age connects
canol gogledd cymru
north wales central.

Conwy, June/July 2024
Conwy, Mehefin/Gorffennaf 2024

Older People's Newsletter
Cylchlythyr Pobl Hŷn

Information You Can Pick Up, Read, & Share.
Gwybodaeth Y Gallwch Eu Darllen A'u Rhannu'n Rhwydd.

Fforymau Pobl Hŷn

Mae'n ddrwg gennyf am y ffaith bod y cylchlythyr wedi'i ddosbarthu'n hwyr. Byddaf yn ceisio anfon materion allan mewn pryd dros yr haf.

Peidiwch â cholli gwrando arnaf yn siarad am y cylchlythyr a'r fforymau ar Bayside Radio Bae Colwyn ar yr ail o Orffennaf am 10 y bore.

Mae fforwm mis Medi yn Llanrwst wedi ei ganslo, ac yn lle hynny byddaf yn mynychu grwpiau lleol a boreau coffi. Am ddyddiadau, edrychwch ar dabl y fforwm ar dudalen olaf y cylchlythyr hwn.

Rhoi - Rydym wedi ymrwymo i fod yn un o'r elusennau mwyaf gofalgar yng Nghymru, ond fel elusen fach rydym yn ddibynnol ar roddion gwirfoddol i lywio ein gwaith.

Gallwch roi i Age Connects NWC yn y ffyrdd canlynol anfonwch siec yn daladwy i *Age Connects Canol Gogledd Cymru* i: Age Connects NWC, Canolfan Gymunedol Eirianfa, Factory Place, Dinbych LL16 3TS.

Barddoniaeth ar Dudalen 8

Tudalen Cyhoeddiadau 13

Older People's Forums

I must apologise for the tardiness with the past issues. Hopefully things will get back on track over the summer.

Don't miss hearing yours truly talking about the newsletter and forums on Bayside Radio Colwyn Bay on July 2nd at 10am.

The September 5th forum in Llanrwst has been cancelled, and instead I will be attending local groups and coffee mornings. Dates and locations are listed on the OPF table on the last page of the newsletter.

Donate - At Age Connects NWC, we're committed to being one of the most caring charities in Wales, but as a small charity we are reliant on voluntary donations.

If you would like to help our newsletter continue reaching thousands of readers, please donate by sending a cheque made payable to *Age Connects North Wales Central* to: Age Connects NWC, Eirianfa Community Centre, Factory Place, Denbigh LL16 3TS.

English – Pg 8 / Announcements – Pg 13

Etholiad Gorffennaf 2024

Pleidleisio yw sail cyfranogiad pobl mewn democratiaeth. Pleidleisio yw lle rydych chi'n cael dweud eich dweud am bwy sy'n eich cynrychioli, yn gwneud penderfyniadau ac yn gweithredu ar eich rhan. Gallwch naill ai bleidleisio yn bersonol neu ddewis opsiwn arall i fwrw eich pleidlais.

Pleidleisiwch yn bersonol: Mae gorsafoedd pleidleisio ar agor rhwng 7am a 10pm ar y diwrnod pleidleisio, ac maent fel arfer mewn adeiladau cyhoeddus. Byddwch yn derbyn cerdyn pleidleisio drwy'r post yn yr wythnosau cyn yr etholiad. Bydd y manylion pleidleisio ar y cerdyn pleidleisio, gan gynnwys lleoliad eich gorsaf bleidleisio. Ewch â'r cerdyn pleidleisio gyda chi i'r orsaf bleidleisio, er y gallwch bleidleisio hebddo.

Prawf Adnabod i Bleidleisio: Yn y DU, mae gofyniad cyfreithiol arnoch i ddangos prawf adnabod â llun wrth bleidleisio mewn gorsaf bleidleisio ar gyfer etholiadau Seneddol y DU ac etholiadau Comisiynydd yr Heddlu a Throsedd. Wrth gyrraedd gorsaf bleidleisio, bydd angen i chi ddangos ffurf wedi'i chymeradwyo o brawf adnabod i bleidleisio ar gyfer etholiadau Comisiynydd yr Heddlu a Throsedd ac etholiadau Seneddol.

Ffurfiau o Brawf Adnabod i Bleidleisio a dderbynnir:

• Pasbort • Trwydded Yrru • Bathodynnau Glas • Cerdyn Oyster 60+ a ariennir gan Lywodraeth y DU	• Pàs Freedom • Cerdyn Bws Unigolyn Hŷn • Cerdyn Bws Unigolyn Anabl • Cerdyn adnabod sydd â hologram y Cynllun Safonau Prawf Oedran (cerdyn PASS)

Pleidleisiwch drwy ddirprwy: Mae pleidlais drwy ddirprwy yn golygu eich bod yn penodi rhywun i fynd i'r orsaf bleidleisio ar eich rhan. Dylai fod yn rhywun rydych chi'n ymddiried ynddo. I wneud cais am bleidlais drwy ddirprwy ar gyfer un etholiad yn unig rhaid i chi roi rheswm penodol, e.e. byddwch ar wyliau neu i ffwrdd oherwydd gwaith. Fodd bynnag, os ydych yn dioddef o salwch hirdymor neu anabledd neu os oes gennych ymrwymiadau gwaith, gallwch wneud cais am bleidlais ddirprwy barhaol ar gyfer pob etholiad. Wrth wneud cais am bleidlais ddirprwy newydd, rhaid i chi ddychwelyd eich ffurflen gais am bleidlais drwy ddirprwy erbyn 5pm, chwe diwrnod gwaith cyn y bleidlais.

Pleidleisiwch drwy'r post: Gall unrhyw un wneud cais am bleidlais bost heb orfod rhoi rheswm. Os ydych yn gwybod na fyddwch yn gallu cyrraedd yr orsaf bleidleisio ar y diwrnod pleidleisio, gallwch bleidleisio drwy'r post. Mae pleidlais bost yn golygu bod papurau pleidleisio yn cael eu hanfon atoch cyn yr etholiad. Bydd angen i chi gwblhau'r papurau pleidleisio a'u hanfon yn ôl yn yr amlen radbost a ddarparwyd. Mae angen i ni dderbyn eich pleidlais bost cyn 10pm ar ddiwrnod yr etholiad.

I wneud cais am bleidlais bost neu bleidlais drwy ddirprwy, ffoniwch y swyddfa Cofrestru Etholiadol ar 01492 576051 a gofynnwch am ffurflen, a'i dychwelyd i Etholiadol, Cyngor Bwrdeistref Siros Conwy, Blwch Post 1, Conwy, LL30 9GN.

Y dyddiad cau ar gyfer gwneud cais am bleidlais drwy ddirprwy yn etholiad cyffredinol y Senedd yw 5pm ddydd Mercher 26 Mehefin. Rhaid i chi hefyd gofrestru i bleidleisio erbyn 11:59pm ddydd Mawrth 18 Mehefin.

