



Pontypridd Town Council Tackling Isolation



Pontypridd Town Council recognised that loneliness and social isolation can affect people of all ages, impacting wellbeing, confidence and community involvement.

By listening to residents and working with volunteers, community groups and partner organisations, the Council has developed a range of initiatives that bring people together, **create opportunities for support and friendship, and help people feel more connected to their community.**

From older residents and people living with dementia to carers, young families and those looking to meet new people, these activities all share a common goal of reducing isolation and strengthening community connections.

Each week, Pontypridd Town Council supports **3** community hubs, serving over **75** hot meals with the help of **15** dedicated volunteers, creating welcoming spaces for people to connect and access support.



The Graig - breakfast

Graig Wednesdays is a weekly drop-in community breakfast, run by the community engagement team at Pontypridd Town Council and supported by volunteers. This started small, with residents from the local flats but every Wednesday volunteers now cook for up to 30 people.

Graig Wednesdays was set up in 2025 when the Town Council took over the Community Centre which hadn't been used in many years. The Council had found that out of all the wards, the people in the Graig felt that they had been particularly forgotten and neglected.

The Graig, once a month, includes a support hub working in partnership with local agencies, community policing team, local district nursing team and Trivallis Housing Association.



With funding from RCT Warm Spaces and Food Fund the council can offer a warm welcome with hot food on a 'pay what you can' basis to support the sustainability of the project. Residents can also access the Food Pantry where each week surplus food from local supermarkets is available to take home.

Trivallis Housing Association has provided funding which has allowed the council to purchase home essentials kits to give out to local people identified as needing a helping hand. The council have also provided duvets and bedding to support families with nothing.

The impact of this partnership working is enormous; engaging with the hardest to reach in the community and supporting the most in need.

"...she had a hot meal as well as the pantry food and told us that she hadn't eaten properly for three days"



Funding

£1000 Warm Hubs Funding
£1000 Food Fund
£1000 Trivallis Housing



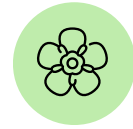
Graig Change Group:

The council have supported Purple Shoots who have funding to set up a group empowering local residents to make changes in their community.



Monday Meet Up

A regular team of volunteers serve food and hot drinks to up to 50 people every Monday at Pontypridd Museum. This warm hub was set up in 2023 in response to the cost of living crisis.



Bridge Dementia Friendly



From the council's call out for befriending volunteers, a new Dementia Friendly group has been set up. All of the volunteers have completed Dementia Friends' training from the Alzheimer's Society. The group is supported by The Alzheimer's Society and Age Cymru Connect and offers a safe and welcoming space with a cuppa, cake friendship and support.



Befriending Support

The council have partnered with local care homes and provided opportunities for volunteers to visit residents and offer companionship.



Community Gardening

Meadow Street Garden and Woodland offers opportunities for volunteering, learning new skills and meeting people.

The garden also has friendly meet and greet volunteers to welcome visitors and promote an inclusive atmosphere.



Impact of Volunteering

A team of 65 volunteers support the town council projects!

Volunteering strengthens communities and offers meaningful benefits for volunteers themselves. By giving their time to support others, volunteers build confidence, develop new skills, form friendships, and gain a sense of purpose and belonging. Through these experiences, people can enhance their own wellbeing while making a positive difference in the lives of others.

A key factor in the success of these initiatives has been the role of volunteers and community-led action. Many of the projects have been shaped by residents themselves, ensuring that activities respond directly to local needs and interests. By combining social opportunities with access to information, advice, wellbeing activities and peer support, the Council is helping to create a more connected and inclusive community.

Partners include:

- Community Nursing Team
- Trivallis Housing Association
- Rhondda Cynon Taff County Borough Council
- Single Parents Wellbeing
- Local support agencies
- Pontypridd Neighbourly
- Pontypridd Auctions
- Local supermarkets
- Harlech Foods
- Community Policing Team
- Local Care homes

The Future

Establishing Gardening on the Graig: setting up a community garden, a place where residents can grow and relax.

Community engagement: continue working with residents to develop projects and events including community cooking.

Sustain and deliver: identify funding opportunities and continue to enhance existing services.

Want to Find Out More?

For more information on the One Voice Wales Cost-of-Living Crisis project contact the team at:



CoLC@onevoicewales.wales



<https://bit.ly/3KYHftK>



[One Voice Wales Website](https://www.onevoicewales.wales)