

Gilfach Goch Community Association
Disaggregated Data August 2026

EXECUTIVE SUMMARY

Gilfach Goch Community Association (GGCA) was established in 1996 by the community, for the community and the local surrounding areas within Rhondda Cynon Taf and parts of Bridgend. Gilfach Goch Community Association is a company limited by guarantee (Company Number: 03233495) and a registered charity (Charity Number 1070802). Our constitutional objectives are to promote any charitable purpose for the benefit of the community of Gilfach Goch and local surrounding areas, and in particular the advancement of education, the promotion of good health and the relief of poverty, distress and sickness.

As a long established, community led charity embedded in the heart of the community, GGCA is a trusted one stop community hub providing accessible services for people of all ages and abilities. Our core offers include:

- Early years, children & young people, and family services
- Support for older people, people with long term health conditions, disabilities and complex learning needs
- Health and wellbeing activities, including befriending and mental wellbeing groups
- Community gardening, volunteering opportunities and skills development
- Community café, affordable meals and a registered Warm Hub
- On site hair & beauty salon providing affordable personal care services
- Healthy eating projects, food support and practical services (recycling bag distribution, Swap Shop, book library, photocopying, digital support)
- Crisis intervention and emergency support: food packs, fuel debt advocacy, housing and benefit referrals

We also deliver training and offer apprenticeships, employability support, and tailored, holistic interventions that create positive, lasting change (for example, improved school readiness, increased benefit income, safer homes, better digital access and stronger social connections). Our focus on early intervention and prevention stops problems escalating into crises and reduces pressure on statutory services.

Our work is underpinned by trusted, long standing relationships across the community and strong partnership working with voluntary, statutory and private organisations (for example Citizens Advice, RCT Council, Nest/Home Energy Wales, Care & Repair, Fire & Rescue, local housing providers, DWP, NHS/CTMUHB and local health centres).

Because GGCA is locally rooted and trusted, we have a proven track record of working with the hardest to reach people who often do not engage with statutory services. This

Gilfach Goch Community Association
Disaggregated Data August 2026

enables us to prevent crises, reduce isolation and deliver measurable improvements to local wellbeing.

We have a monthly footfall through our building of what is now c.5,600 people per month (previous long term average c.4,200), demonstrating a marked increase in local need over the last two years, including an increased number of people experiencing in work poverty due to struggling with low and/or irregular hours, rising living costs and fuel poverty (internal monitoring: GGCA footfall figures).

Independent social value: £3.4 million per annum (independently assessed by RCT Council).

Awards & recognition: Investors in Volunteers awarded for the 5th time in January 2026.

This document contains disaggregated data for Gilfach Goch Community Association (GGCA). It details a number of areas including RCT vs Wales numerical comparisons and includes anonymised case studies and participant quotes, along with citations.

2. SUMMARY OF THE LOCAL DISADVANTAGE (KEY INDICATORS: RCT V WALES)

2.1 Child poverty In RCT an estimated 27.2% of children are living in relative low income (recent RCT local analysis citing DWP data), compared with substantially lower proportions for many parts of Wales, overall, underlining high family need in the borough.

2.2 Deprivation concentration (WIMD) RCT contains a significantly higher concentration of the most deprived small areas in Wales. Welsh Index of Multiple Deprivation (WIMD) data show RCT among local authorities with many LSOAs in the more deprived groups, reflecting higher local multiple deprivation than the Wales average.

2.3 Fuel poverty (Wales) The Welsh Government modelled estimate (October 2024 headline) indicates around 25% of households in Wales are living in fuel poverty (modelled estimate), with many vulnerable households at higher risk; local council pages confirm RCT contains neighbourhoods with elevated affordable warmth risk.

2.4 Disability / long term illness (Census 2021) RCT's Census profile shows a higher share of people reporting day to day activities as being "limited a lot". This is broadly comparable to or slightly above Wales averages, indicating large numbers living with long term health conditions and needing support.

2.5 Employment & inactivity Local labour market statistics show RCT has lower employment rates and higher economic inactivity pressures than many parts of Wales; local unemployment and claimant indicators have also been above or close to the Wales averages in recent releases (for example RCT unemployment ~3.8% in recent ONS summaries).

Gilfach Goch Community Association
Disaggregated Data August 2026

2.6 Mental wellbeing (Wales) National Survey for Wales headline data show a high prevalence of low mental wellbeing (about one third of adults in Wales score in the low wellbeing category), with deprived localities (including many neighbourhoods in RCT) more likely to show worse mental health outcomes. Local demand for mental health and wellbeing interventions is high with overstretched NHS and long waiting lists.

3. LOCAL DEMOGRAPHICS: WARD LEVEL DEPRIVATION, CHILD POVERTY & FUEL POVERTY

3.1 Ward: Gilfach Goch (RCT)

- Key LSOA(s) / notes: Gilfach Goch LSOAs (local catchment immediate to GGCA) small area pockets of multiple disadvantage.
- WIMD decile & headline note: LSOAs in lower deciles (higher deprivation) on income, child and employment domains.
- Child poverty signal: Elevated (consistent with RCT child poverty of 27.2%).

Fuel poverty proxy/risk: High, local modelled risk comparable to RCT mid 20s% fuel poverty estimates.

- Key Census indicators (Census 2021 / local): Located within an LA with high share of long term limiting illness; local population includes working age and older households prone to fuel/income stress.

Notes/caveat: LSOA level variation exists; precise decile and rank available by mapping client postcodes to LSOAs.

3.2 Ward: Henreforgan (RCT)

- Key notes: Some LSOAs mid to lower deciles; child poverty moderate to elevated in specific LSOAs; fuel poverty medium to high in locations with older homes and lower incomes.

3.3 Ward: Evanstown (Bridgend)

- Key notes: Mixed deprivation signal in Bridgend; pockets of need exist; fuel poverty medium to high in older housing stock.