Attendance Allowance yn fudd-dal heb brawf modd, na fydd yn effeithio ar unrhyw fudd-daliadau eraill y gallech eu derbyn, na'ch treth bersonol. Ni fydd yr hyn yr ydych yn ei ennill na faint sydd gennych mewn cynilion yn effeithio ar yr hyn a gewch. Mae'r Lwfans ar gael i unrhyw un o oedran pensiwn y wladwriaeth sy'n byw gyda chyflwr iechyd, boed yn gorfforol neu'n feddyliol, sy'n effeithio'n andwyol ar ansawdd eu bywyd.

Telir dwy gyfradd yn dibynnu ar anghenion yr unigolyn:

Os credwch y gallech fod yn gymwys neu os hoffech drafod a ddylech wneud cais, cysylltwch ag Age Connects ar 0300 2345 007, neu Cyngor ar Bopeth Conwy ar 01745 828705.

Gwaredu Gwastraff Y Cartref – Eich Dyletswydd Gofal

Fel deiliad tŷ, mae gennych ddyletswydd gofal gwastraff. Mae hyn yn golygu na ddylech ddim ond trosglwyddo eich gwastraff i rywun sydd wedi'i awdurdodi i'w gymryd. Nid dim ond eich sbwriel wythnosol arferol yw hwn, mae hefyd yn cynnwys dodrefn, eitemau trydanol, gwastraff adeiladu a gwastraff gwyrdd. Drwy sicrhau bod gwastraff yn cael ei drin yn ddiogel a dim ond yn cael ei roi i bobl sydd wedi'u hawdurdodi i'w gymryd, fe allwn warchod yr amgylchedd a'n hiechyd ninnau.

Rhaid ichi sicrhau bod yr unigolyn neu'r sefydliad a ddewiswch i fynd â'ch gwastraff ymaith wedi'i gofrestru â Cyfoeth Naturiol Cymru.

Dylai busnesau preifat fel cwmnïau llogi sgipiau neu glirio tai gael eu cofrestru fel cludwyr gwastraff haen uchaf. Fe all elusennau, mudiadau gwirfoddol ac awdurdodau lleol gasglu gwastraff gyda chofrestriad haen is.

Os bydd swyddog gorfodi gwastraff yn olrhain sbwriel sydd wedi'i dipio'n anghyfreithlon yn ôl i ddeiliad tŷ, fe allai wynebu dirwy o hyd at £5,000 a chael ei erlyn. Cofiwch gadw cofnod o unrhyw archwiliadau a wnewch, gan gynnwys rhif cofrestru, rhif trwydded neu rif eithriad y cwmni gwastraff. Fe all awdurdodau lleol ar draws Cymru hefyd roi hysbysiad cosb benodedig o £300 i ddeiliad tŷ yn hytrach na'i erlyn.

Mae fy nghartref yn oer, pwy all helpu? Mae Gofal a Thrwsio Cymru yn rhedeg prosiect o'r enw 70+ Cymru sy'n ceisio gwella cynhesrwydd, cysur ac ansawdd bywyd pobl hŷn yng Nghymru. Gall Swyddogion Ynni yn y Cartref ymweld â chi a gweithio gyda chi i ddod o hyd i ffyrdd o gadw eich cartref yn ddiogel ac yn gynnes. Efallai y byddan nhw hyd yn oed yn gallu eich cyfeirio at raglen Nyth Llywodraeth Cymru i gael rhagor o gymorth a chefnogaeth os ydych chi'n bodloni'r meini prawf cymhwysedd. Cysylltwch â'ch Gwasanaeth Gofal a Thrwsio Cymru lleol ar 0300 111 3333.

Cymorth Eirioli – Sut Gallai Helpu Chi.

Mae **eirioli** yn golygu cefnogi rhywun i ddweud eu dweud a chael eu clywed, gan sicrhau bod barn a dymuniadau'n cael eu cymryd o ddifri. Gelwir rhywun sy'n eich helpu chi fel hyn yn eiriolwr. Yn anffodus, ni allent addo cael yr hyn rydych chi ei eisiau, ond byddant yn gwneud eu gorau i sicrhau eich bod chi'n cael dweud eich dweud.

Mae eiriolwyr a chynlluniau eirioli yn gweithio gyda chi ac ar eich ochr chi.

Erioed wedi cael cais i dalu gormod ar fil cyfleustodau? Poeni am wneud y dewis cywir o ran ble i fyw pan fyddwch chi'n mynd yn hŷn? Aros am eich landlord i drwsio'r to sy'n gollwng? Gall eiriolwr helpu gyda'r rhain.

Mae eiriolwyr yn eich cynrychioli ac yn gweithio ar eich rhan.

Bydd eiriolwyr yn eich helpu i ddeall eich hawliau a sut gallwch sicrhau bod y mater yn cael ei ddatrys mewn ffordd sy'n addas i chi. Byddant yn trafod pa help a allai fod ei angen arnoch, ac yn mynd drwy'r opsiynau gwahanol sydd ar gael hefyd, gan edrych ar fanteision, anfanteision neu ddeilliannau'r opsiynau neu'r dewisiadau a wneir.

Ni fydd eiriolwyr yn eich barnu, yn gwneud penderfyniadau ar eich rhan na'n dweud wrthych beth i'w wneud.

Mae llawer o Reoliadau a Deddfau gwahanol yng Nghymru a Lloegr sy'n nodi'r amgylchiadau lle mae gennych hawl gyfreithiol i gael cymorth eiriolwr.

Mae gan awdurdodau lleol ddyletswydd i'ch cynnwys mewn penderfyniadau am eich gofal a chymorth. Os ydych chi'n ei chael hi'n anodd bod yn rhan o'r penderfyniadau hyn, **mae'n rhaid i'ch awdurdod lleol ddarparu eiriolwr** oni bai bod rhywun arall yn addas i'ch cefnogi, megis ffrind agos neu aelod o'r teulu. Mae llawer o grwpiau ledled Gogledd Cymru sy'n cynnig eiriolaeth am ddim, yn rhan o'u gwasanaethau, i bobl o bob oed a chefndir. Mae hefyd Cynlluniau Gwasanaethau Eirioli sy'n darparu cymorth eirioli penodol.

DEWIS CIL (Canolfan Byw'n Annibynnol) eiriolaeth annibynnol ar gyfer pobl hŷn, gofalwyr, oedolion ag anabledd, materion iechyd meddwl a mwy. **T. 01492 588366**

Mae AGE CYMRU HOPE (Helpu eraill i gyfranogi ac ymgysylltu) yn darparu eiriolaeth annibynnol i bobl hŷn (50+) a gofalwyr. **T. 07943 186673**

Mae CADMHAS yn darparu Eiriolaeth Iechyd Meddwl yng Ngogledd Cymru i unrhyw un sy'n cael ei drin am anhwylder meddwl, a diogelwch cyfreithiol i bobl sydd heb y gallu i gynnal eu hunain i wneud penderfyniadau pwysig penodol. **T. 01745 813999**

Mae CYNGOR AR BOPETH CONWY yn darparu cyngor, cefnogaeth ac eiriolaeth gyfrinachol a diduedd am ddim. **T. 01745 828705**

Poeni am Dalu Biliau, ar ei hôl hi neu mewn dyled, mae yna sefydliadau lle gallwch chi geisio cyngor am ddim:

- National Debtline 0808 808 4000
- Step Change 0800 138 1111
- Citizens Advice 0808 800 9060

Thîm Cyngor a Chymorth y Comisiynydd eich helpu i'ch cysylltu â chefnogaeth a gwasanaethau ledled Cymru, a helpu i sicrhau bod eich hawliau'n cael eu cynnal.

