

Llandaff 50+: Activities and Opportunities at The Pound – April 2025

Llandaff 50+ is a registered charity. Its membership offers an increasing range of weekly Activities and Volunteering Opportunities. If you are interested in participating in these, or the new ones we are planning to pilot, please let us know, by ticking the box below.

Weekly Activities - £50 per quarter	Tick below	Volunteering Opportunities	Tick below
Tai Chi – Monday 10.30am-noon Tai Chi – Tuesday 10.30am-noon	Full Full	Heritage Room Volunteer Team 2 hours weekly	
Tuesday Chat and Relax – 2-4pm No booking required, £2 per week			
Wednesday Talks and Social Activities- 10.30am-noon		Llandaff Heritage Research Group 1 afternoon each month	
Yoga – Friday 2-4pm Watercolour Painting-Saturday 2-4pm	Full Full	Trustee of Llandaff 50+ Building Support Team Activity Leaders and Volunteers	
PLANNING TO PILOT: Welsh beginners' conversation		PLANNING TO PILOT: Social prescribing	

Our Activities are managed quarterly, in advance. Contributions towards the cost of Activities is £50 per quarter for each Activity, which includes tea and coffee. Payment is by cheque or BACS. Some Activities and Opportunities will have waiting lists, but we are happy to add new applicant names. Where there is a waiting list, priority will be given to applicants who best match our charitable purposes. **Members are restricted to two weekly activities.**

Expenses are available for members who contribute to our Volunteering Opportunities.

Name.....

Email address..... Tel no.....

Address..... Post Code.....

Do you live alone?..... Are you a 'carer' for family/friend?.....

Would you like to tell us your age: 50+, 60+, 70+, 80+, 90+

If you are already a member, please note your current involvement.....

Is there anything else you would like to tell us?.....

Llandaff 50+ is a charitable organisation, a local self-help membership organisation of people aged 50+. Those wishing to participate at The Pound will need to become members. Members are committed to supporting Llandaff 50+, managing and running the charity and activities, and to participation in the research of our innovative purpose. This purpose is to address social isolation through recreational activities and volunteering opportunities, for the benefit of members, the local community, and wider society.

Please return this form to our mailbox on the gates or post to: The Pound, 2 Cathedral Close, Llandaff, Cardiff CF5 2ED; or copy and email back to info@llandaff50plus.com