3.4 Ward: Blackmill (Bridgend)

- Key notes: Rural/valley LSOAs; pockets of relative deprivation; access/transport barriers increase isolation risk.

3.5 Ward: Tonyrefail East (RCT)

Key notes: Mixed LSOAs including deprived neighbourhoods; child poverty above Wales average in parts; fuel poverty elevated.

Gilfach Goch Community Association
Disaggregated Data August 2026

3.6 Ward: Tonyrefail West (RCT)

- Key notes: Several LSOAs in lower deciles; child poverty elevated; fuel poverty high.

3.7 Ward: Thomastown (RCT)

- Key notes: LSOAs with multiple domain pressures; child poverty elevated; fuel poverty high.

3.8 Ward: Porth (RCT)

- Key notes: Multiple LSOAs including higher need areas; child poverty elevated; fuel poverty elevated.

Summary

All areas GGCA work in have above average local need on income, child deprivation, employment and fuel poverty risk compared with many parts of Wales. Gilfach Goch, Tonyrefail East/West, Thomastown and Porth show the strongest concentration of need. Evanstown and Blackmill are more mixed but contain pockets of need and barriers. These converging factors (high child poverty, clustered deprivation, older housing, health limiting conditions and waiting list pressures) explain why GGCA's one stop hub and outreach is essential and why demand (c.5,600 monthly footfall) is rising.

Key caveats Source types: statements above draw on WIMD (LSOA) patterns, Census 2021 descriptors, Welsh Government modelled fuel poverty estimates (Oct 2024) and RCT/Make a Change local child poverty figures. Exact WIMD ranks and deciles for each LSOA are available from WIMD outputs and can be provided on request.

4. TOTAL POPULATION AND HOUSEHOLDS RHONDDA CYNON TAF

4.1 Key population and household figures (Census 2021 / ONS)

- Total population (Census 2021): 237,651 usual residents.
- Number of households (Census 2021): 103,337 households.
- Population change 2011–2021: +3,251 people (+1.4%).
- Ethnicity (Census 2021): White = 229,923 (96.7%); all other ethnic groups combined = 7,730 (3.3%).
- Welsh language (Census 2021): 12.4% of RCT residents (aged 3+) can speak Welsh.

4.2 Using these figures

- Scale & reach: with 237,651 residents and 103,337 households in RCT,
- GGCA's monthly footfall (c.5,600) demonstrates local reach and service demand.

Gilfach Goch Community Association
Disaggregated Data August 2026

- Change over time: small population growth means rising service demand is driven mainly by economic and poverty pressures rather than large population change.
- Inclusion planning: using ethnicity and Welsh language figures GGCA reports delivery of culturally sensitive provision and materials bilingually where needed and complies with Welsh language standards and Equality Act requirements.

Summary (fuel poverty & health)

Fuel poverty and cold home risks in RCT are a significant local health concern; older people are particularly vulnerable. WIMD and local data identify RCT neighbourhoods with elevated risk, increasing demand for warm space, social and safety interventions. GGCA provides services including a registered Warm Hub, food bank, community café, Men's Shed and befriending to reduce isolation and improve safety and wellbeing.

5. OLDER PEOPLE & CARERS (CATEGORIES)

- Warm Hub / safe warm space
- Community café (affordable hot meals)
- Men's Shed / social and activity groups
- Befriending / companionship and referral support
- Knit and Natter
- Community gardening

5.1 Context / comparison (local indicators)

- Local population (older adults): RCT total population (Census 2021): 237,651. Age breakdown — aged 65–74: 26,037; aged 75–84: 15,425; aged 85+: 5,164. Total 65+ = 46,626 (19.6% of local population).
- Fuel poverty (Wales & RCT): Welsh Government modelled estimates indicate around 25% of Welsh households fuel poor; RCT modelled estimates have been in the mid 20s% range.
- Cold weather morbidity / winter pressure: Public Health Wales surveillance shows cold periods associate with increased mortality and morbidity affecting older age groups (especially 85+).
- Poverty among older people: local analyses show high proportions of older households under financial pressure.
- Priority Services Register (PSR): Ofgem consumer surveys indicate many households benefit from PSR services; local sign up drives help close protection gaps.

5.2 GGCA offer and needs

Gilfach Goch Community Association
Disaggregated Data August 2026

- Registered Warm Hub
- affordable community café
- hair/pamper salon
- Men's Shed
- befriending/companion activities (Knit & Natter)
- social and practical support

5.3 Practical support & referrals

- PSR sign up
- Safe & Well referrals
- Care & Repair referrals
- DWP and Citizens Advice signposting
- food bank
- digital support
- income maximisation/benefits advice.

5.4 Typical needs met:

heating and energy advice; CO and fire safety checks; PSR enrolment; social contact to reduce isolation; low cost meals; signposting to benefits and home adaptation support; help applying for Attendance Allowance / Pension Credit.

5.5 Why this matters

A substantial older adult population living in wards with elevated fuel poverty risk, together with PHW evidence of increased cold period morbidity and mortality, means Warm Hub, PSR sign up, Safe & Well referrals and benefits advice activity are preventative, life improving and reduce pressure on local health and social care services.

6. NURSERY / PARENT & TODDLER / FAMILY SUPPORT

Summary

Families in RCT experience higher levels of in work poverty and household financial pressure than many other areas of Wales, increasing demand for foodbanks and emergency support. GGCA provides flexible childcare, Flying Start and 30 hour childcare places, benefits checks and practical family support to reduce financial pressure, improve childcare access and increase family resilience.

Gilfach Goch Community Association
Disaggregated Data August 2026

6.1 Categories

- Nursery / full day childcare (including Flying Start and 30 hour offer)
- Parent & toddler / stay and play groups
- Family support (benefits checks, income maximisation, crisis support)

6.2 GGCA offer and needs

Offer: flexible childcare places (Flying Start and 30 hour), parent and toddler groups, on site Citizens Advice benefits checks, Swap Shops (clothes, books, toys, school uniform), PSR sign up support, referrals to childcare bursaries and digital support sessions.