Felly os oes gennych chi broblem a ddim yn gwybod ble i droi am help a chefnogaeth, cysylltwch â ni.

Gall y tîm roi cymorth a chefnogaeth os ydych chi:

Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

- Yn 60 oed neu'n hŷn
- Yn byw yng Nghymru
- Yn poeni y gallai eich hawliau fod wedi cael eu torri
- Wedi bod yn cael problemau gyda gwasanaethau megis iechyd, gofal cymdeithasol, gwasanaethau cymunedol neu dai

Gallwch hefyd gysylltu ar ran unigolyn hŷn, fel aelod o'r teulu neu ffrind os ydynt yn wynebu problemau neu anawsterau.

Bydd Tîm y Comisiynydd yn cymryd rhai manylion gennych chi er mwyn iddynt allu ymchwilio i'ch pryderon a chanfod y ffordd orau o ddatrys eich problemau. Mewn rhai achosion, gallai hyn olygu eich cyfeirio at sefydliad partner sydd mewn sefyllfa well i helpu. Gallwch chi gysylltu â Thîm Gwaith Achos y Comisiynydd ar y ffôn, drwy e-bost neu drwy lenwi'r ffurflen isod. Gallwch gysylltu â'r tîm yn Gymraeg neu yn Saesneg. Ffoniwch neu ysgrifennwch aton ni Adeiladau Cambrian, Sgwâr Mount Stuart, Tre-biwt, Caerdydd CF10 5FL. Ffôn: 03442 640 670 | E-bost: gofyn@comisiynyddph.cymru

Mae'r Geifr yn ôl yn y Dref - Byddwch yn Ymwybodol!

Mae geifr Cashmir Llandudno, a elwir yn lleol yn 'Geifr y Gogarth Fawr', yn fasgotiaid annwyl i'r dref ers cryn amser. Hyd at 2020, roedd y geifr yn crwydro'r strydoedd agosaf at y Gogarth Fawr. Ond ers iddyn nhw gael blas ar fywyd y dref yn ôl yn 2020, mae'r bychod wedi cael eu gweld yn torheulo ym maes parcio ASDA, a hyd yn oed mor bell i ffwrdd â Llanrhos!

Mae'r geifr bellach yn cael eu hystyried yn anifeiliaid gwyllt ond nid ydynt yn cael eu hamddiffyn gan y gyfraith. Mae eu lles yn cael sylw gan Gyngor Bwrdeistref Sirol Conwy, Mostyn Estates Ltd, Cyfoeth Naturiol Cymru (CNC), Cyngor Tref Llandudno a'r RSPCA.

Efallai ei bod hi'n bryd i ni wneud mwy er lles geifr y Gogarth Fawr. Er mwyn sicrhau eu bod yn derbyn gofal priodol, yn aros yn rhydd ac yn iach, ac yn bennaf oll yn parhau i fod yn ddinasyddion rhydd o Gonwy, yn union fel ni.

Llinellau Cymorth Geifr

Parc Gwledig y Gogarth Ffoniwch 01492 874151 os dewch chi o hyd i afr sâl, sydd wedi'i hanafu neu sydd wedi'i maglu ar y Gogarth, ar eiddo preifat neu dir a reolir gan y Cyngor.

RSPCA ar gyfer geifr sydd angen sylw milfeddygol brys yn y dref neu ar dir preifat, ffoniwch 0300 1234 999.

Cynllun Ymchwilio i Ddigwyddiadau Bywyd Gwyllt ar gyfer geifr, bywyd gwyllt, da byw, neu anifeiliaid anwes sydd wedi marw mewn amgylchiadau amheus (rhedir gan Awdurdod Gweithredol Iechyd a Diogelwch y Llywodraeth), ffoniwch 0800 321600.

W Mae **Prosiect Cartref** Dŵr Cymru wedi bod yn helpu cwsmeriaid mewn cymunedau ar draws eu hardaloedd gweithredol i ddeall eu harferion defnyddio a sut y gallant wneud arbedion bychan yn eu cartrefi drwy gynnig cynnyrch a gwasanaethau am ddim iddynt i'w helpu i arbed dŵr.

Sut Allwn Ni Helpu I Drwsio Gollyngiadau?

Mae Prosiect Cartref yn helpu cwsmeriaid i ganfod colledion plymio yn y cartref neu yn y gweithle, gall hyn amrywio o dap sy'n gollwng i doiled sy'n gollwng, sy'n gallu gwastraffu tua 12 litr yr awr – sydd bron yn ddefnydd dŵr dyddiol cyfartalog 2 o bobl.

Fel rhan o'r gwasanaeth, efallai y gallwn drwsio gollyngiadau cyffredin am ddim. Byddwn yn esbonio'r mathau o atgyweiriadau y gallwn eu gwneud pan fyddwn yn cwrdd. Hyd yn oed os na all un o'n plymwyr drwsio'r gollyngiad, gallwn eich cyfeirio at blymwr sydd wedi'i gymeradwyo gan WaterSafe, a all roi cynghorion a thriciau i arbed dŵr yn ogystal â chynnig cynnyrch arbed ynni am ddim.

Gallwch anfon e-bost atom yn cartref@dwrcymru.com neu ein ffonio ar 0800 052 0130 (gan ddyfynnu 'Prosiect Cartref' i staff ein canolfan galwadau).

Mae Dŵr Cymru hefyd yn cynnig tariffau i gynorthwyo pobl sy'n cael anhawster i dalu eu bil dŵr, Cofrestr Gwasanaeth Blaenoriaeth rhag ofn y bydd argyfwng, a chynllun Tŷ Bach yn Gollwng sy'n cynnig atgyweiriadau am ddim ar gyfer tŷ bach sy'n gollwng, tapiau sy'n gollwng. Ffoniwch 0800 052 0145.

BT yn gohirio newid llinell dir ddigidol i Ionawr 2027

Mae BT unwaith eto wedi gohirio cynlluniau i gwblhau'r newid i ddigidol yn genedlaethol, o linellau sefydlog copr ffisegol i wasanaethau rhyngrwyd, yn dilyn pryderon gan bobl agored i niwed.

