

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn

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Diolch i'r holl bobl garedig sy'n ysgrifennu ac yn galw i ddweud cymaint maen nhw'n mwynhau'r cylchlythyr. Rwy'n coleddu pob gair, ac rwy'n falch o fod yn darparu rhywbeth o werth i'n cymuned. Diolch hefyd i'r proffesiynolion a'r gwirfoddolwyr anhygoel sy'n gweithio ac yn rhannu gwybodaeth gyda mi, yn lledaenu fy nghylchlythyr, ac yn darparu cymaint i Conwy.

Fforymau Pobl Hŷn 2021

Tachwedd 9fed am 2pm - Craig y Don Community Centre Room1, Queens Rd, Llandudno

Tachwedd 24fed am 2pm - Parkway Community Centre, Rhos on Sea

Oherwydd cyfyngiadau parhaus, mae'r fforymau isod ar gyfer preswylwyr yn unig.

Tachwedd 18fed am 2.30pm - Llys Y Coed, Caerfynnon Rd, Llanfairfechan

Tachwedd 25fed am 2.30pm - Hafod y Parc, Kinmel Ave, Abergale

Thank you to all the kind people who write and call to say how much they enjoy the newsletter. I cherish every word, and am pleased to be providing something of value to our community. Thank you also to the amazing professionals and volunteers who work and share information with me, disseminate my newsletter, and provide so much for Conwy.

Older People's Forums 2021

Nov 9th at 2pm - Craig y Don Community Centre Room1, Queens Rd, Llandudno

Nov 24th at 2pm - Parkway Community Centre, Rhos on Sea

Due to ongoing restrictions, the forums below are for residents only.

Nov 18th at 2.30pm - Llys Y Coed, Caerfynnon Rd, Llanfairfechan

Nov 25th at 2.30pm - Hafod y Parc, Kinmel Ave, Abergale

This issue includes electric vehicles, The Welsh Fusiliers , Booster Vaccines, Spiders, Poetry and more.

Mae'r rhifyn hwn yn ceir trydan, Y Ffiwsilwyr Cymreig, Brechlynnau, Corynnod, Barddoniaeth, a mwy. (Cymraeg o dudalen 6)

ELECTRIC VEHICLES: The Basic Facts

Electric vehicles (EVs) are becoming mainstream, and the government has pledged to ban sales of petrol and diesel cars by 2035. There are EVs that run solely on a battery-powered electric motor, and there are hybrid EVs that run on both an internal combustion engine and a battery-powered electric motor.

Are EVs more expensive than petrol or diesel cars?

EVs are still a lot more expensive to purchase than petrol vehicles, and this is mostly due to the cost of making lithium batteries. Fortunately, car manufacturers have promised to make more EVs in the coming years, and this along with increased research, means more efficiency and more affordability.

EVs are far cheaper to run than petrol cars. Completely recharging an electric car battery on a home charging point can cost as little as £3. The popular Nissan Leaf can travel up to 170 miles between charges, saving thousands of pounds a year. In addition, because there are fewer moving parts, EVs need less maintenance, saving hundreds on mechanic costs. There is also less road tax to pay and, if you live in a large city, you won't have to pay congestion charges.

Are EVs good for the environment?

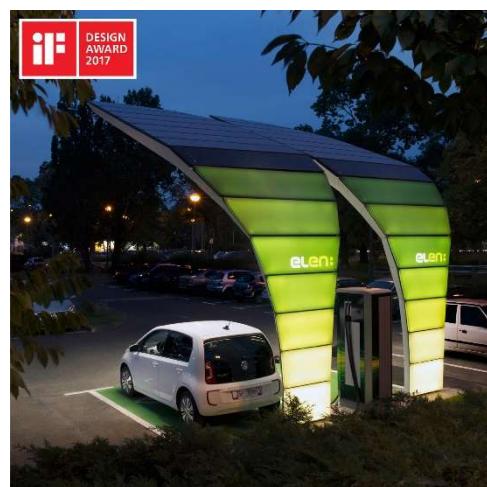
EVs are much better for the environment than petrol because they

don't emit exhaust fumes, and they don't rely on fossil fuels to the same extent as petrol powered cars. Although EVs need to be charged, and electricity production uses fossil fuels, this is changing. Much of our electricity currently comes from green sources, and this will increase as governments work to reduce reliance on fossil fuels.