Practical support: income maximisation, crisis triage and referrals (fuel arrears, supplier switching support), signposting to foodbanks and emergency funds, and help with DWP/LA family payments.

Typical needs met: income maximisation, crisis support (food, fuel, arrears), affordable childcare enabling work/training, clothing/school/uniform, digital inclusion.

7. CHILDREN & FAMILIES

Summary

RCT experiences high child poverty rates (27.2%), increasing local demand for early intervention, childcare support and family advice. GGCA provides nursery, stay and play and parent and toddler groups that support child development, school readiness and parental networks.

7.1 Children & families (categories)

- Nursery / full day childcare
- Parent & toddler / stay and play groups
- Early years support (speech/language; school readiness)

7.2 GGCA offer and needs

Offer: full day care nursery, stay and play sessions, parent groups, targeted speech and language activities, school readiness support, advice on benefits/entitlements, Flying Start and 30 hour childcare.

Practical support: help applying for childcare subsidies, signposting to home energy assessments, food banks, swap shops and assistance accessing DWP/LA family payments.

Gilfach Goch Community Association
Disaggregated Data August 2026

Typical needs met: childcare to enable parents to work/train, early intervention for speech and social development, peer support for parents and children, signposting to financial/welfare support.

8. CHILDREN AND YOUNG PEOPLE

Summary

Young people in higher deprivation areas of RCT face greater wellbeing risks and lower engagement. WIMD education indicators and local deprivation measures highlight demand for youth services and diversionary activities. GGCA delivers youth club, after school club and playschemes to support wellbeing, skills and pathways to education/employment.

8.1 Categories

- After school club (primary / early secondary)
- Youth club (mentoring, diversionary activities)
- Open access playschemes (age 5–14)

8.2 GGCA offer and needs

Offer: youth club (three evenings/week), after school club (four evenings/week), open access playschemes during school holidays for ages 5–14. Provision is child led, age/adapted and delivered by qualified staff.

Typical needs met: safe social spaces, mental wellbeing support, digital inclusion, mentoring and pathways to education/training/employment.

9. DISABLED PEOPLE

Summary

RCT has a higher share of residents with limiting long term conditions than Wales overall (Census 2021: 12.0% “limited a lot” in RCT vs 10.0% in Wales), indicating greater local need for accessible community services. GGCA provides DDA compliant day services that reduce isolation and support carers.

9.1 Categories

- Long term health conditions
- Mental health conditions
- Complex learning needs (learning disability)
- Physically limiting conditions

Gilfach Goch Community Association
Disaggregated Data August 2026

9.2 GGCA offer and needs

- Building: DDA compliant, accessible facilities.
- Activities & services: pottery; cooking on a budget; healthy eating; arts & crafts; bingo; puzzles; digital support; referrals for adaptations and benefits/grants assistance; advocacy; socialisation.
- Typical needs addressed: social inclusion, reduced isolation, involvement in planning/delivery, help accessing adaptations and benefits, and support for appointments.

9.3 Example Scenario and savings summary (modelled)

Cohort: 40 disabled regular attendees and 40 carers;

Medium effect size: 20% reduction across outcomes;

Time period: 3 years.

Total 3 year savings (UK baseline): £188,112;

Scaled by prevalence: RCT £205,123; Wales £171,009.

Notes and data caveats

Figures are approximations/extrapolations; prevalence estimates differ from administrative counts. Use local register counts for exact service planning.

10. MENTAL HEALTH & CARERS

Summary

National and local survey data show high prevalence of low mental wellbeing in Wales and concentrated need in deprived areas of RCT. Local health board performance and FOI data record substantial assessment and treatment backlogs across primary mental health, specialist and neurodevelopmental pathways. GGCA provides early intervention pathways including befriending, carer activities, wellbeing activities and signposting to NHS and third sector services to reduce isolation and help people navigate stretched clinical pathways.

10.1 Categories

- Adult mental wellbeing support (befriending, peer groups)
- Carer support and respite (carer groups, short break signposting)
- Wellbeing activities (gentle exercise, arts, social groups)
- Referral & signposting (GPs, LPMHSS, third sector, crisis services)

Gilfach Goch Community Association
Disaggregated Data August 2026

10.2 Context / local pressures

- o National prevalence: 33% of adults in Wales screen as having low mental wellbeing.
- o Local service pressure: CTMUHB reported primary mental health assessment backlog (LPMHSS: 1,044 (Nov 2025)).
- o Psychological/therapy waits and neurodevelopmental backlogs are substantial (children and adults awaiting ADHD/ASD assessments; FOI figures cited).
- o Carers: RCT has higher share of unpaid carers and high hours carers than Wales average.

10.3 GGCA offer and needs

Offer: low threshold befriending, one to one peer support, weekly carer activities, wellbeing groups, drop in information and signposting to clinical and third sector services.

Practical support: help completing referral forms, self referral routes to talking therapies, crisis contacts, Citizens Advice/DWP signposting, facilitation of carers' assessments.

Typical needs met: short term emotional support; social contact; carer respite; navigation of referral pathways while waiting for clinical assessment/treatment.

11. CASE STUDIES (ALL ANONYMISED)

Case study: Older person (anonymised) Safer, warmer winter:

Client D (age 78) Profile: living alone on state pension, prepayment meter, multiple long-term health conditions, isolated and financially struggling.

Support provided: regular Warm Hub attendance, affordable hot meals, Knit & Natter and befriending, PSR sign-up, Safe & Well referral, successful Attendance Allowance application.

Impact: "The Warm Hub stops me sitting in a cold house and worrying; the company helps more than I thought it would and I actually enjoy being alive now."

Case study: Parent & Toddler (anonymised Parent B (single working parent, in-work poverty))

Profile: single parent in insecure hours employment, struggling with arrears and income.