Mae'r oedi o ganlyniad i faterion yn ymwneud â dyfeisiau teleofal a chwsmeriaid bregus. Mae Silver Voices, grŵp ymgyrchu ar gyfer yr henoed, wedi dweud bod y llinell amser ddiwygiedig yn gonsesiwn symbolaidd, ac nad yw gohirio tan fis Ionawr 2027 yn ddigon hir i sicrhau bod digon o fesurau diogelu ar gyfer cwsmeriaid bregus. Mae'n ymddangos nad yw BT a'r cwmnïau telathrebu eraill wedi gallu diffinio beth yw cwsmer bregus, ac mae ymgyrchwyr yn galw am ddiffiniad clir.

Dywedodd BT y bydd yn amddiffyn cwsmeriaid sy'n agored i niwed lle mae'n dod yn ymwybodol ohonynt, ac mae'n bwriadu darparu unedau batri wrth gefn a ffonau hybrid am ddim i'r rhai sy'n dibynnu ar eu llinellau tir a all ddefnyddio rhwydweithiau band eang a symudol. Ond mae'r atebion hyn yn ddryslyd, ac mae llawer i'w wneud o hyd i gyfleu'r hyn y mae'r newidiadau yn ei olygu i ddefnyddwyr agored i niwed. Nid yw'n glir o hyd pwy sy'n talu am ffonau newydd, pecynnau batri neu git arall, a phwy fydd yn darparu cefnogaeth i bobl ddysgu sgiliau newydd - fel cadw copïau wrth gefn mewn argyfwng gyda thâl 24/7.

Moddion Digidol / Digital Medicines

Mae Moddion Digidol yn dwyn ynghyd y rhaglenni a'r prosiectau a fydd yn cyflawni buddion dull rhagnodi cwbl ddigidol ym mhob lleoliad gofal yng Nghymru.

Mewn carreg filltir gyffrous arall ym maes rhagnodi electronig yng Nghymru, mae Invatech, y cyflenwr systemau fferyllol, wedi derbyn caniatâd i gyflwyno ei dechnoleg ledled Cymru.

Mae profion byw llwyddiannus wedi'u cwblhau ar ddau safle yng Ngogledd Cymru, sy'n golygu mai Invatech yw'r cyntaf o gyflenwyr y system fferylliaeth gymunedol i fod yn barod i'w ddefnyddio'n ehangach ledled Cymru.

Mae'r Gwasanaeth Presgripsiynau Electronig (EPS) newydd yn galluogi i feddygfeydd anfon presgripsiynau'n ddiogel ar-lein i fferyllfa gymunedol o ddewis y claf, heb fod angen ffurflen bapur.

Cleifion yn y Rhyl oedd y rhai cyntaf yng Nghymru i ddefnyddio presgripsiynau electronig ym mis Tachwedd 2023. Ers hynny, mae cleifion yng Nghonwy hefyd wedi elwa o EPS, gyda phresgripsiynau'n cael eu hanfon o Feddygfa Plas Menai Llanfairfechan i ddwy fferyllfa: Boots yn Llanfairfechan, sy'n profi system fferylliaeth Boots ei hun, a Gwynan Edwards ym Mhenmaenmawr, sef ail safle Invatech. Mae symud o ddefnyddio papur i broses ddigidol yn gymhleth, ac mae'n dibynnu ar gyflenwyr TG meddygfeydd a fferyllfeydd cymunedol i ddylunio eu systemau i ganiatáu anfon a derbyn presgripsiynau electronig yn ddiogel. Cefnogwyd y datblygiad hwn gan Gronfa Arloesi System Fferylliaeth yn y Gymuned, a sefydlwyd gan Hwb Gwyddorau Bywyd Cymru a Moddion Digidol ar ran Llywodraeth Cymru. Mae cyflwyno EPS ledled Cymru yn rhan allweddol o'r fenter Moddion Digidol ehangach, a reolir gan Iechyd a Gofal Digidol Cymru. Bydd EPS yn gwneud y broses o ragnodi a gweinyddu meddyginiaethau yn haws, yn fwy diogel ac yn fwy effeithlon i gleifion a gweithwyr gofal iechyd proffesiynol.

Bydd hefyd yn helpu'r amgylchedd drwy arbed hyd at 40 miliwn o ffurflenni presgripsiwn papur rhag cael eu hargraffu yng Nghymru bob blwyddyn.

O Draul I Gyflwr Gwael: Achos Ac Effaith Tai Gwael

Mae adroddiad newydd Care & Repair Cymru yn amlygu canlyniadau difrifol tai mewn cyflwr gwael yng Nghymru. Am yn rhy hir, mae problemau traul bychan wedi mynd heb eu hatal a'u datrys, gan arwain at broblemau tai mewn cyflwr gwael mawr sy'n niweidio iechyd a llesiant pobl hŷn fregus. Mae Gofal a Thrwsio yn gweithio bob dydd i gefnogi pobl hŷn sy'n byw mewn cartrefi anaddas, anniogel sydd mewn cyflwr gwael. Gan ddefnyddio ein data ein hunain rydym wedi rhoi canfyddiadau am dai mewn cyflwr gwael mewn adroddiad newydd.

Mae'r nifer o gleientiaid sy'n dod at Gofal a Thrwsio am gymorth wedi cynyddu o flwyddyn i flwyddyn: Yn 2018-19 fe wnaethom roi cymorth i 26,733 o bobl hŷn. Dengys ein hystadegau mwyaf diweddar am 2022-23, bod hyn wedi cynyddu i 62,607 o bobl. Mewn un flwyddyn rydym wedi gweld cynnydd o 130% mewn gwaith a ariannwyd yn elusennol i wella cyflwr tai.

Bu'n rhaid i Asiantaethau Gofal a Thrwsio ychwanegu 'Lleihau treiddiad dŵr, tamprwydd a llwydni' fel canlyniad prif gam ymyrryd penodol, gan ein bod yn gweld cynnydd mewn galwadau gan bobl hŷn ar gyfer y math yma o broblem.

Not Even a Reminder

Gone for good, not even a reminder,
where once the houses stood.
Tall, terraced, with backyards open
to neighbours who were good.
They'd listen to problems.
Help out when times were hard,
Chatted over washing lines,
Across the cobbled yard.

The yard was always bustling,
Comings and goings, day and night.
Popping to the shed for coal,
Or loo, by candlelight.
The trip was very creepy,
As coat clad, we picked our way
And, unlatched the wooden door
For, a very short stay.

And a disinfectant smell,
The only light was moonlight,
Which through the fretwork fell.
Then, a dash across the cobbles
Wash down in old stone sink,
Hot water from the singing kettle
And, a warming bedtime drink.

With bottle wrapped in woolly sock
Up, creaky stairs would tread
From, cold lino floor, a mighty leap
Into a feather bed.
Blankets were made of warm Welsh wool,
Sheets of flannelette.
The moon would pass the window
And, peep through lacy net.

As if to say it's time to sleep,
So, close those weary eyes,
Dream sweet dreams, till morning breaks
And, bird song fills the skies.
Sadly, sadly, long ago,
The singing had to stop,
For where the terraced houses stood,
There's now, a garage and a shop.