How many EVs Connector Types exist?

There are three main types of EVs charging – rapid, fast, and slow. Most EVs are fitted with up to two charging sockets one slow and one for faster charging. AC is the slow charging, and the various DC chargers are faster charging. Power is measured in kilowatts (kW).

There are different types of connectors, but all EVs come with a combination allowing you to use most charging points. Most new model EVs come with a Type 2 connector, the standardised socket type available in Europe.



EV Rapid Charging Solar Station – Swindon, UK

ELECTRIC VEHICLES: The Basic Facts (Continued)

Where do you charge up your EVs?

EVs can be charged at home or on the go using EVs charging stations. Charging times will differ depending on what charger you pick and the make and model of your EVs.

Having a charging point at home means you can charge your EV overnight and it will be ready to drive in the morning. As well as being convenient, home-based overnight charging is the cheapest way to recharge.

The Government provides financial support for EVs buyers to install a charge point at their home through the **Electric Vehicle Homecharge Scheme (EVHS)**, which covers a proportion of the total costs. Accredited home charge point installers can be found online.

Most EVs have more than enough range from being charged overnight, and long journeys are made easy with public charging networks.

What are Public Electric Charging Networks?

While many EV drivers opt for charging at home or at work, public networks provide invaluable charging support, plus the opportunity to extend journey distances.

Drivers using public charging networks can either pay-as-you-go or subscribe to monthly payments.

Network operators work with local authorities to help provide EV charging infrastructure for those without home charging or those travelling far from home. For instance, the Chargy network has units installed in lampposts.

With over half a million EVs on the British roads, the need for a sophisticated mapping service is essential. **ZapMap** is the leading map website for Electric Charging Points. ZapMap guides provide details of the charging network operator, any cross-network agreements, the network's charger locations and access methods, and any fees that may apply.

At the time of writing this article there were 16,584 public charging points in the UK, with 26,414 devices available, and a total of 45,177 connectors within these devices.

Are there public charging points in Conwy?

There are currently 1002 charging points in Wales, and 18 located all around Conwy County including Llandudno, Conwy Marina, Llanfairfechan, Colwyn Bay, Conwy, Llandudno Junction, Rhos on Sea, and Colwyn Bay Promenade. The LIDL and TESCO superstores in Llandudno Junction both have public charging points.



Secondary Care Nursing Director Debra Hickman said:

"We are continuing to manage COVID-19 outbreaks at Glan Clwyd Hospital, Colwyn Bay Hospital and Llandudno Hospital. As of this morning, we are caring for 24 patients in the Central area who are currently COVID-19 positive and 25 patients who are recovering from COVID-19. A small number of these patients are confirmed hospital acquired infection and linked to the outbreak."

"Due to the high community COVID-19 transmission rate we ask that when the public visit us for an appointment or treatment they wear one of our fluid resistant surgical masks which are available at entrances into our healthcare settings and use the available hand sanitiser as often as possible."

"Tighter visiting restrictions remain in place at Glan Clwyd Hospital, as well Llandudno and Colwyn Bay hospitals. This decision does not impact visiting guidelines for our maternity, paediatrics and neonatal services or wards."

"Exceptional visiting requests such as for visiting a relative who is at end of life must be made directly with the ward and will require an individual risk assessment to be completed both in advance of and on arrival of an agreed visit."