Support provided: CAB triage and on-site benefits check, supplier switching advice and repayment plan, PSR sign-up, Swap Shop clothing/uniform, childcare bursary referral.

Impact: "The parent-and-toddler group gave me a chance to meet others and get the help I needed."

Gilfach Goch Community Association
Disaggregated Data August 2026

Case study: Early years (anonymised)

Child A (age 3) Profile: attended GGCA Flying Start provision with targeted speech activities.

Support provided: structured early-years sessions, small-group speech practice, parent feedback and benefits signposting.

Outcome: child speech and group confidence improved;

Impact: “The nursery has helped my child learn to join in and the parent group stopped me feeling alone.”

Case study: Youth (anonymised)

Youth C (age 14) Profile: initially irregular school attendance, low engagement.

Support provided: regular youth-club attendance, mentoring, responsibilities as volunteer helper.

Outcome: school attendance improved; young person

Impact: “I actually want to go to school now... I’ve got new mates here and the GGCA staff believe in me... I volunteer now to help others.”

Case study: Disabled participant (anonymised)

Participant E Profile: mobility impairment, low level complex learning needs, low income.

Support provided: one-to-one carer support, tailored activities, benefits/DWP application assistance resulting in increased financial support.

Impact: “I enjoy coming to GGCA, the staff understand me and help me join in and I feel more confident. Getting extra help from DWP has made things easier at home.”

Case study: Carer (anonymised)

Client F Profile: informal carer experiencing burnout and social isolation.

Support provided: befriending contacts, carer group, signposting to carer assessment and short-break options, benefits advice.

Impact: “The GGCA has been a lifeline. It gives the person I care for social contact and activities that suit their needs, and it also gives me something interesting to get involved in with my client. I love seeing him happy and mixing with his peers. It makes my job more worthwhile and gives me peace of mind.”

Case study: Recycling-bag distribution (practical support & cost saving)

Profile: Single parent (Parent G), two school-age children, low-hours insecure work, struggling with food and utility bills.

Gilfach Goch Community Association
Disaggregated Data August 2026

Support provided: Regular provision of recycling bags, food-support bags containing low-cost staples, recipe ideas for cooking from scratch and stretching food, signposting to energy-saving advice and a digital session to set up a cheaper energy tariff.

Outcome / impact: Immediate reduction in weekly food spend; parent reported being able to skip one supermarket shop per week and afford extra baby essentials. Improved confidence with online account management enabled a successful supplier switch.

Participant quote: “Those bags of food kept us fed and the money I saved meant I could buy school shoes this month.”

Case study: Food bank & short-term emergency support

Profile: Couple (Household H) recently affected by benefit delay and facing eviction due to unpaid rent.

Support provided: Emergency food pack, referral to on-site Citizens Advice for benefit-fast-track and rent-arrears negotiation, assisted application to local hardship fund, and follow-up welfare call.

Outcome / impact: Immediate food security restored; Citizens Advice secured a benefit advance and negotiated a manageable rent repayment plan. Family avoided eviction and reported reduced anxiety.

Participant quote: “The food hampers were a lifeline and the staff helped sort out the money so we didn’t lose our home.”

Case study: Winter Warm Hub (safe warm space & wraparound support)

Profile: Older person (Client I), living alone, recently widowed, limited mobility and high anxiety worse in winter because of fuel costs.

Support provided: Regular Warm Hub attendance (warm space, hot meal), PSR sign-up, Safe & Well referral for CO alarm, and benefits check that identified Attendance Allowance entitlement.

Outcome / impact: Reduced time spent in a cold home, improved social connections, successful Attendance Allowance award increased monthly income, and home safety improved with CO alarm installation.

Participant quote: “I can come in, have a hot meal and not worry about turning the heating on all day. I got some extra money which has been a lifesaver for me and basically the GGCA has saved me so much stress.”

Case study: Crisis intervention and fuel-debt advocacy

Profile: Worker J, low paid, hours reduced; received a large, unexpected energy bill and faced supplier shutoff threat.

Gilfach Goch Community Association
Disaggregated Data August 2026

Support provided: Crisis triage, assistance disputing billing errors which reduced part of the bill, negotiation with supplier to set up an affordable repayment plan, referral to emergency grant fund, and budgeting support sessions.

Outcome / impact: Supplier halt on disconnection, manageable repayment plan agreed, emergency grant covered immediate shortfall, and client implemented budgeting measures reducing future arrears risk.

Participant quote: “If GGCA hadn’t sorted the debt and got me a payment plan I don’t know where we’d be. They really kept us afloat.”

Case study: Family and nursery support enabling employment (preventative intervention)

Profile: Single parent (Parent K) with a 2-year-old, in-work poverty, unable to afford childcare so working unpredictable hours.

Support provided: Access to Flying Start nursery place, on-site benefits check identifying additional entitlements, Swap Shop provision of clothes and uniform, and employment-support signposting.

Outcome / impact: Parent moved to more stable hours due to reliable childcare, household income increased with newly claimed entitlements, child showed improved social skills and school-readiness, and parent reported reduced stress and improved sleep.

Participant quote: “Getting childcare and the benefits help changed everything... I can actually plan my week now and sleep at night.”

12. QUOTES (ALL ANONYMISED)

Older person’s family member (unpaid carer): “Having the community café and many different activities available now means my mum gets out and eats a hot meal and I get a break and peace of mind knowing mum is happy and cared for by the wonderful team at GGCA.”

GGCA staff on older persons: “We combine warmth, companionship and practical referrals. Having this joined-up approach helps prevent crises.”

Volunteer: “I was isolated and lonely after my wife died. After trying the GGCA activities I felt welcomed and regained purpose... now I volunteer to help others.”

GGCA staff on Parent & toddlers: “Our partnership with Citizens Advice enables on-site benefits checks which regularly uncover unclaimed entitlements that make a real difference to family budgets.”

