

# Older People's Forum Newsletter

## Cylchlythyr Fforwm Pobl Hŷn

March 8 | Mawrth 8

Issue 53 | Rhif 53

**Celebrating International Women's Day – March 8th, 2023**  
**Dathlu Diwrnod Rhyngwladol y Menywod - Mawrth 8, 2023**

### What the Forum are they talking about?

January's Colwyn Bay forum was a hive of activity, we were all grateful to the North Wales Police officers who came along and were ready to help. Rachel from the Police Crime Services Division gave an interesting talk about cybercrime, fraud, scams, and romance scammers.

Thank you to Cllr Paul Luckock who came along to the Abergel forum and has since been making enquiries regarding road works in the area (more on page 2).

At the Llandudno forum, Warm Wales and Dwr Cymru answered many questions and were able to provide a lot of specific advice with saving money on water and energy costs.

Marian from the Macular Society was a font of knowledge, and able to help members sign posting support groups, and providing vital information at Llanfairfechan and Llandudno.

### In this month's issue:

- Forum News
- Winter Fuel Support Scheme
- War Museum, Llandudno
- Poetry, and more

### Beth sy'n cael ei ddweud yn y Fforymau?

Roedd fforwm Bae Colwyn yn fwrlwm o weithgarwch, ac roedd i gyd yn ddiolchgar i swyddogion Heddlu Gogledd Cymru a ddaeth yno ac a oedd yn barod i helpu. Rhoddodd Rachel o Is-adran Gwasanaethau Troseddau'r Heddlu sgwrs ddiddorol am seiberdroseddu, twyll, sgamiau a sgamwyr rhamant.

Diolch i'r Cyngorydd Paul Luckock a ddaeth i fforwm Abergel, sydd wedi bod yn gwneud ymholiadau ynghylch gwaith ffordd yn yr ardal ers hynny (mwy ar dudalen 2).

Atebodd Cymru Gynnes a Dŵr Cymru lawer o gwestiynau ac roeddent yn gallu darparu llawer o gyngor a chymorth penodol i arbed arian ar gostau dŵr ac ynni.

Roedd Marian o'r Macular Society yn llawn gwybodaeth, ac yn gallu helpu aelodau i gyfeirio grwpiau cefnogi, a darparu gwybodaeth hanfodol.

### Yn rhifyn y mis hwn:

- Crynodeb o'r fforwm
- Cymorth Tanwydd dros y Gaeaf
- Amgueuddfa Ryfel, Llandudno
- Barddoniaeth, a mwy

## Forum News

### Llanfairfechan Forum

The Cae Ffynnon Road markings ARAF/SLOW, have finally been put into place. Hopefully this will help getting in and out of Llys y Coed and Bryn Castell a little easier.

Thank you to Janine at ERF - Neighbourhood Services, for helping make this happen. Thank you to Geoff for the photo.



### Abergele Forum

Regarding the footpath areas and highway road surface problems on Sea Road, where the footpath crosses the railway and A55, Mike Heathcote from Conwy's Environment Roads & Facilities responded "*I have taken a look at the highway and footway this morning along Pensarn prom road, and although the condition is not great, it is also not in a condition that requires intervention at the moment. This is on my inspections and will be monitored in accordance with our code of practice.*"

Cllr Luckok suggested a possible solution is to access Pensarn Promenade by travelling from Hafod y Parc, down Kinmel Avenue and then along Dundonald Avenue to access the Railway Bridge by the Station. This also has issues for people using mobility scooters, but marginally less than Sea Road footpath.

**The Conwy Assistant Traffic Engineer** has kindly informed me that "...**the 20mph rollout is coming up very soon in September and work is ongoing behind the scenes...**, therefore Kinmel Avenue and all surrounding roads will be 20mph."