For any concerns, contact the **Patient Advice and Liaison Service**

T. 03000 851234 Mon-Fri / 9am-5pm

E. BCU.PALS@wales.nhs.uk

Is it safe to have a COVID-19 booster vaccine that is different to the initial two doses? Yes, data from the COV-Boost trial indicates that booster doses of COVID-19 vaccines are generally well tolerated and can provide a substantial increase in vaccine-induced immune responses.

Does a booster campaign mean that the vaccines are not effective? The vaccines are highly effective, especially against severe disease. Protection against hospitalisation is estimated at around 95% after the second dose of vaccine. Recent UK data has shown early signs of a lowering in the levels of protection that is most evident amongst older individuals who completed their primary vaccine course a longer time ago.

What do I do when I receive my invitation for a booster? Make sure all the details are correct and that you can attend the appointment. There is a number on the invitation that you can call to change the appointment and make other enquiries.

Will the booster vaccine protect against current and emerging variants of the virus? Vaccines are our best defence against emerging variants. Vaccines have been highly effective at preventing hospitalisations and deaths due to COVID-19, even with the emergence of the Delta variant.

My Spidey Senses are Tingling!

I was sitting having a cup of tea at 2am (as you do), when the biggest spider you have ever seen ran out from under the sofa!

It sat in the doorway between me, the hallway, and the safety of the bedroom. Even the dog moved a little bit closer.

"Don't panic", I told myself. "Just keep your eye on it until you decide on your next move."

I took my eyes off it for a nanosecond, and when next I looked IT HAD GONE! I startled so much the dog sat even closer. I knew that whatever it was we were supposed to be watching had disappeared.

After what seemed like an age, the spider still couldn't be seen. The dog ventured to have a quick look but was very cautious. I decided the only way out was to try and get back to the safety of the bedroom.

I switched out the light and set off across the dark abyss. The dog decided her safest place was two feet behind me.

I had only taken a few steps when I realised, I was now in the realms of the spider and in the dark.

The dog suddenly gave out a 'WOOF' and I was off. It was the nearest thing to a run I had done in years!

Barbara – Llanrwst



Zoomed Away!



Confession! I missed it! I missed the ZOOM meeting!

I rearranged position for optimum Zoom. Changed into respectable top half. Turned on laptop.

No connection. Hub dead. Landline dead.

Thought hard.

Checked connections, went next door to check their landline.

Thought harder.

Found BT number and account number. Lovely Caitlin from BT said to try different socket.

Working from extension lead, so went upstairs for other extension lead. Went to change lead. Original lead half out of socket. Banged it in. Everything now worked.

Apologised to lovely Caitlin.

Now 4.30pm and the End of Zoom. Felt complete idiot. Still do.

A cautionary tale!

Liz – Colwyn Bay



Poet's Corner - Cornel y Bardd

My Friend's the Bin Men

There is Einion the driver, proper Welsh
might I say.

Tom the young one and Rob.
Must not forget Martin who,
first took the time to chat a while.

Not that they have the time.
Time and motion, admin, and check.
Got to be someplace a certain time!
Times have changed, it's go, go, go.

I bake cakes, too much for one.
They humour me, finish shift
and accept my gift.

So, all you out there who serve the
public,
Take a leaf from their book.
Talk kindly to the old and sick,
A smile, a kind word could make their
day.

Rhoda of Llanfairfechan, October 2021



The Tinkling Cow



I met a man who bought a calf
To share with his other half.
A pet to take on walks I'm told
A pedigree to have and hold.
This calf lives not far away,
I heard it moo the other day.

To check its whereabouts, he said,
I bought a bell when it is lead,
A coloured rope to hang on to
And so, they stroll a mile or two,
To keep fit, this couple say,
This calf's our pride and joy today.
And, when it grows its pedigree
Wil win rosettes for all to see.

So, don't laugh at such a treasure pet,
It's truly healthy says the vet.
Its bell of brass with ribbons fly,
Give pleasure to each passer-by.