Volunteer with Swap Shop: “Helping parents to source uniform and rugby kit means the world to me. The mum told me the help is invaluable as it meant her child could go to

Gilfach Goch Community Association
Disaggregated Data August 2026

school without her worrying how to buy the uniform and her son has now joined the mini rugby and is chuffed with his rugby kit.”

Children & families: Parent: “The GGCA staff helped me apply for childcare support and benefits... that extra money made a real difference.”

GGCA Staff on Children & families: “We work with parents to build routines, confidence and school-readiness while connecting families to practical help and financial support.”

Children & young people: Young person: “The youth club is where I feel safe and can try new things plus I get a break from looking after my brother.”

Children & young people: Parent: “The after-school club gives my child something constructive to do and helps with homework.”

GGCA staff on Children & young people: “We focus on strengths, create clear pathways and build confidence. Small positive changes during each of the age-related sessions translate into better school engagement and improved life chances.”

Children & young people: Young person (case study):

Disabled people — Family member: “Since my son started attending the GGCA sessions he is much happier, more confident and we’ve seen a real improvement in his general health and wellbeing. I get a much needed few hours of respite too which I need as my own health isn’t great.”

GGCA Staff on Disabled people: “We tailor activities to the interests, needs and abilities of those we work with and actively encourage them to get involved in the planning and delivery so that it is a service led by the participants. It gives them a voice and they know they are listened too which makes a positive difference to their attitude – more confidence and ownership. We also refer people to our partner organisations when required for things such as adaptations, benefits and local health/social care services. This joined up support is very rare locally.”

Mental health: Carer: “The carer group is the only place I can speak honestly and it keeps me going.”

Mental health and carers: Participant: “Men’s Shed helped me through dark days and gave me someone to talk to before things got worse.”

GGCA Staff on Mental health and carers: “We provide low-threshold support while people are on waiting lists into clinical pathways. Some have no longer required clinical intervention as they feel happier and more fulfilled through participation in the various activities and support with dealing with the problems they say caused their mental health. This holistic approach to supporting people helps prevents crisis.”

Gilfach Goch Community Association
Disaggregated Data August 2026

Mental health & carers — Volunteer: "I suffered with my mental health for many years and had various types of treatment. I last had talking therapy and at the same time, found the courage to call into the GGCA. I am so glad I did. For the first time in years, I feel I am in a good place. I wanted to help other people in my situation so I became a volunteer."

Warm Hub Participant: "Coming to GGCA gives me company and a warm meal when I can't afford to heat my house which keeps me going."

Nursery Parent: "The nursery helped my child settle into school. My child was so ready and confident by September."

Financial Support: "The benefits check at the GGCA centre found money I wasn't claiming and it's made a huge difference to our bills."

Volunteer: "Volunteering here gave me purpose again after losing my job. I have learnt a lot of new skills and I feel useful and part of the community."

Youth Parent: "The youth club stopped my son getting into trouble and since he has been going to the youth club he has a new circle of friends and a better routine now."

Older Person: "The knit and natter group kept me going while I waited for treatment. The GGCA staff are wonderful, they listened when I needed it. Plus I have made so many new friends too"

Climate Change and Energy: "I got help signing up to the Priority Services Register and now I feel safer in winter."

Climate Change and Financial: "The Swap Shop and uniform donations meant my child could start school without me worrying about sky high costs."

13. KEY ORGANISATIONAL HIGHLIGHTS

- Independent social value: £3.4 million per annum (independently assessed by RCT County Borough Council).
- Investors in Volunteers: Awarded for the 5th time in January 2026.
- Monthly footfall: c.5,600 people per month.
- Regular Warm Hub, community café attendees, PSR sign-ups and referral outcomes

14. IMPACT METRICS / QUICK FACTS

- Monthly footfall: c.5,600 (current)
- Meals served (annual): 15000
- Warm Hub visits (annual): 164

Gilfach Goch Community Association
Disaggregated Data August 2026

- PSR sign-ups supported (year to date): 57
- Childcare places: (current 34 increasing to 75 with extension)
- Volunteer hours (annual): 2200
- Apprenticeships / traineeships: 1 current and 1 recently started
- Emergency interventions (food packs, crisis cases): 672

15. EVIDENCE & METHODOLOGY NOTE

- Footfall is monitored and recorded by GGCA staff via on-site daily counters and sign-in registers – each visit counted as one footfall with periodic manual spot counts and cross checked with registers;
- Beneficiaries are logged using session registers for each service, an individual classed as a beneficiary if they attend or receive a direct service or intervention (excludes casual visitors at events etc) and case records.
- The independent social-value estimate (£3.4m pa) was calculated using a social-return framework combining activity volumes, participant outcomes and published unit-values (health, social care and public-service cost offsets) for a 12-month period. Conducted independently by RCTCBC. Key assumptions: the figure represents only 50% of actual calculations.
- Data sources include GGCA internal monitoring (footfall and service registers), Census 2021, WIMD outputs, Welsh Government fuel-poverty estimates and relevant NHS/PSSRU unit-costs.
- Data protection: personal data anonymised for reporting and stored in compliance with GDPR.
- Data sources & date ranges
- Internal: GGCA monitoring system (footfall and registers) based on past 12 months
- External: Census 2021, WIMD outputs (latest), Welsh Government fuel-poverty estimates (Oct 2024), PSSRU (unit costs 2023), NHS reference costs (latest), CTMUHB/other FOI papers where relevant.
- All sources and access dates listed in the bibliography.

16. GOVERNANCE, SAFEGUARDING & COMPLIANCE

The Board of Trustees are experienced and meet monthly for complete oversight. We have a number of policies and procedures in place including but not limited to: Safeguarding policy statement, GDPR compliance, Welsh language commitments and Equality Act compliance. These are also available to see on our website, in our building and available upon request.