He also added "*If there are other locations similar to the Kinmel Avenue junction with Hafod y Parc that require a crossing, please let me know of the location so I can check the AT approved route mapping to see if we can go ahead most likely from our 23/24 Budget.*"

**If there are any locations that require a crossing, please contact me, and I will relay your message to the engineer. Call 01492 817 124**

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### Conwy Approves Biggest Council Tax Increase in Wales.

Councillors have voted through a 9.9% increase in council tax - the biggest increase in Wales. This means, for a band-D home, residents will pay an extra £142.38. It seems the Welsh Government calculates the annual Local Government Settlement differently for each county, and Conwy received £256 per resident a year less than Denbighshire, and £175 less per person than Gwynedd. **What do you think of the council tax rise and how will it impact you?** In a survey carried out by a local newspaper, 93% of people were against it, and 65% agreed the Welsh Government should provide more money to Conwy.

## Supermarket 'Slow Checkout' for People Who Enjoy a Chat.

While most buyers seem to be in a rush these days at grocery stores, there are many who prefer taking their time, and enjoy a chat during the checkout process, and this isn't just limited to older people.

Hastiness is particularly evident these days with 'scan your own' hand machines, self-serve tills, and having your groceries thrown at you at great speed by the staff. But one supermarket chain in the Netherlands has decided to slow things down, especially for those who like socialising and chatting in queues.

Back in 2019, the Dutch supermarket chain Jumbo Supermarkets, introduced its first 'Kletskassa' or slow checkout, for customers who aren't in a hurry and like a chat. The idea was to offer a slower lane to customers, encouraging interaction with staff and others in the queue to help combat loneliness.



*"Many people, especially the elderly, sometimes feel lonely. As a family business and supermarket chain, we are at the heart of society. Our shops are an important meeting place for many people, and we want to play a role in identifying and reducing loneliness."* said Colette Cloosterman-van Eerd, Chief Commercial Officer of Jumbo.

Jumbo Supermarkets received so much positive feedback about their Kletskassa, that in September 2021, the supermarket chain started opening slow checkout lines in all 200 stores nationwide.

*"We are also proud of our many cashiers who enjoy taking a seat behind a Kletskassa."* added Jumbo's Chief Commercial Officer.

Nice idea, right?

Should our supermarkets introduce them too? Let me know what you think: Contact 01492 817 124, alessandra.thomas@acnwc.org or write to Older People's Forum, Eirianfa Community Centre, Denbigh LL16 3TS.

## Low Vision Open Day, Monday 20 March 2023 – 10am to 3pm

The ASK Centre, 9 Water Street, Rhyl, LL18 1SP.

The event is to support all areas of Sight loss.

**IMPORTANT NEWS: £400 Energy Bills Support Scheme is now available to anyone paying for electricity indirectly** – includes those who live in sheltered housing, an extra care facility, care home, park home or paying their landlord for electricity.

If you pay your electricity costs to your landlord, who gets their energy from a commercial contract, you can apply to receive the £400 through the Energy Bills Support Scheme.

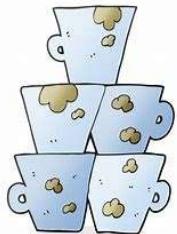
You will be able to apply through the Government's online portal. You'll need an email address and phone number and a UK bank account. You must apply by 31 May 2023.

**Need help applying?** The Older People's Forum and Citizen's Advice Conwy are running sessions in **Hafod y Parc** (March 24<sup>th</sup>), **Hafan Gwydir** (March 22<sup>nd</sup>) and **Llys y Coed** (April date to be confirmed). If you live in one of these facilities, please speak to your scheme manager for details.

More sessions will be arranged in other facilities - Call 01492 817 124 for more information.

**Pay your electricity directly?** As part of the Government's 'cost of living support' package, all households with a domestic electricity meter in England, Scotland and Wales would get a £400 energy grant. Most households should have now received five payments (Six separate payments – £66 in October and November, then £67 for the remaining four months). If you haven't received any payment yet, **contact your electricity supplier**.