***Patricia Parker* - Newton, Powys 1993**

July Election 2024 - How to Cast Your Vote

Voting is where you get to have your say on who represents you, makes decisions and acts on your behalf. You can either vote in person or choose another option to cast your vote.

Vote in person: Polling stations are open from 7am to 10pm on polling day, and are usually in public buildings. You will receive a poll card through the post in the weeks leading up to the election. Voting details will be on the poll card, including the location of your polling station. Take the poll card with you to the polling station, even though you can vote without it.

Voter ID: In the UK, you are legally required to show photo Identification (ID) when voting at a polling station for UK Parliamentary elections and Police and Crime Commissioner Elections. When you arrive at a polling station you will need to show an approved form of voter ID for the Parliamentary elections.

Accepted forms of Voter ID:

- Passport
- Driving License
- Blue Badge
- European Economic Area (EEA) photographic ID card
- Oyster 60+ card funded by UK government
- Freedom Pass
- Older Persons bus pass
- Disabled Persons bus pass
- An identity card which bears the Proof of Age Standards Scheme hologram (PASS card)

Vote by proxy: A proxy vote means that you appoint someone to go to the polling station on your behalf. It should be someone you trust. To apply for a proxy vote for just one election you must give a specific reason, e.g. you will be on holiday or away because of work. However, if you suffer from a long-term illness or disability or have work commitments, you can apply for a permanent proxy vote for all elections. When applying for a new proxy vote, you must return your proxy vote application form by 5pm, six working days before the poll.

Vote by post: Anyone can apply for a postal vote without having to give a reason. If you know that you won't be able to get to the polling station on polling day, you can vote by post. A postal vote means that ballot papers are sent to you before the election. You will need to complete the ballot paper and send it back in the freepost envelope provided, and make sure it arrives before 10pm on election day.

To apply for a postal vote or proxy vote, call the Electoral Registration office on 01492 576051 and request a form, and return it to Electoral, Conwy County Borough Council, PO Box 1, Conwy, LL30 9GN.

The deadline to apply for a proxy vote in the Parliamentary General Election is 5pm on Wednesday, the 26th of June. You must also be registered to vote by 11:59pm on Tuesday 18 June.

Advocacy Support – How It Can Help You.

Advocacy means supporting somebody to speak up and be listened to, ensuring their views and wishes are heard and taken seriously. Someone who helps you in this way is called an advocate. Unfortunately, they cannot promise to get you what you want but they will do their best to make sure you have your say.

Advocates and advocacy schemes work with you and take your side. Ever been overcharged on a utility bill? Worried about making the right choice about where to live when you get older? Waiting for your landlord to repair that leaky ceiling? These are just a few of the things where you may need an advocate.

Advocates represent you, and work on your behalf. Advocates will help you understand your rights and how you can go about assuring the issue is resolved in a way that you want. They will discuss what help you may need, and work through the different options available, as well as looking at pros and cons or consequences of the options or choices made.

Advocates won't make decisions for you or tell you what to do. There are many different Regulations and Acts in England and Wales that lay out the circumstances where you are legally entitled to get the support of an advocate.

Local authorities are under a duty to involve you in decisions made about your care and support. If you have difficulty being involved in these decisions, then **your local authority must provide an advocate**, unless there is someone else suitable to support you such as a close friend or family member.

There are many groups across North Wales offering free advocacy, as part of their services, to people of all ages and backgrounds. There are also Advocacy Service Schemes that provide specific advocacy support in health, legal matters, and social care.

DEWIS CIL (Centre for Independent Living) independent advocacy for older people, carers, adults with a disability, mental health issues & more. T. 01492 588366

AGE CYMRU HOPE (Helping others participate and engage) delivers independent advocacy for older people (50+) and carers. T. 07943 186673

CADMHAS provides Mental Health Advocacy in North Wales for anyone being treated for a mental disorder, and legal safeguard for people who lack the capacity to make specific important decisions. T. 01745 813999

CITIZENS ADVICE CONWY provide free, confidential, and impartial advice, support, and advocacy. T. 01745 828705

Comisiynydd Pobl Hŷn Cymru
Older People's Commissioner for Wales

The Commissioner's Advice and Assistance Team can help to connect you with support and services throughout Wales and help to ensure your rights are upheld.

The team can provide you with help and support if:

- You are aged 60+
- You live in Wales.
- You are concerned that your rights may have been breached.
- You have been experiencing problems with services, such as health, social care, community services or housing.

You can also get in touch on behalf of an older person, such as a family member or friend if they are facing issues or difficulties.

The Commissioner's Team will take some details from you so they can investigate your concerns and identify the best way to resolve your issues. In some cases, this might mean referring you to a partner organisation that is better placed to help.

You can contact the Commissioner's Advice and Assistance Team by phone, letter, email. You can contact the Team in English or Welsh. Write to us at Cambrian Buildings, Mount Stuart Square, Butetown, Cardiff CF10 5FL, Phone: 03442 640 670 **|** Email: ask@olderpeople.wales

Attendance Allowance is a non-means tested benefit which will not affect any other benefits you may receive, or your personal tax. What you earn or how much you have in savings will not affect what you get. The Allowance is available to anyone of state pension age who is living with a health condition, physical or mental, which adversely affects their quality of life. It is paid at two rates depending on the individuals needs during the day and or night.

If you think you might qualify or would like to discuss whether you should apply, please contact Age Connects on 0300 2345 007, or Citizens Advice Conwy on 01745 828705.

Worried about Paying Bills, falling behind or are in debt, there are organisations where you can seek advice for free, including:

- National Debtline 0808 808 4000
- Step Change 0800 138 1111
- Citizens Advice 01745 828705

Household Waste Disposal: Your Duty of Care

As a householder, you have a waste duty of care. This means that you must only transfer your waste to someone authorised to accept it. Your waste is not just usual weekly refuse, but includes furniture, electrical items, building waste and green waste. By making sure that waste is handled safely and only passed to people authorised to receive it we can protect the environment and human health.

You must make sure that the person or organisation you choose to take away your waste is registered with the Natural Resources Wales.

Private businesses such as skip hire or house clearance should be registered as an upper tier waste carrier. Charities, voluntary organisations, and local authorities can collect waste with a lower tier registration.

If a waste enforcement officer traces fly-tipped rubbish back to a householder, they risk a fine of up to £5,000 and prosecution. Always make sure you keep a record of any checks you make, including the waste operator's registration, permit or exemption number. Local authorities across Wales can also issue the householder with a £300 fixed penalty notice as an alternative to prosecution.

Welsh Water's **Project Cartref** has been helping customers to understand their consumption habits, and how they can make small savings in their homes by offering free products and services to help them save water.

Project Cartref helps customers identify plumbing loss within the home or in the workplace, this can range from a drippy tap to a leaky loo, which can waste around 12 litres an hour – nearly 2 people's average daily water usage.