Patricia Parker, August 2019

All the best to Irene and Phil celebrating
their 1st Anniversary.

"You walked into my life like you had always
lived there, like my heart was a home built just
for you." A. R. Asher

And the band played on

The Royal Welsh Band played outside Hafan Gwydir in Llanrwst on Thursday the 22nd of September. In full uniform accompanied by their mascot, the band played for a full 15 minutes before heading off on the next stop of their Wales-wide tour. Thanks to my Canon Power Shot SX 120, I was able to take some photos.



Ymlaen â'r Sioe

Chwaraeodd Band Brenhinol Cymru y tu allan i Hafan Gwydir yn Llanrwst ddydd Iau 22 Medi. Roedd y band yn eu gwisg lawn a'u masgot gyda nhw, a buon nhw wrthi'n chwarae am chwarter awr cyn mynd i'r cam nesaf ar eu taith ledled Cymru. Diolch i'm Canon Power Shot SX 120, ro'n i'n gallu tynnu lluniau.

(Photos and article by Hilda from Llanrwst)

CERBYDAU TRYDAN: Y Ffeithiau Sylfaenol

Mae cerbydau trydan (EV) yn dod yn bethau cyffredin, ac mae'r llywodraeth wedi addo gwahardd gwerthu ceir petrol a disel erbyn 2035.

Ydy cerbydau trydan yn ddrutach na cheir petrol neu ddisel?

Mae cerbydau trydan yn dal i fod yn llawer drutach i'w prynu na cherbydau petrol, ac mae hyn yn bennaf oherwydd y gost o wneud batis lithiwm. Yn ffodus, mae gwneuthurwyr ceir wedi addo gwneud mwy o gerbydau trydan dros y blynnyddoedd nesaf, ac mae hyn, ynghyd â mwy o ymchwil, yn golygu y byddant yn fwy effeithlon ac yn llawer mwy fforddiadwy.

Mae cerbydau trydan yn llawer rhatach i'w rhedeg na cheir petrol. Gall ailwefru batri car trydan yn llwyr ar fan gwefru yn y cartref gostio cyn lleied â £3. Gall y car poblogaidd, Nissan Leaf, deithio hyd at 170 milltir rhwng gwefru, gan arbed miloedd o bunnoedd y flwyddyn. Hefyd, oherwydd bod llai o ddarnau sy'n symud, mae angen llai o waith cynnal a chadw ar gerbydau trydan, ac mae hyn yn arbed cannoedd ar gostau mecanig. Mae llai o dreth ffordd i'w thalu hefyd, ac os ydych chi'n byw mewn dinas fawr, ni fydd yn rhaid i chi dalu taliadau atal tagfeydd.

Ydy cerbydau trydan yn dda i'r amgylchedd?

Mae cerbydau trydan yn llawer gwell i'r amgylchedd na cherbydau petrol gan nad ydynt yn allyrru mygdarth, ac nid

ydynt yn dibynnu ar danwydd ffosil i'r un graddau â cheir petrol. Er bod angen gwefru cerbydau trydan, ac mae angen tanwyddau ffosil er mwyn cynhyrchu trydan, mae hyn yn newid. Daw llawer o'n trydan o ffynonellau gwyrdd ar hyn o bryd, a bydd hyn yn cynyddu wrth i llywodraethau weithio i leihau dibyniaeth ar danwydd ffosil.

Sawl Math o Gysylltydd Cerbydau Trydan sy'n bodoli?

Mae tri phrif fath o wefru cerbydau trydan – cyflym iawn, cyflym, ac araf. Mae hyd at ddau soced gwefru wedi'u gosod ar y rhan fwyaf o gerbydau trydan - un ar gyfer gwefru'n araf ac un ar gyfer gwefru'n gyflymach. AC yw'r gwefru araf, ac mae'r amrywiol wefrwyr DC yn gwefru'n gyflymach. Mesurir pŵer mewn cilowatau (kW).