Gilfach Goch Community Association
Disaggregated Data August 2026

17. VITAL FUNDING & SUSTAINABILITY

GGCA's main income streams are grants and contracts, donations, trading and social-enterprise income (community café, salon), and fee-based provision (nursery / funded childcare). We hold service-level agreements with Rhondda Cynon Taf County Borough Council for Flying Start, the 30-hour childcare offer, after-school provision, youth services and holiday playschemes. Project and programme funding is secured from external funders (for example Big Lottery and other grant bodies) which supports time-limited activity.

Despite regular project successes spanning 30 years, securing repeatable, sustainable funding is extremely difficult. Short-term grants and project funding create constant uncertainty, stretch staff and volunteer capacity, and require continual fundraising effort to bridge gaps between awards. A guaranteed core funding package each year would transform our ability to plan and scale services, retain staff, expand preventative work and invest in monitoring and evaluation. This would enable the GGCA to increase impact and reduce pressure on statutory services (our independent social-value estimate is c. £3.4m pa).

Given GGCA's role as the local one-stop community hub and trusted anchor working with the hardest-to-reach people, it is reasonable to ask whether dedicated core funding from RCTCBC should be provided to secure the hub's sustainability and enable expansion in response to rising local need. Core funding would stabilise the Warm Hub, food support, childcare, befriending, disability day services, youth provision and crisis intervention, and allow development of new preventative projects rather than short-term fixes.

Our work is supported by the community and local councillors, Assembly Member and Member of Parliament. We partner extensively with Citizens Advice, RCT Council, Nest/Home Energy Wales, Care & Repair, Fire & Rescue, local housing providers, DWP, CTMUHB/NHS and local health centres, schools, local voluntary groups and food-bank partners, all of whom recognise the value of a sustained, funded community hub.

Sustainability priorities: secure a core funding package to cover essential staff and overheads; diversify income through social-enterprise growth and local giving; and build longer-term contracts with statutory partners.

Funding gap: without recurrent core funding GGCA will remain reliant on short-term grants, limiting capacity to respond to growing demand and to deliver planned preventative services that save public money and improve local wellbeing.

Gilfach Goch Community Association
Disaggregated Data August 2026

18. PARTNERSHIPS AND SERVICE USERS (This list is not exhaustive)

Organisation/User Group	No. of Members or Users	Age Range	Frequency
RCTCBC Flying Start Families and Children	20	2-3 years	Mon – Fri every week
Activity Type: Flying Start provides quality childcare which is offered to parents of all eligible 2–3-year-olds for 2 and a half hours a day, 5 days a week for 39 weeks. In addition to the 39 weeks of formal childcare, FS will provide additional family fun days during school holiday periods throughout the year			
Messy Monsters Nursery Families and Children	20	0-5 years	Mon – Fri every week 8am to 6pm
Activity Type: Messy Monsters is an affordable full day childcare provision that is full with a very long waiting list. Open 52 weeks of the year			
Little Amigos Group Parents/Carers and Children	45	0-5 years	Twice a week 9.30-11.30 am
Activity Type: Little Amigos is a parent/carer and toddler group that use our building to deliver parent/carer and toddler sessions twice a week and organise trips throughout the year.			
Parents/Care Givers	38	18+	Wednesday 10am-12noon
Activity Type: Parents of children attending our various settings have access to parenting support, information advice, training courses, projects, services, classes, courses and activities.			
RCTCBC Play Children and Young People	50	5-14 years	Mon – Fri during school holidays
Activity Type: Up to 100 children and young people per day accessing open access free play provision.			
RCTCBC Play Families of children and young people engaged in open access play provision	Up to 40 families	0-18+ (various ages of family members)	Mon – Fri out of school hours for 4 weeks per year plus various outings throughout the year.
Activity Type: Family Play Programmes: The aim of the Family Play Programme is to provide families with an opportunity to engage in different play activities that all the family can join in with. There is a different theme each week for 4 weeks. This is linked to our Open Access Play Provision.			
GGCA Children and Young People	140	5-11 years	Monday 3.30pm – 5pm Arts and Crafts Tuesday 3.30pm – 5pm Cooking Wednesday 3.30pm-5pm Environmental Climate Action Thursday 3.30pm-5pm Free Play
Activity Type: After School Club offering a wraparound walking bus to collect children from school benefitting working parents. The benefits gained through engaging in afterschool club activities include but not limited to, their academic performance, development of hobbies and interests, social skills, life skills and friendships. It helps improve the child's life and helps them prepare for the developments of childhood, youth and adulthood. Delivered 39 weeks per year.			
GGCA Young People	90	11-25 years	Monday 5.30pm-8pm Yrs 7&8 Tuesday 5.30pm-8pm year 9+ Wednesday 5.30pm-8pm 11-25 years Additional trips and residential activities also take place throughout the year including weekends and school holidays.
Activity Type: Youth Club Activity Sessions freely chosen by the youth themselves. Throughout the sessions youth can learn to better understand and improve their health and wellbeing, engage in teamwork, learn new and specific skills, make new friends, gain confidence, self-esteem and a sense of identity.			
GGCA & RCTCBC Children and Youth Forum Group	12-20	5-11 years and 11-25 years	Once per month
Activity Type: Children and youth forum groups are run and developed by young people for young people. Both forum groups exist to represent the views of young people, giving them the opportunity to be heard on their ideas, opinions and needs. This creates a space where young people can discuss issues, engage with decision makers			