As part of the service, we may be able to fix common leaks for free. We'll explain the types of repairs we can do when we meet. Even if the leak can't be fixed by one of our plumbers, we can point you in the direction of a WaterSafe approved plumber and can give you helpful tips and tricks on saving water as well as offer free energy saving products.

You can phone on 0800 052 0130 (quoting 'Project Cartref' to the call centre staff), or email cartref@dwrcymru.com.

Welsh Water also offers tariffs to support people struggling to pay their water bill, *Priority Service Register* in case of an emergency, and a *Leaky Loo* scheme offering free repairs for leaky loos, leaky taps. For more on this call 0800 052 0145.

My home is cold, who can help?

Care and Repair Cymru run a project called 70+ Cymru which aims to improve the warmth, comfort, and quality of life for older people in Wales. A Home Energy Officer can visit and work with you to find ways to keep your home safe and warm. They may even be able to refer you onto the Welsh Governments Nest programme, for further help and support, if you meet the eligibility criteria. Contact your local Care and Repair Cymru Service on 0300 111 3333.

The Goats are back in Town – Be Goat Aware!

Llandudno's Kashmiri Goats, known as the Great Orme Goats, have long been much-loved symbols of Llandudno.

Up until 2020, the goats roamed the streets closest the Great Orme in the evenings to munch on residents prised garden plants. But since they got a taste for the townie life, the billies have been spotted sunning themselves at the ASDA car park, and even as far as Llanrhos and the A470! Several have been killed by speeding motorists in the past few months.

The goats are considered wild animals but are not protected by law. Their welfare is handled by the Conwy County Borough Council, Mostyn Estates Ltd, Natural Resources Wales (NRW), Llandudno Town Council, and the RSPCA.

We should do more for our Great Orme Goats to ensure they are looked after appropriately, remain free and healthy, and most of all continue to be free citizens of Conwy just like us.

Goat Help Lines

Great Orme Country Park for a sick, injured or trapped goat on the Great Orme, private property, or Council managed land, call 01492 874151.

RSPCA for goats in need of urgent veterinary attention in the town or on private land, call 0300 1234 999.

Wildlife Incident Investigation Scheme for goats, wildlife, livestock, or pets that have died in suspicious circumstances (run by Government's Health & Safety Executive), call 0800 321600.

BT Delays Digital Landline Switch Over to January 2027

BT has once again delayed plans to complete the national switchover, from physical copper-based landlines to internet-based services, following concerns from vulnerable people.

The delay is a result of issues regarding telecare devices and vulnerable customers. Silver Voices, a campaign group for elderly people, has said the revised timeline is a token concession, and delaying until January of 2027 is not long enough to make sure there are sufficient safeguards for vulnerable customers. It seems that BT and the other telecoms firms haven't been able to define what a vulnerable customer is, and campaigners are calling for a clear definition.

BT said it will protect vulnerable customers where it is made aware of them, and it plans to provide those dependent on their landlines with free battery back-up units and hybrid phones which can use both broadband and mobile networks. But these solutions are confusing, and there still is much to be done to communicate what the changes mean for vulnerable consumers. It's still not clear who pays for new phones, battery packs or other kit, and who will provide support for people to learn new skills such as keeping emergency backups charged 24/7.

Digital Medicines

Digital Medicines brings together the programmes and projects that will deliver the benefits of a fully digital prescribing approach in all care settings in Wales. In a further milestone for electronic prescribing in Wales, the pharmacy system supplier Invatech has been given the green light to roll out its technology across Wales. Completion of successful live testing at a site in North Wales makes Invatech the first of the community pharmacy system suppliers to be ready for wider use across Wales. The new Electronic Prescription Service (EPS) allows GP surgeries to send prescriptions electronically to the patient's choice of community pharmacy, without the need for a paper form.

Patients in Rhyl became the first in Wales to use electronic prescriptions in November 2023. Since then, EPS has also benefited patients in Conwy, with prescriptions being sent from Llanfairfechan's Plas Menai Surgery to two pharmacies. These are Boots in Llanfairfechan, which is testing Boots' own pharmacy system, and Gwynan Edwards in Penmaenmawr, which is the second Invatech site.

Moving from paper to digital is a complex process, which relies on GP and community pharmacy IT suppliers building functionality into their systems to be able to send and receive electronic prescriptions securely. This development has been supported by the Community Pharmacy System Innovation Fund, established by Life Sciences Hub (LSHW) and Digital Medicines on behalf of Welsh Government.

The introduction of EPS across Wales is a key part of the wider Digital Medicines initiative, managed by Digital Health and Care Wales. It will make the process of prescribing and dispensing medicines safer, easier, and more efficient for patients and health care professionals, as well as helping the environment by saving up around 40 million paper prescription form from being printed each year in Wales.

From Wear and Tear to Disrepair: The Causes & Impact of Poor Housing

Care & Repair Cymru's new report highlights the serious consequences of disrepair in Wales.

For too long, small wear and tear issues have gone unchecked and unaddressed, leading to large disrepair problems that harm the health and wellbeing of vulnerable older people. Coupled with fewer contractors, inflationary price rises for materials and fewer funding opportunities, the options for low-income homeowners to access support are running out.

Care & Repair works every day to support older people living in unfit, unsafe homes in a state of disrepair. Using our own data, we have compiled findings on current disrepair into a new report.

The number of clients that are coming to Care & Repair for support has increased year-on-year: In 2018-19, we provided help to 26,733 older people. In 2022-23, this increased to 62,607 people. In one year, we have seen a 130% increase in charitable-funded works to improve housing conditions.

Care & Repair Agencies have had to add 'Reduction of water penetration, damp and mould' as a specific primary intervention measure outcome, as we were seeing an increase in calls from older people for this type of issue.

Info & Advice Drop-in

DROP BY TO GET INFORMATION, GENERAL ADVICE OR ONE-TO-ONE SUPPORT WITH SERVICES, ACTIVITIES, ENERGY BILLS, FINANCES, HEALTH & MORE

Open to all, booking not required

3rd Wednesday of the Month

10.30 am - 12.30 pm

19th June ~ 17th July ~ 21st August

18th September ~ 16th October

Trinity Community Centre

Trinity Avenue • Llandudno • LL30 2TQ

01492 875686 • trinityccmanager@outlook.com

Trinity Community Centre is managed by Llandudno Elderly People's Welfare Society (LEPWS)

Registered Charity No.514927 - Company Limited by Guarantee: 01793691

At Home - Meals on Wheels Delivery Service

Tel: 01492 533 393 | info@cornercupboard.co.uk

Corner Cupboard At Home provides home cooked meals to your door including special dietary meals for diabetics, food intolerances and allergies. Their drivers are fully trained and know the ingredients used in every one of their meals and can advise customers accordingly.