Mae gwahanol fathau o gysylltyddion, ond mae gan bob cerbyd trydan gyfuniad o addaswyr sy'n caniatâu i chi ddefnyddio'r rhan fwyaf o fannau gwefru. Mae'r rhan fwyaf o fodelau newydd cerbydau trydan nawr yn cynnwys cysylltydd Math 2, y math o soced safonol sydd ar gael ledled Ewrop.



EV Rapid Charging Solar Station – Swindon, UK

CERBYDAU TRYDAN: Y Ffeithiau Sylfaenol (Parhad)

Ble ydych chi'n gwefru eich cerbyd trydan?

Gellir gwefru cerbydau trydan gartref neu mewn Gorsafodd gwefru cerbydau trydan. Bydd yr amseroedd gwefru'n amrywio yn dibynnu ar y dull gwefru y byddwch yn ei ddewis a gwneuthuriad a model eich cerbyd trydan.

Mae cael man gwefru gartref yn golygu y gallwch wefru eich cerbyd trydan dros nos a bydd yn barod i chi ei yrru yn y bore. Yn ogystal â bod yn gyfleus, gwefru dros nos gartref yw'r ffordd rataf o ailwefru. Mae'r Llywodraeth yn darparu cymorth ariannol i bobl sy'n prynu cerbydau trydan er mwyn iddynt osod man gwefru yn eu cartref drwy'r **Cynllun Gwefru Cerbydau Trydan Gartref (EVHS)**, sy'n talu cyfran o gyfanswm y costau. Gellir dod o hyd i gwmniau achrededig i osod manau gwefru ar-lein.

Mae gan y rhan fwyaf o gerbydau trydan fwy na digon o bŵer ar ôl cael eu gwefru dros nos, ac nid yw teithio'n bell yn broblem oherwydd y rhwydweithiau o fannau gwefru cyhoeddus.

Beth yw Rhwydweithiau Gwefru Cerbydau Trydan Cyhoeddus?

Er bod llawer o yrwyr cerbydau trydan yn dewis gwefru gartref neu yn y gwaith, mae rhwydweithiau cyhoeddus yn darparu cymorth gwefru amhrisiadwy, yn ogystal â'r cyfle i deithio ymhellach. Gall gyrwyr sy'n defnyddio rhwydweithiau gwefru cyhoeddus naill ai dalu wrth ddefnyddio neu danysgrifio a thalu bob mis. Mae gweithredwyr rhwydweithiau yn gweithio gydag awdurdodau lleol i helpu

i ddarparu seilwaith gwefru cerbydau trydan ar gyfer y rheini heb fan gwefru gartref neu'r rheini sy'n teithio'n bell o gartref. Er enghraift, mae gan y rhwydwaith Char.gy unedau wedi'u gosod ar bolion lampau.

Gyda dros hanner miliwn o gerbydau trydan ar ffyrdd Prydain, mae'n hanfodol cael gwasanaeth mapio soffistigedig.

ZapMap yw'r brif wefan sy'n cynnwys mapiau o [**Fannau Gwefru Cerbydau Trydan**](#).

Trydan. Mae canllawiau ZapMap yn rhoi manylion gweithredwr y rhwydwaith gwefru, unrhyw gytundebau traws-rwydwaith, lleoliad manau gwefru'r rhwydwaith a dulliau mynediad, ac unrhyw ffioedd a allai fod yn berthnasol. Adeg ysgrifennu'r ethygl hon, roedd 16,584 o fannau gwefru cyhoeddus yn y DU, gyda 26,414 o ddyfeisiau ar gael, a chyfanswm o 45,177 o gysylltyddion yn y dyfeisiau hyn.

A oes manau gwefru cyhoeddus yng Nghonwy?

