



Welcome to the first edition of **THE MONKEY** – a newsletter for everyone in Morriston. We decided to create this newsletter to send out uplifting and useful information that we hope will help with your feelings of wellbeing – especially at the moment. So kettle on, biscuits at the ready – we hope you enjoy the read!

CHOCOLATE CHIP COOKIES

YOU WILL NEED:

1 egg, 1 tsp vanilla essence, 125g butter (melted), 125g demerara sugar, 125g granulated sugar, 250g plain flour, 1 tsp baking powder, 200g chocolate chips.

METHOD:

1. Mix together the flour and baking powder in a bowl.
2. In another bowl, beat the egg and vanilla essence together, before adding the melted butter (ensure the butter isn't too hot)
3. To the egg, vanilla and butter mixture, mix in the demerara sugar, then the granulated sugar.
4. Add the flour and baking powder to the wet ingredients, a little at a time, until a dough is formed, then mix in the chocolate chips.
5. Separate the mixture into small balls and place on a baking tray with greaseproof paper.
6. Place in a preheated oven at 190° for 10 minutes, until slightly golden brown. Allow to cool for 10 minutes before transferring to a cooling rack.

Enjoy!

SWANSEA COUNCIL FOR VOLUNTARY SERVICE

(SCVS) is the umbrella organisation for the voluntary and community sector in the City & County of Swansea, and has several projects running in Morriston:

Please see the separate sheet for more details...

LOCAL SUPPLIERS

Here is a list of some local businesses supplying food and other essential items via delivery or collection during the coronavirus pandemic.

Get Fresh (fruit & veg) - 01792 642274

F Ley & Sons (fruit, veg, milk, bread, eggs) - 01792 653094

The Gluten-Free Baking Company (gluten-free bread, cakes, savouries) - 07813924173

Hugh Phillips (groceries, fresh meat, deli) - 01792 455100

Ty Syriol Welsh Pork (fresh pork, sausages, bacon) - 07812402826

Bella Cakes (birthday cakes, cupcakes) - 07714669776

The Gower Gin Company (gin, limited hand sanitiser) - 07854319768

Tomos Watkins (beer) - 01792 797280

Cool Beans @ The V Hub (healthy plant based freezer meals) - 07929203653

The Midland Hotel (takeaway meals) - 01792 781550

<https://www.swansea.gov.uk/essentialsuppliers>

Do you know why people from Morriston are known as Morriston Monkey's?

One explanation is the huge amount of monkey puzzle trees which once existed in the area. There are many more explanations... which ones have you heard of?



The Monkey is produced by the Tabernacle Morriston project in partnership with the Swansea Council for Voluntary Services, Swansea Council and the Fusion project. We would like to thank Swansea Council for Voluntary Services for their financial support for this first edition.



GLYNN VIVIAN



Swansea Council for Voluntary Service (SCVS) is the umbrella organisation for the voluntary and community sector in the City & County of Swansea, and has several projects running in Morriston:

A Better Welcome to Swansea - a partnership project with Swansea City of Sanctuary which provides befriending and mentoring services to people seeking Asylum. Prior to Coronavirus, we have been providing a mentoring group meeting every last Monday of the month at 4pm at the Tabernacle. Here, participants meet our enthusiastic Volunteer mentors who are eager to help and chat.

For more information visit:

www.scvs.org.uk/a-better-welcome-to-swanea or contact Hannah on 07496 172896 /

Email: involve@scvs.org.uk

During the lockdown our volunteer mentors have been contacting participants by phone to check on them, provide information and befriending while picking up on any issues they are facing at this time.

New Ways to Wellbeing - a social prescribing project linked to the GP practices. It helps people improve people's wellbeing and make connections with the community. This can be anything from a Men's Shed to a computer course, walking groups, volunteering and much more.

For more information visit:

www.scvs.org.uk/newwaystowellbeingcwmtawe or contact Cindy on 07961 997599 /

Email: cindy_hayward@scvs.org.uk

During the lockdown we have been checking on people's wellbeing and giving information on support available, telephone befriending schemes and tips on staying positive and healthy.

The Dementia and Carer Project - supports people living with Dementia, and their carers, throughout Swansea; offering support and practical advice / information to people caring for someone with dementia, or for anyone who has any concerns for someone they live with, regarding the onset of dementia or changes in behaviour.

If you would like to receive advice/information/ support, or would just like to chat about your situation, please contact Elaine on 07908 742718 / Email: elaine_james@scvs.org.uk

Our Neighbourhood Development Project - builds on the strengths of the community; for example, the people that live there, buildings, open spaces, transport to develop new projects or activities for the community.

If you would like more information or to get involved, please contact Roxane Dacey on 07932 555221 / Email: roxane_dacey@scvs.org.uk

During the lockdown, SCVS has been supporting vulnerable people in the community with practical and emotional support. If you need help please contact:

Cwmtawe Team – covers Clydach, Llansamlet and Morriston –

contact Amy Meredith-Davies on 07538 105287 /

Email: AmyMeredithCovid@scvs.org.uk

SCVS Support for Individuals - comprehensive information on the support that SCVS can offer at this time, and resources covering benefits and legal advice, food and nutrition, learning, health specific conditions and much more.

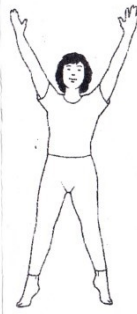
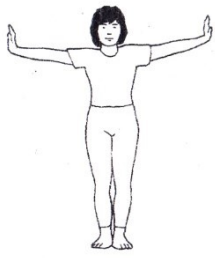
Visit: www.scvs.org.uk/coronavirus-ind

The SCVS website also hosts the interactive 'Covid 19 Wellbeing Directory' - Lots of useful organisations and services offering support for your wellbeing at this time.

Visit: www.scvs.org.uk/covid-wb-director

YOGA AND WELLBEING

In these difficult times we need to take good care of ourselves– our bodies and our minds. Yoga can help; it's not just about physical exercise, yoga works on the mind-body connection. We can use positive affirmations (called Sankalpa in yoga) to cultivate a positive and healthy outlook, and support our physical and mental wellbeing.



Here is a Sankalpa with actions taken from Fiona Agombar's 'Beat Fatigue with Yoga':
Stretch out your arms and say "I am healthy".

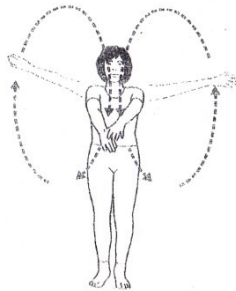
Step your feet apart and make strong-man arms as you say "I am strong".

Reach up (stand on tiptoe if you can) and say "I am full of vitality".

Give yourself a hug and say "I am safe".

Circle both your arms and say "All is well in my world".

ANSWER When was this
picture of Morriston taken?
C—1912



VOLUNTEERING OPPORTUNITIES AT TABERNACLE MORRISTON

There is a project underway at Tabernacle Morriston to transform the Chapel into a vibrant community building for the people of Morriston. If you are interested in volunteering to help us in the future please get in touch to register - email—tabernacle@swansea.gov.uk. Phone—07827307968.

There are many exciting volunteering opportunities available including heritage and local history projects, developing local events, marketing, fundraising, helping to run and look after the building. We would love to hear from you.

WHEN WAS THIS PICTURE OF MORRISTON TAKEN? PRYD TYNNWYD Y LLUN HWN O DREFORYS?



A 1936

With thanks to the Morriston Camera Club.

B 1898

Cyda diolch i Glwb Camera Treforys.

C 1912



@tabernacltreforys