Eglwys St Grwst Church, Llanrwst

Ymunwch â ni yn Hwb Grwst bob dydd Mawrth rhwng 12.30yp a 4.30yp

Join us at Hwb Grwst every Tuesday between 12.30pm and 4.30pm

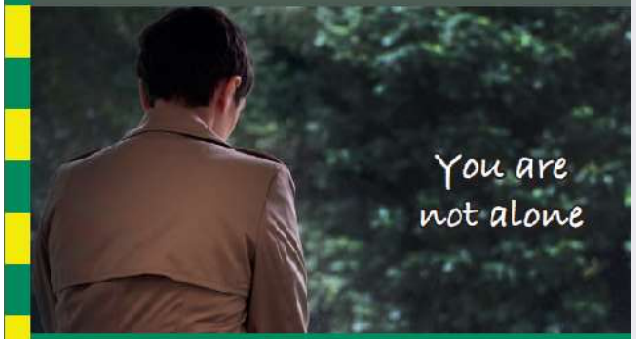
- Gofod Cynnes
- Diodydd a byrbrydau poeth ac oer am ddim
- Gwirfoddolwyr cyfeillgar i siarad â nhw
- Gemau bwrdd
- WiFi am ddim
- Addas i bob oed

- Warm Space
- Free hot & cold drinks and snacks
- Friendly volunteers to talk to
- Board games
- Free WiFi
- Suitable for all ages

Community Foundation Wales

Reading Well for Dementia - Available at your local library: Recommended books chosen by people living with dementia, carers, and health professionals. Reading Well for dementia recommends helpful reading for people living with dementia. The books provide reliable information, advice, and support as well as personal stories. There are also books on the list for family members, friends, and carers. Visit reading-well.org.uk/dementia	**Darllen yn Well ar gyferdementia - Ar gael o'ch llyfrgell leol:** Llyfrau wedi eu hargymell a'u dewis gan bobl sy'n byw gyda dementia, gofalwyr a gweithwyr iechyd proffesiynol. Mae Darllen yn Well ar gyfer dementia yn argymell llyfrau defnyddiol i'w darllen ar gyfer pobl sy'n byw gyda dementia. Mae'r llyfrau'n darparu gwybodaeth, cyngor a chymorth dibynadwy yn ogystal a straeon personol. Mae llyfrau ar gyfer aelodau o'r teulu, ffrindiau a gofalwyr ar y rhestr hefyd. Gwel reading-well.org.uk/cymru/dementia

GIG CYMRU NHS WALES | Ymddiriedolaeth Brifysgol GIG Gwasanaethau Ambiwlans Cymru | Welsh Ambulance Services University NHS Trust



Mental Health Support

Whether you're concerned about yourself or a loved one, these helplines and websites can offer free and confidential support.

111press2 — 24/7 ☎ AM DDIM **111**
Wales-wide service, a single point of access into all 7 Health Boards, with local mental health knowledge & access to Mental Health pathways. **www.gov.wales/nhs-111-press-2**

CALL — 24/7 FREE☎ **0800 132 737**
Community Advice & Listening Line: Wales based mental health information & support.
Text HELP to **81066** **www.callhelpline.org.uk**

SAMARITANS — 24/7 FREE☎ **116 123**
Whatever you're going through, a Samaritan will face it with you. For Welsh Language please call
0808 164 0123 (7pm - 11pm) **www.samaritans.org**

CHILDLINE — 24/7 FREE☎ **0800 1111**
Online. On the phone. Anytime. Confidential Information & Advice for anyone under 19 years. **www.childline.org.uk**

This leaflet has been created in partnership with Interlink RCT, Voluntary Action Merthyr Tydfil and their Service User Representatives from the Cwm Taf Morgannwg UHB Together for Mental Health Partnership Board.

interlink

BEAT — FREE☎ **0808 801 0433**
Advice on eating disorders. Call our helplines, start new web chats: Mon - Fri 12pm - 8pm, weekends & bank holidays: 4pm - 8pm.
Email - Waleshelp@beateatingdisorders.org.uk
www.beateatingdisorders.org.uk

The Calm Zone Helpline — FREE☎ **0800 58 58 58**
Campaign Against Living Miserably 5pm till midnight 365 days a year. **www.thecalmzone.net**

Combat Stress — 24/7 FREE☎ **0800 138 1619**
Mental Health support for veterans & their families & for Serving Personnel. 24/7 FREE☎ **0800 323 4444**
www.combatstress.org.uk

Cruse Bereavement Support National Helpline — FREE☎ **0808 808 1677**
Support for anyone grieving. Mon - Fri: 9.30am - 3pm. For support, find your nearest branch. **www.cruse.org.uk**

Dan — 24/7 FREE☎ **0808 808 2234**
Support with drug & alcohol problems. Text DAN to **81066**
www.dan247.org.uk

Family Lives — FREE☎ **0800 800 2222**
Mon - Fri 9am - 9pm Sat/Sun 10am - 3pm.
Bullying UK **www.bullying.co.uk**
Advice & support on all forms of bullying.
Parentline Plus **www.parentlineplus.org.uk**
Listening, support & non-judgemental help for families.

HOPELine UK — 24/7 FREE☎ **0800 068 4141**
Suicide prevention advice & support for anyone under 35 & for anyone concerned about a young person. Available 24 hours a day, every day of the year (including bank holidays).
www.papyrus-uk.org

LGBT Foundation — ***0345 3 30 30 30**
Support services by LGBTQ+people, for LGBTQ+people
Mon - Fri 9am - 9pm, Sat/Sun 10am - 6pm (excluding bank holidays & religious festivals). **www.lgbt.foundation**

Meic — FREE☎ **0808 80 23456**
Information, advice & advocacy for children & young people in Wales aged 25 & younger. 8am - midnight: Text to 84001 also via WebChat. Coming soon: WhatsApp & SMS, check the website for updates: **www.meic.cymru**

Mind Infoline Mental Health Support — ***0300 123 3393**
9am - 6pm Mon - Fri (except bank holidays)
Email: info@mind.org.uk **Mind Cymru - Mind**

National Debt Line — FREE☎ **0808 808 4000**
Or Webchat providing free debt advice, Mon - Fri 9am - 8pm Sat 9.30am - 1pm. Or 24/7 digital advice tool available.
www.nationaldebtline.co.uk

No Panic Helpline — ***0300 772 9844**
Supporting people who live with panic attacks, phobias, obsessive compulsive disorders & other related anxiety disorders. Daily 10am - 10pm. **www.nopanic.org.uk**

Rape Crisis Rape & Sexual Abuse Support Line — 24/7 FREE☎ **0808 500 2222**
For emotional support, information & signposting either by phone or by online chat on: **247sexualabusesupport.org.uk**

Live Fear Free Helpline — 24/7 FREE☎ **0808 80 10 800**
Providing help & advice about violence against women, domestic abuse & sexual violence, also offers support to men & children.
www.livefearfreewales.gov.wales
or www.welshwomensaid.org.uk