Ar hyn o bryd mae 1002 o fannau gwefru yng Nghymru, ac mae 18 ohonynt o gwmpas Sir Conwy gan gynnwys Llandudno, Marina Conwy, Llanfairfechan, Bae Colwyn, Conwy, Cyffordd Llandudno, Llandrillo yn Rhos a Phromenâd Bae Colwyn. Mae pwyntiau gwefru cyhoeddus ar gael yn LIDL a TESCO yng Nghyffordd Llandudno.



Dyweddodd y Cyfarwyddwr Nysio Debra Hickman:

"Rydym yn parhau i reoli briadau COVID-19 yn Ysbyty Glan Clwyd, Ysbyty Bae Colwyn ac Ysbyty Llandudno. O'r bore yma, rydym yn gofalu am 24 o gleifion yn yr ardal Ganolog sydd ar hyn o bryd yn COVID-19 positif a 25 ogleision sy'n gwella ar ôl COVID-19. Cadarnhawyd bod nifer fach o'r cleifion hyn yn haint a gafwyd yn yr ysbyty ac yn gysylltiedig â'r achosion."

"Oherwydd cyfradd drosglwyddo uchel COVID-19 y gymuned, gofynnwn pan fydd y cyhoedd yn ymweld â ni am apwyntiad neu driniaeth eu bod yn gwisgo un o'n masgiau llawfeddygol gwrthsefyll hylif sydd ar gael wrth fynedfeydd i'n lleoliadau gofaliach ac yn defnyddio'r glanweithydd dwylo sydd ar gael mor aml â phosib."

"Mae cyfyngiadau ymweld tynnach yn parhau yn eu lle yn Ysbyty Glan Clwyd, yn ogystal ag ysbytai Llandudno a Bae Colwyn. Nid yw'r penderfyniad hwn yn effeithio ar ganllawiau ymweld ar gyfer ein gwasanaethau neu wardiau mamolaeth, pediatreg a newyddenedigol. "

"Rhaid i geisiadau ymweld eithriadol fel ymweld â pherthynas sydd ar ddiwedd oes gael eu gwneud yn uniongyrchol gyda'r ward a bydd angen i asesiad risg unigol gael ei gwblhau cyn ac ar ôl cyrraedd ymwelliad y cytunwyd arno - fel y gallwn gadw cleifion, staff ac ymwelwyr yn ddiogel."

Am unrhyw bryderon, cysylltwch â'r Gwasanaeth Cyngor a Chyswilt Cleifion T. 03000 851234 Llun-Gwener / 9am-5pm

Ymholiadau clingol neu bryderon ynghylch cael Brechaid? Gellir trafod mwyafrif helaeth yr ymholiadau clinigol yn ein canolfannau brechu fel rhan o'ch apwyntiad. Gall ein staff clinigol profiadol dreulio amser yn trafod unrhyw bryderon neu gwestiynau sydd gennych cyn i chi wneud penderfyniad ynghylch a ddylid bwrw ymlaen â brechu ai peidio.

Pam fod brechlyn atgyfnerthu yn cael ei gynnig? Mae'r Cyd-bwyllgor ar Frechiadau ac Imiwlneiddiadau (JCVI) wedi argymhell cynnig brechlyn atgyfnerthu i rai grwpiau oedran er mwyn gostwng achosion o COVID-19 ymhellach ac uchafu amddiffyniad ymlysg y rhai sydd fwyaf bregus i haint difrifol, yn barod am fis oedd y gaeaf.

Beth ddylwn i ei wneud pan fyddaf yn derbyn fy ngwahoddiad am atgyfnerthu? Sicrhewch fod yr holl fanylion yn gywir a'ch bod yn gallu mynchu'r apwyntiad. Mae rhif 03000 ar y gwahoddiad y gallwch ei ffonio i newid yr apwyntiad a gwneud ymholiadau eraill. Bydd y brechlyn Pfizer-BioNTech yn cael ei gynnig, waeth pa frechlyn y mae'r rhai sy'n gymwys wedi'i dderbyn eisoes.

