Authorities and the Coal Industry Social Welfare Organisation.

Goldies Cymru also has a successful schools intergenerational programme called Time after Time which is featured on www.goldiescymru.org.uk. This website and the **GOLDEN VOLUNTEER** programme are both supported by a National Lottery Awards for All Wales grants.

"If you can spare some time, we would love to hear from you. You will have a great time yourself and you will be helping others. Volunteering for Goldies will make a big difference to people who have very lonely lives," adds Rachel. **Please call in at a session and say hello to the session leader or call Rachel Parry on 07796 714816.**



COME ALONG TO ONE OF OUR SESSIONS

Every **FIRST MONDAY** at 2.00 at The Ararat Baptist Church, Plas Treoda, Whitchurch, Cardiff

Every **LAST FRIDAY** at 11.30 at The Powerhouse, Roundwood, Llanedeyrn, Cardiff

Every **FIRST WEDNESDAY** at 10.30 at Adamsdown Day Centre, Star Street, Adamsdown, Cardiff

Every **SECOND WEDNESDAY** at 11.30 at the Glyndwr Community Centre, Penarth

Every **SECOND TUESDAY** at 10.30 at Salem Baptist Church, Beryl Road, Barry

Every **FIRST TUESDAY** of every other month at 10.30 at The Reading Room, Bonvilston

Every Other **FOURTH MONDAY** at 2.00 at Lee Hall, Britway Road, Dinas Powys

Every Other **THIRD MONDAY** at 10.40 at Llantorian Hall, Llantwit Major

This project is supported by an Awards for All WALES grant



For ALL sessions see

www.goldiescymru.org.uk

NEW SESSIONS SOON IN CANTON & CATHAYS

at RHYDPENNAU LIBRARY

We are delighted to announce a new session **EVERY Thursday** from 10.30-11.30am with session leader Sue Thomas at Rhydpennau Library, Llandennis Road, Cardiff. **EVERYONE WELCOME**

**NEW
NEW**