

WELCOME TO THE RCT TOGETHER COMMUNITY DEVELOPMENT TEAM NEWSLETTER

ISSUE: 10
OCTOBER 2025 – DECEMBER 2025

Content:

- Page 2 – Community Conversations
- Page 3 & 4 – Community Groups Need You
- Page 4 – Age Friendly Communities
- Page 5 – Sustainable Food Places
- Pages 6 – Contact the Team

RCT TOGETHER

SUPPORTING COMMUNITIES AND RESIDENTS TO THRIVE



RCT Together - Supporting Communities and Residents to Thrive | Rhondda Cynon Taf County Borough Council

Community Conversations

During this quarter we have been visiting community buildings and community spaces across RCT to gather local insights, build connection, and to talk to residents about how they feel about their communities.

The Team have visited 86 venues so far here's a snapshot of what we've heard.....at a glance.....



Social Connections & Friendships

95% report social connections & friendship increased



Empowerment & Influence

82% report feel empowered to influence decision that affect them



Mental Health & Wellbeing

95% report mental health & wellbeing improvement



Access to Activities & Opportunities

82% report being supported to access other services & opportunities



Social Connections & Friendships

Groups are described as lifelines for many, reducing isolation and loneliness, people feel part of a “family”



Mental Health & Wellbeing

Activities and companionship provide purpose, motivation and emotional support



Community Support & Signposting

Groups provide access to support and signposting, residents feel confident they can access help if needed



Access to Activities & Opportunities

Opportunities for volunteering and shaping activities give members a sense of purpose, activities are highly valued

Inclusivity & Accessibility

Environments are warm, welcoming where people feel safe and valued

Challenges & Barriers: Digital Exclusion, Transport Issues, Availability of Community Funding, Availability of Youth Provision, Accessibility for visually impaired residents



Your Community Needs YOU – Volunteer Today!




Are you retiring soon or do you have a few hours spare each week?

Your skills and experience can make a HUGE Difference in your local community!

There are **over 500** community groups & facilities in RCT, many rely on volunteers to maintain both the facilities and the activities that take place.

Whatever skills and experience you bring could help make our communities even **STRONGER!**

Why Volunteer?

-  • Community Groups have told us they need more volunteers
-  • Give back to your community
-  • Enhance your sense of purpose and wellbeing
- Share skills and expertise to create positive change

Local groups are looking for extra hands to help with a variety of tasks that support the sustainability of activities, the venues and organisations themselves.

Even a few hours a week can make all the difference to a local community group.

How To Sign Up

Interlink RCT have a dedicated platform advertising local opportunities – check these out on Connect RCT [HERE](#)

Or contact Interlink RCT directly - wellbeing@interlinkrct.org.uk
07526 571340

Alternatively contact us at RCT Together – Community Asset Transfer Team
(contact details on Page 6)

 Sign up [here](#) and start your volunteering journey today!





Age Friendly Communities



Introducing Maria Abson, our new Older Persons Coordinator!

We're delighted to introduce Maria Abson, who joined us as our new Older Persons Coordinator in October 2025, covering for Hannah Watson who is currently seconded into the post of CTM Dementia Programme Manager.

Maria previously worked as a Community Coordinator within the Team and brings a wealth of experience to the role.



The **Older Persons Coordinator** is central to ensure the voices of Older People are listened to and acted upon to help create inclusive, accessible and supportive communities for older people across Rhondda Cynon Taf.

New Project - Dementia Hubs

In December 2025, RCTCBC secured [CTM Regional Partnership Board Funding](#) to pilot three Dementia projects with Community Resilience Hubs, which will run in the three main Libraries at Aberdare, Pontypridd and Treorchy. These will provide access to information and advice about local activities, alongside a 'Try Before You Buy Dementia Gadget Loan Scheme' library of helpful items for people living with dementia and their carers. This exciting pilot project will run between January – March 2026.

The project also includes a **Dementia Gadget Loan Scheme** that will be available beyond the lifetime of the pilot. Dementia gadgets include dementia aids for memory and motion, TV remotes with larger buttons, day & night clocks and many more!

If you would like any information, please contact CommunityResilienceHubs@rctcbc.gov.uk



Sign Up & Join In

The RCT Council Community Toilet Scheme encourages local businesses and organisations to open their toilets to the public. This initiative helps improve accessibility for older people and those with health conditions.

Since its launch in September 2025, **22 local community & businesses have already signed up.**

To sign up or to find your nearest community toilet, please click [here](#)



The RCT Food Partnership is delighted to announce that it achieved the **Sustainable Food Places Silver Award** in 2025. Demonstrating that RCT Food Partnership has a diverse, robust, and sustainable cross-sector food partnership, with strategic long-term plans, and recognises areas that are driving innovation and best practice on all aspects of healthy and sustainable food. The ward recognises that RCT has a range of local authority policies and food access initiatives that promote accessibility to sustainable and healthy food for all.

All whilst showing it is a diverse and connected local good food movement.

Rhondda Cynon Taf was presented the award by the Future Generations Commissioner, Derek Walker, at the Wales Real Food and Farming Conference, and is one of only 5 Local Authorities in Wales to achieve this prestigious Silver Award.





And don't forget you can contact any member of the Community Development Team 😊

Get in touch with the team

Community Asset Transfer

Get in touch with the team

Community Resilience Hub and Neighbourhood Network Team

Get in touch with the team

Funding and Resource Support Team



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government



**Funded by
UK Government**



**Wedi ei ariannu gan
Llywodraeth y DU**