A fydd y brechlyn atgyfnerthu yn amddiffyn rhag amrywiadau cyfredol a rhai sy'n dod i'r amlwg o'r firws? Brechlynnau yw ein hamddiffyniad gorau yn erbyn amrywiadau sy'n dod i'r amlwg ac maent wedi dangos eu bod yn lleihau difrifoldeb heintiau ac wedi bod yn hynod effeithiol wrth atal mynd i'r ysbyty a marwolaethau oherwydd COVID-19, hyd yn oed gydag ymddangosiad yr amrywiad Delta.

Pinnau bach dros fy nghroen!

Ro'n i'n eistedd yn cael paned o de am 2am (fel mae rhywun), pan sgrialodd y prif copyn mwyaf a welais i erioed allan o dan y soffa a sefyll wrth y drws rhyngef fi, y cyntedd, a diogelwch fy llofft.

Roedd hyd yn oed y ci wedi agosáu ata i. 'Paid â chynhyrfu' dywedais, 'Cadwa lygad arno nes byddi di wedi penderfynu beth i'w wneud nesaf'.

Edrychais draw am chwinciad chwanen, a phan edrychais wedyn ROEDD O WEDI DIFLANNU! Cefais gymaint o fraw nes i'r ci wasgu'n agosach byth ata i, fel petai o'n deall bod rhywbeth ofnus wedi diflannu.

Roedd amser yn llusgo heibio ac doedd dim golwg o'r prif copyn. Aeth y ci i gael cip olwg ond roedd o ar bigau'r drain.

Penderfynais mai'r unig ateb oedd ceisio mynd yn ôl i ddiogelwch fy llofft. Fe wnes i ddiffodd y golau ac ymbalfalu yn y tywyllwch. Roedd y ci yn dynn wrth fy sodlau bob cam. Wedi i mi gymryd cam neu ddau sylweddolais fy mod ar dir y prif copyn yn y tywyllwch.

Yn sydyn, rhoddodd y ci 'WOOF' a dyma fi'n ei heglu hi. Dyma'r peth agosaf at redeg i mi'i wneud ers blynyddoedd!



Barbara – Llanrwst

Stori rybudd!



Dwi'n cyffesu! Fe wnes i ei golli!

Fe wnes i golli'r cyfarfod ZOOM!

Ro'n ni wedi symud i'r safle gorau yn yr ystafell ar gyfer y cyfarfod. Wedi rhoi top taclus amdana i. Troi'r gliniadur ymlaen ond ... Dim cysylltiad. Yr hub ddim yn gweithio. Y llinell dir ddim yn gweithio. Meddwl yn galed. Gwirio'r cysylltiadau cebl, mynd i drws nesaf i wirio eu llinell dir nhw.

Meddwl yn galetach. Cael gafael ar rif ffôn BT ac fy rhif cyfrif.

Caitlin o BT yn dweud wrtha i roi cynnig ar wahanol soced. Ro'n ni gweithio gyda chebl estyniad, felly es i fyny'r grisiau i nôl cebl estyniad arall. Es ati i newid y cebl. Doedd plwg y cebl gwreiddiol ddim yn ei le yn iawn! Taro'r plwg i mewn a phopeth yn gweithio erbyn hyn.

Ymddiheuro i Caitlin.

Bellach roedd hi'n 4.30pm ac roedd Zoom wedi gorffen. Teimlo'n ffwl. Dal i deimlo'n ffwl.

Mae'r stori'n rhybudd i bawb! Ond dyfal donc, a dwi am roi cynnnig arall arni'r tro nesaf.

Liz – Colwyn Bay

ARTISAN FAIR

Sunday 7th November

10.30 - 3.30

Free Admission

A collection
of local Artists
and Crafts People
showcasing their
Artwork, Paintings,
Ceramics, Jewellery,
Original Makes,
something for
everyone.