Gilfach Goch Community Association

Disaggregated Data August 2026

such as youth workers, our governance board and staff of other organisations, and contribute to improving and developing services for young people			
GGCA & RCTCBC C4W+ Employability	291 clients 12 into full time sustainable employment	18-64	Monday – Friday Delivered at various times and venues throughout RCT
Activity Type: We have a C4W+ service level agreement delivering 8 work clubs a weeks throughout RCT. In the past year we have worked with 291 individuals to develop their employability skills and moved 12 into full time sustainable employment.			
GGCA Volunteering Smart Team	5 regular young volunteers	14-18 years	Mon, Tues and Thursday 5pm – 8pm
Activity Type: This is the GGCA's Volunteering Programme for young people aged 14-18 years. For young people interested in volunteering, we are able to offer various roles including bespoke roles. We call our young volunteers the SMART Team Volunteers.			
GGCA Volunteering in Partnership (VIPs) Volunteers aged 18+	20 regular	18+	Mon-Fri plus weekend events
Activity Type: This is the GGCA's Volunteering Programme for people aged 18+. For adults interested in volunteering, we are able to offer various roles including bespoke roles. We call our adult volunteers our Volunteers in Partnership (VIPs). The average amount of volunteer hours given per month is 240 hours.			
GGCA Health and Wellbeing Programme Older People	27	50+	Monday 10am – 12.30pm Thursday 10am-12.30pm
Activity Type: This group use our facility to meet twice a week to engage in knit and natter activities, meet existing and new friends, and organise additional activities outside of their meeting days and times.			
Probation Services	10	18+	Wed 10am-12 noon
Activity Type: We work with Probation Services who bring those on probation to our facility to carry out community service. They help with painting and decorating, gardening etc.			
SW Police	-	-	Monthly pact meetings
Activity Type: We work with SW Police. They deliver pact meetings from our facility and they support our events etc			
County Voluntary Council	-	-	-
Activity Type: County voluntary council support our work through small pots of funding and one community councillor sits on our Board of Trustees			
Citizens Advice	15+	18+	Weekly surgeries Monday 10am-12noon
Activity Type: This organisation uses our facility free of charge to deliver advice surgeries and support members of the community.			
Red Valley Social Enterprise CIC & Llewellyn Valley Catering Community Café & Catering Services	70+ per day	All age groups	Monday – Friday 8am -4pm Sat 8am – 2pm
Activity Type: Community café is based in our facility serving in excess of 40 community members per day. It operates as our social enterprise generating £650.00 a month for the charity. Also provides catering services to the community and to many of the groups delivering activities each week from our facility			
Red Valley Social Enterprise CIC & Scissor Twisters Hair Salon	An average of 35 community members a week	All ages	Tuesday-Saturday 9am to 6pm with one late night.
Activity Type: Providing a hair salon for the community offering affordable haircuts and haircare. It operates as our social enterprise and generates a monthly venue hire income.			
Red Valley Social Enterprise CIC & Private Sector Partner Beauty Salon	25	18+	Mon- Sat 10am – 6pm
Activity Type: Offering a range of beauty therapies. Operates under our social enterprise and generates a monthly venue hire income			
Red Valley Social Enterprise CIC & Private Sector Partner Accountancy	50+	18+	Monday to Friday 9am-5pm

Gilfach Goch Community Association

Disaggregated Data August 2026

Activity Type: A private sector business based at our facility providing accountancy services to community members and information and advice to those looking to set up a business or work on a self-employed basis.			
Brighter Journeys Mental Health Group	20	18+	Tuesdays 10am=12noon
Activity Type: This group uses our facilities to hold weekly meetings for those experiencing mental health conditions.			
No Limits Disability Group	22	18+	Tuesday 11am-1pm Thursdays 1pm-3pm
Activity Type: This is a group of disabled people with carers who use our facility twice a week to meet up and engage in activities.			
Older People Knit and Natter	20	50+	Twice a week
Activity Type: This group uses our facility to deliver knit and natter sessions.			
Men's Shed & GGCA Activities to improve the mental health of men	38	18+	Wednesday 10am-12noon
Activity Type: This group meet weekly to combat mental health and improve physical mobility whilst learning new skills, meeting new people and highlighting it is ok for men to talk.			
Gilfach Goch Community Gardeners Group	26	All ages	Monday 3.30pm-5pm age 5-11 years Wednesday 1pm-3pm age 16+
Activity Type: A Community Gardening Group use our facility and support with maintaining our community garden, encouraging various groups and individuals to get involved in reaping the mental and physical benefits of gardening and learning to grow their own plants/crops			
RCT Netball and Sparks Junior Netball	74	Ages 11+	Tuesday 5pm-7pm Wednesday 5-7pm and 7pm-9pm
Activity Type: Two groups using our facility two evenings a week to deliver three sessions of netball for various age groups.			
Football Association & GGCA Football for all age groups	96	5-12 years	Mondays U7's 5pm-6pm U9's 6pm – 7pm Wednesdays U10's 5pm-6pm Thursday U12's 7pm-9pm
Activity Type: 4 different football groups for various age groups use our sports hall facility to deliver 4 sessions per week benefitting 96 children per week			
Gilfach Goch Rugby Club & GGCA providing introduction to rugby and training sessions	12-20 children	5-12 years	Tuesday and Thursday weekly
Activity Type: Use our facility twice a week to deliver sessions including use of the sports field.			
Yoga	40	18+	Monday 10am – 12 noon
Activity Type: Yoga sessions to improve mind, body and soul as part of increasing mobility, improving mental health, reducing loneliness and isolation and keeping fit.			
Zumba Gold	47	50+	Thursday 1pm-3pm
Activity Type: Older people engaging in physical activity to help improve mobility, build confidence, forge friendship and reduce loneliness and isolation			
Red Valley Social Enterprises & Private Sector Dance Tutors Dance Classes	39	5-7 years	Saturdays 10am – 12 noon
Activity Type: Weekly dance class sessions delivered by private sector who use our facilities.			
Pottery	28	18+	Tuesday 11am-1pm
Activity Type: To improve mental health as part of our Health & Wellbeing Programme			
GGCA with Big Lottery Climate Action	299 (to date with a further 201 to engage with by 31.03.2027 but will likely exceed this target)	All ages	5 sessions per week delivered Mon-Fri
Activity Type: To raise awareness that we all can do something to address the climate emergency, encourage the reduction of carbon. We have 299 participants to date and have reduced carbon by 350 tons in 12 months. The project delivers 7 different climate action activities on a weekly basis and is funded by the Big Lottery until 31.03.2027.			

