GWYNT Y MÔR FUND

ST ASAPH'S PARISH CHURCH

St Asaph now has its own Community Centre! St Asaph Parish Church received £34,000 for renovation work that will allow community events to be held, that will be suitable for individuals of all ages, as well as continuing its role as a Parish Church.

The fund enabled them to install two boilers, underfloor heating, and radiators.

Vicar Rev Rex Matthias said "The church has been transformed and we look forward to welcoming the community to this beautiful building and facility when it is safe to do so".

SAFE

SAFE

BUILD YOUR CONFIDENCE AND GROW YOUR RESILIENCE WITH SAFE

With the £9,781 SAFE received they provided 6 weeks of courses supporting people develop coping strategies for better mental health, develop emotional resilience, how to live, and gain confidence in assertiveness. During the programme 5 people "gained their confidence massively" from hardly talking to giving invaluable feedback as well as stepping outside of their comfort zone transferring skills learnt into their day to day lives

AGE CONNECT NORTH WALES CENTRAL

Age Connect received £3,334.06 for the production and distribution of monthly newsletters mainly for older people and particularly for people without digital facilities. Newsletters contained useful information, support contact details, light hearted fun, content from the older people themselves and local partner organizations. The newsletters reach over 1,600 individuals and over 500 organizations engaging and disseminating useful information to a wide audience ensuring members feel connected and less isolated.

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn

age connects canol gogledd cymru north wales central

Issue / Rhif 24

9 January / Ionawr 2021

Welcome Back to All! Croeso Nôl i Bawb!

Gan Gydlynydd Eich Fforwm

Wel, aeth hi'n ffradach dros wyliau'r Nadolig 'do? Aethon ni o Nadolig tar swigen i Defcon2 mewn ychydig ddyddiau. Gobeithio eich bod i gyd wedi llwyddo i fwynhau hwyl yr ŵyl er gwaetha'r hen feirws milain. O leiaf canoson gyffe i ffarwelio â 2020 urwaith ac am byth, ac edrych croeso cynnes i 2021 a dau frechiad.

Does dim angen bod yn broffwyd i weld bod rhagor o helynt ar y ffordd. Mae cymaint o newidiadau i'w dilyn, mae manylion yn newid, adolygiadau 3 wythnos ac yna newid y rheolau, a'r anghysondeb rhwng y cenhedloedd wedi'u datgannodd a Lloegr. Arhoswch i mewn, ond ewch allan, arhoswch i mewn, ewch allan i gael bwyd. 'Dw i'n ansa i rywun ddweud wrthyf am ddechrau dawnsio'r Hokey Cokey.

Efallai ei bod hi'n haws dilyn y cynllun gwreiddiol, aros gartref, peidio â chymysgu ag eraill, gwisgo mwgwd, golchi dwylo, ac aros am eich tro i gael y brechiad. Rhyw bryd eleni, bydd'wn allan o'r hunllef Covid.

Mae'r rhifyn cyntaf hwn ar gyfer 2021 wedi'i neilltuo i chi'r darllenwyr. Rwyf wedi cymryd y rhyddid i rannu rhai o'ch syniadau ar dudalen olaf y matter hwn.

Arhoswch yn ddiogel, a gofalwch amdanoch eich hunain a'ch anwyliaid.

From Your Forum Coordinator

Well, didn't things go pear-shaped over the Christmas break? We went from a three bubble Christmas to Defcon2 in the space of a few days. I hope that you all managed to get some Christmas cheer despite mutant-viruses. If nothing else, we all got a chance to give a resounding 'so long' to 2020 and Ben Venue 2021 and two vaccines.

I don't need a crystal ball to predict that there is more mayhem ahead. There are just so many changes to follow, details get changed, 3-week revisions followed by tweaking the rules, and the disparity between the devolved nations and England. Stay in but go out, go out, stay in, eat out. I'm just waiting to be told to do the Hokey Cokey.

Maybe it's just easier to stick with the original plan, stay home, avoid mixing with others, wear masks, wash hands, and wait your turn for the vaccine. At some point this year, we will be out of the Covid coexistwonder.

This first issue for 2021 is dedicated to you the readers. I've taken the liberty of sharing some of your comments on the last page of this issue.

Stay safe, and take care of yourselves and your loved ones.

vision support

Our Home Visitors are available in Cheshire and North Wales to offer essential visits and support. This includes: food and essentials shopping, prescriptions, someone to talk to and signposting to other services.

Mae ein Hymwelwyr Cartref ar gael yn Sir Gaer a Gogledd Cymru ar gael i gynnig ymweliadau hanfodol a chefnogaeth. Mae hyn yn cynnwys: siopa am fwyd a hanfodion, presgripsiynau, rhywun i siarad gyda nhw a cyfeirio at wasanaethau eraill.

For information or to make a referral / I gael gwybodaeth neu i atgyfeiria:

01244 381515

information@visionsupport.org.uk

www.visionsupport.org.uk

DailyHOPE

A free phone line of hymns, reflections and prayers

0800 804 8044

Are you in need of some daily hope during this lockdown?

We have a new FREE telephone line for you to ring to hear comforting hymns, daily prayers and reflections.

age connects canol gogledd cymru north wales central

INFORMATION & ADVICE SERVICES

A wide range of advice, information, and details on local services.

Tel: 0300 2345 007

GWASANAETH GWYBODAETH A CHYNGOR

Amrywiaeth eang o gyngor, gwybodaeth a manylion am wasanaethau lleol.

CVSC

Llinell gymorth y pandemig Lockdown Helpline

Tel: 01492 523853

Community & Voluntary Support Conwy

Gymorth Cymunedol a Gwirfoddol Conwy

Street Support Cefnogaeth Stryd Llanfairfechan

Our phone number has changed!

Mae rhif ffôn wedi newid!

Main contact number: 01248 681497

Email Town Clerk on jayne@llanfairfechan.net

age Cymru

Creating an age friendly Wales

Need support but don't know anyone who could be a 'Friend'

If you are social distancing, self-isolating or shielding, Age Cymru can connect you with local organisations who can help you.

If you're aged 50 or over call Age Cymru Advice on 0300 301 44 98