**THE OLD
PEOPLE'S CLUB,**
(NEXT TO ST. MICHAELS CHURCH)

**3 CHURCH ST,
ABERGELE,
LL22 7AN**

Abergele car parks are located at -
Abergele Library, Tesco, Water Street

Need Help with Digital Devices? The Community Wellbeing Team offer a digital support over the telephone for over 65s. Create an email account, learn to make a video call, or shop online.

T. 01492 577449 or E. stayingwell@conwy.gov.uk

Angen Cymorth gyda Dyfeisiau Digidol? Mae'r Tîm Lles Cymunedol yn cynnig cefnogaeth ddigidol dros y ffôn i bobl dros 65 oed. Creu cyfrif e-bost, dysgu gwneud galwad fideo neu siopa ar-lein.

LIVE WELL WITH HEARING LOSS BEFRIENDING

Are you at home alone more than you would like to be?

Do you miss getting letters through the post that aren't bills or circulars?

TELEPHONE OR VIDEO CALL

A chat on a phone or tablet with a chance to try out telephone volume buttons (if needed).

LETTER WRITING

A regular letter full of news and cheer to brighten your day.

Live Well is a partnership between RNID in South Wales and the Centre for Sign-Sight-Sound in North Wales

For more information about the service in both North and South Wales, please contact us on:



Telephone 02920 333 034



Textphone 02920 333 036



Email livewell.cymru@rnid.org.uk

INFORMATION & ADVICE SERVICE

Age Connects NWC offers a comprehensive enquiry service for older people and their families. Our advisors provide advice & signposting on a wide range of topics, local & national services, activities and more.

T. 0300 2345 007

GWASANAETH GWYBODAETH A CHYNGOR

Mae Age Connects NWC yn cynnig gwasanaeth ymholi cynhwysfawr i bobl hŷn a'u teuluoedd. Mae ein cyngorwyr yn darparu cyngor a chyfeirio ar ystod eang o bynciau, gwasanaethau lleol a chenedlaethol, gweithgareddau a mwy.



NEED HELP WITH YOUR ENERGY BILLS? Age Connects NWC

provides a personal service to help you sort out your energy bills, tariff swaps, and more. Our advisor, David Phillips, is available to help.

T. 0300 2345 007

ANGEN HELPU GYDA EICH BILLIAU YNNI? Mae Age Connects

NWC yn darparu gwasanaeth personol i'ch helpu chi i ddidoli allan eich biliau ynni, cyfnewidiadau tariff, a mwy. Mae ein cyngorydd, David Phillips, ar gael i helpu.



SEATED Poundfit

WITH CLARE KITE
Suitable for older adults

FREE



BOOKING
ESSENTIAL

JOIN THE BAND!
GRAB YOUR RIPSTIX (LIGHTLY
WEIGHTED EXERCISE DRUMSTICKS) AND
MOVE YOUR BODY ALONG TO THE BEAT!

EVERY TUESDAY
THROUGHOUT NOVEMBER 1PM

TY LLEWELYN
COMMUNITY CENTRE,
LLANDUDNO



To Register in advance for this session
contact Community Wellbeing Team:

Email : stayingwell@conwy.gov.uk
Call: 01492 577449





Photo by Joan of Colwyn Bay

Easy Read Print – This newsletter is also available in an Easy-Read-Print version, printed entirely in black ink on yellow paper. If you would like to receive an Easy-Read-Print, contact me:
T. 01492 817 124 / E. alessandra.thomas@acnwc.org

Copi Hawdd ei Ddarllen – Mae'r cylchlythyr hwn hefyd ar gael mewn fersiwn Hawdd ei Ddarllen, wedi'i argraffu'n gyfan gwbl mewn inc du ar bapur melyn. Os byddai'n well gennych gael y fersiwn Hawdd ei Ddarllen, cysylltwch â mi:
Ffôn 01492 817 124 / E. alessandra.thomas.acnwc.org



OPF Newsletter is created by Age Connects North Wales Central. To subscribe contact:

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