SANEline — ***0300 304 7000**
Out-of-hours, specialist emotional support, guidance & information for people affected by mental illness aged 16+, their families & carers. Daily 4pm - 10pm. **www.sane.org.uk**

SOBS — ***0300 111 5065**
Survivors of Bereavement by Suicide: Support, information & advice. Mon - Wed 9am - 7pm. **www.uksobs.org**

Age UK's Silver Line Helpline — 24/7 FREE☎ **0800 4 70 80 90**
Offers friendship, conversation & support for people (55+) especially those who may be experiencing feelings of loneliness & isolation.
The Silver Line Helpline | Age UK

Victim Support — 24/7 FREE☎ **0808 168 9111**
Confidential support and information for people affected by crime.
www.victimsupport.org.uk

Dementia Helpline — FREE☎ **0800 888 6678**
Supporting people affected by dementia. Mon - Fri 9am - 9pm, Sat/Sun 9am - 5pm, bank holidays 9am - 5pm (except 25th Dec).
www.dementiauk.org

BMHS/BAME Mental Health Support Helpline — FREE☎ **0800 144 8824**
Wales-wide, 16+ for issues related to trauma, grief, addiction, anxiety, or major life changes - Inspiring a mentally healthy community. Email: info@bamementalhealth.org
www.bamementalhealth.org

Organisations which Emergency Services Staff can contact for help

Woody's Lodge **www.woodyslodge.org**
Support for Emergency Service veterans & families.
North Wales, Mon - Thu 9am - 3pm. ***01492 533954**
South Wales, Mon - Thu 9am - 3pm. ***01446 781792**
West Wales, Mon - Thu 9am - 3pm. ***01559 361328**

TASC The Ambulance Staff Charity
www.theasc.org.uk — 24/7 FREE☎ **0300 373 0898**
Caring for those who care for us. Ambulance Staff Crisis Phoneline UK for Immediate & ongoing suicide and mental health care. Completely independent & confidential. Not in a crisis, but need support: **02477 987 922** 9am - 5pm, Mon - Fri.

**There could be call charges for these numbers, please check. All signposting information is correct at time of being published. 04/24*

What's On in Conwy County?

Mix and Mingle Group's Wednesday Lunches 11.45am to 1.30pm. Homemade soup and cakes, £3.50 donation. Festival Church, 87 Gors Road, Towyn, LL22 9NR, T. 01745 343781

Wednesday mornings (Term Time), from10 am. Fellowship whilst knitting or crocheting together. Festival Church, 87 Gors Road, Towyn, LL22 9NR, T. 01745 343781

Festival Community Choir, Saturdays 10.30am – 12pm. All types of music, no experience necessary & everyone is welcome. £1. Festival Church, 87 Gors Road, Towyn, LL22 9NR. Contact Vicky at towyn@festival.church.

Cyngerdd Haf/ Summer Concert – June 8th 7.30 St Catherin and St John Baptist Church Station Rd, Colwyn Bay LL29 9PW

Mindfulness courses run by MIND 18th & 25th June 6-8pm, or 2nd & 9th July 6- 8pm. Dewi Sant Centre Pensarn, Abergele. Call 01492 879 907

Old Peoples Club Abergele - Autumn Club, Fridays 10am -12pm. Friendly atmosphere, have a chat over a cup of tea or coffee, make new friends. Play Bingo, quizzes, and raffles. Also offer trips and meals out. Call Mrs Leonie Hewitt 07933780650.

SHE SHED Abergele – Thursdays, 12.30 to 3.30pm. Scouts Hut, Groes Lwyd, Abergele, LL22 7TA. Email sheshedabergele@hotmail.com.

Clwb Stroke Abergele - fortnightly 2pm-4pm. For stroke survivors, a variety of social activities that everyone can enjoy. Canolfan Dewi Sant, Abergele. Call Rev Woodward 01745 823915 or Joan Mason 01745 825736

Art Group – Thursdays 10am to 12pm, All welcome. £3. Towyn Community Centre. Call Hazel 07398729452

Bereavement group – Friday, fortnightly. Next session 7/6/2024 Call Jan 07913061363

Coffee Morning - Fridays 10am to 12pm. Open for chat, tea, or coffee. Free. St Marys Church, Towyn Road, Abergele LL22 9EN

BCUHB Falls Prevention Service – For advice on how to reduce risk of falls in your own home or community. Call the Conwy Single Point of Access (SPoA), and ask for the Falls Prevention Service 0300 456 1111

Paned a Sgwrs – Thursdays 10am - 12pm, St Grwst Chruch, Church Street, Llanrwst. Donations Welcome Call Jon - 07936 973 476

Social Walk Welsh Leaners – Saturdays, 10:00am Meet outside Caffi Llan, Church St, Glan Conwy. FREE. Contact Colin Holt- colinnholt@aol.com

Bingo and Brew – Tuesdays 1 to 3pm. £6 a book for the afternoon, includes refreshments The Royal British Legion, Abergele Road, Llanddulas, LL22 8EN. Call Virginia 07590 805 295

Pop In and Paint – Thursdays 1.30pm to 3.30pm. £5. Unit 6-8, Bay View Shopping Centre, Sea View Rd, Colwyn Bay. Call Brenda 07909 893 254

Lunch and Social – Mondays, Wednesdays, Thursdays & Fridays, 8.30am - 2.30pm. £7. Clwb Yr Efail, Berry St, Conwy. Call Pat / Terry 01492 581 371

Older People's Forums - Fforymau Pobl Hŷn

Abergele 2pm to 4pm Hafod y Parc Kinmel Ave, Abergele LL22 7LX	01/08/2024	Community Wellbeing Team
	12/09/2024	Llais Cymru - NHS watchdog
	14/11/2024	
Colwyn Bay 2pm to 4pm Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	18/07/2024	Warm Wales
	19/09/2024	Cambrian Credit Union
	21/11/2024	Alzheimer's Society Cymru Llais Cymru - NHS watchdog
Llandudno 10.30am to 12.30pm CYD Community Centre, Room 2 Queens Rd, Craig y Don LL30 1TE	12/07/2024	Warm Wales
	11/10/2024	
Llanfairfechan 2pm to 4pm Llys y Coed, Cae Ffynnon Rd, Llanfairfechan LL33 0HP	25/07/2024	Advice & Craft Market – services, crafts, refreshments, Strawberries & Cream, and more
	26/09/2024	
	28/11/2024	Cambrian Credit Union
Llanrwst 10am to 12pm St Grwst Church 14 Church St, Llanrwst	11/07/2024 05/09/2024 07/11/2024	I will have a stand at the Panad a Sgwrs/ Coffee Morning, chatting with people, and handing out information.

age connects
canol gogledd cymru
north wales central.

Cyhoeddir y cylchlythyr hwn yn fisol gan Age Connects Canol Gogledd Cymru. I dderbyn copi drwy'r post neu e-bost cysylltwch â 03002345 007.

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Content was accurate at the time of publication.
Roedd y cynnwys yn gywir adeg ei gyhoeddi.