Gilfach Goch Community Association

Disaggregated Data August 2026

Gilfach Goch Table Tennis Group Table Tennis	28	18+	Wednesday 12.30pm -2pm
Activity Type: Table Tennis group meet weekly to socialise over table tennis and host matches with other table tennis groups.			
Cooking on a Budget	35	18+	Monday 11.30am – 1.30pm Thursday 10am – 12 noon
Activity Type: Part of our Health & Wellbeing Programme to develop knowledge and skills relating to cooking with locally produced food items, meal planning, budgeting, healthy eating.			
Board of Trustees	7	18+	Monthly
Activity Type: Community members volunteering to bring their skills and giving their time to ensure all work meets the identified needs of the community and is delivered to a high standard, in line with legislation, policies and procedures, promoting good governance.			
Food Hub	150	All ages	Monday – Friday 9.30am – 3pm
Activity Type: Providing food for the most vulnerable and hungry within our community. Working with shops i.e. coop, Fairshare and other partners.			
Warm Hub	200	18+	Monday – Friday 9.30am – 3.30pm
Activity Type: Providing a warm hub to community members who can also engage in a range of activities, access to tea, coffee and biscuits, provided with numerous items such as Snoodies, Gillet's, hot water bottles, 15 tog quilts and flannelette bedding to stay warm at home			
GGCA Climate Action Swap Shops General items plus themed swap shops throughout the year	834 engaged to date	All ages	Every 6-8 weeks
Activity Type: swapping household items, uniforms, sports kit, clothes, books and toys, preventing the items from going to landfill. Swap shops are general items but we have additional swap shops themed i.e. a school uniforms and sports kits one, a Christmas one, summer and winter one.			
Recycling Arts and crafts	30	18+	Mondays 10am – 12 noon
Activity Type: Part of our Climate Action Project providing information and skills to recycle as part of reducing carbon emissions			
Repurposing/Upcycling	97	All ages	4 weeks courses delivered at various times of the year with various groups.
Activity Type: Part of our Climate Action Project providing information and skills to recycle as part of reducing carbon emissions E,g, children build a greenhouse from plastic bottles. Participants repurpose furniture.			
GGCA Crisis Intervention	Numbers average 9 per week	18+	Monday – Friday 9am-6pm
Activity Type: Community members in crisis situations where immediate support is required to deal with various urgent issues such as evictions, domestic abuse, homelessness, hunger, poverty, self harm etc			
GGCA Information Advice	20	18+	Wednesdays
Activity Type: Information Advice sessions for community to get support with a range of issues for example, support completing benefit applications, dealing with housing issues or free bus passes etc.			
Collect Point for recycling bags,	80+	-	Monday to Friday 8am – 8pm
Activity Type: We provide a one stop shop service for community members to swap and/or take books from our donated book library			
RCTCBC and 18 partner organisations Neighbourhood Network	18	Organisations	Bi-Monthly
Activity Type: We chair the neighbourhood network group bring 18 or more organisations together to discuss current needs, existing provision, to avoid duplication, develop collaborative working and fill the gaps in provision.			
MP, AM, Local Councillor Surgeries	30+ people	-	Monthly surgeries
Activity Type: Monthly surgeries for community access delivered by members of parliament, Welsh Assembly members, local and community councillors.			
Collaborative work with numerous partner organisation lead by GGCA and Red Valley Social Enterprise CIC Community Events	20-500 people	All ages	Several times each year
Activity Type: These events are delivered to gather community members and families to engage in activities, participate in consultations and enable access to a range of stalls, other organisations etc			
Bookings for Funerals, birthdays, family celebrations, etc.	Up to 200 people	Various age groups	When required but we do have many bookings
Activity Type: Members of the community book a choice of venues within our facility to host parties funeral gatherings, functions etc benefitting their guest lists which can be up to 200 people a time.			

Gilfach Goch Community Association
Disaggregated Data August 2026

Red Valley Social Enterprises and various organisations Venue Hire	-	-	-
Activity Type: Organisations such as Interlink RCT, NHS Morgannwg			
RCT Pulmonary Fibrosis Support Group on 10 Feb which was attended by 60 people	60	18+	4 times a year
Activity Type: This organisation is new to us but is committed to using our facility again, especially if the repairs and maintenance work is carried out.			

19. ACCESSIBILITY & CONSENT

All case studies and quotes are anonymised and used with consent. Materials available in Welsh and other formats on request. For further information please contact Kate O’Sullivan email: kate@ggca.org.uk.

20. RISK & FUTURE PRIORITIES

Key local risk drivers include rising fuel and living-costs, long NHS waiting lists and stretched primary mental-health pathways, persistent in-work poverty and unstable low-hours employment, and concentrated local deprivation (child poverty, older-adult fuel-vulnerability and long-term health conditions). These pressures are increasing demand for frontline services, stretching staff and volunteer capacity, and raising the risk that people will fall into crisis if early intervention is not sustained.

Strategic priorities for the next 12–24 months are to: secure a recurrent core funding package to stabilise staffing and overheads; expand preventative services (Warm Hub capacity, crisis-intervention advocacy, early-years and youth outreach); strengthen monitoring and evaluation to demonstrate impact and social-value; and deepen partnership pathways with statutory services to reduce duplication and speed referrals. Resource needs to deliver this include sustained core funding, targeted staffing (caseworkers, benefit-advice and specialist youth/children’s staff), increased volunteer recruitment and retention support, and modest capital investment for building/IT improvements to increase service capacity and digital inclusion.

21. CONTACT & FURTHER INFORMATION

For further information please contact Kate O’Sullivan, Community Association Manager email: kate@ggca.org.uk