**The North Wales medical school launches in 2024.** The medical school is a partnership between the Welsh Government, Bangor University, Cardiff University and Betsi Cadwaladr University Health Board. Training in the state-of-the-art facility will begin in 2024. This was discussed many years ago at the Colwyn Bay forum, and a local GP asked us to write to our MPs and MSs to try and make this happen. This is good news for North Wales and will hopefully help improve health service delivery, and increase the number of qualified medics working and making their homes here.



**To remove tea and coffee stains from cups, sprinkle salt on a damp cloth and rub until the stains disappears. For heavier stains mix a solution of 50% salt and distilled vinegar.**

# Local History from the Home Front Museum

Llanrhos local, Albert Nevitt was awarded both the Albert Medal and the Military Cross for his effort and bravery during World War One. During World War Two, in his forties, Nevitt served with the RAF.

Born in the Parish of Llanrhos in 1892, Albert Nevitt and his eight siblings grew up in Stanley Oak Terrace in Llandudno Junction. A talented footballer, Albert regularly played for his school, Colwyn Bay Higher Grade School, captaining the side on many occasions. After attending the University of North Wales at Bangor, Albert joined his sisters in the teaching profession before enlisting in the army.

Nevitt joined the Royal Welch Fusiliers at the outbreak of World War One, was commissioned as an officer and posted to the Western Front. In March 1916, while serving with the 12th Battalion of the Royal Welch, Second Lieutenant Nevitt was recommended for the Military Cross "For conspicuous gallantry."

Nevitt went on to take up a position with the 62nd Reserve Battalion of the Royal Welsh Fusiliers at Kinmel Camp near Bodelwyddan, where he was tasked with training the new recruits. Six months after being awarded the Military Cross, Nevitt was awarded the Albert Medal after three incidents in one month, involving live grenades where he risked his own life to save others.

In March 1918, Nevitt transferred from the Royal Welch to the King's Own Royal Lancaster Regiment and the following year was mentioned in Dispatches for meritorious action. He relinquished his commission in April 1920 and left the army, continuing his teaching career.

For 33 years, Nevitt was headmaster of Deganwy School and a pillar of the local community. Ever the brave and gallant, on one occasion Nevitt captured a raging bull loose on the school playing field and led it back to its grazing nearby. Nevitt had made sure all school staff and pupils remained inside while he alone captured the bull.

Albert Nevitt died on 4th August 1966 aged 73.



**Experience the sights and sounds of civilian life  
during the second world war at this unique  
indoor attraction.**

**Home Front • New Street • Llandudno • LL30 2YF**

**T. 01492 871032**

**E. info@homefrontmuseum.co.uk**

***Sometimes the strongest people are the ones who love beyond all faults, cry behind closed doors and fight battles that nobody knows about.***

# Poet's Corner | Cornel y Beirdd

## Celebrating The Little Things

I've decided to look at the virus,  
And it's intention to bring us all down,  
As a chance to look on the bright side  
When I can't poodle off into town.

Of course, it's great to meet people,  
And chat over tea with a bun,  
But my grandkids have taught me some lessons,  
Of alternative ways to have fun.

It's a matter of embracing technology,  
Of setting aside all my fear,  
Just getting on Zoom, Skype, or FaceTime,  
To make all my family appear.

It works every time with my brother,  
Who lives in Australia now,  
And a nephew in Saudi Arabia,  
Plus, a sister in Goole, God knows how.

I've learned terms like mute and attachments,  
And Hangouts, Team meetings and Chrome,  
So if you're a willing participant,  
It opens the World in your home.

Having said all of that I'm much happier  
To write cards and letters to send,  
Then wait every day for the postie  
To bring a reply from a friend.

A walk up the lane has more meaning,  
Noting changes the seasons will bring,  
Finding lichens, I never knew grew there,  
Hearing wonderful birds as they sing.

So be positive in your thinking,  
Optimistic and full of ideas,  
'Cos it's not doom and gloom for the future,  
Trust kindness to conquer our fears.

**Laraine Bruce**





# OLDER PEOPLE'S FORUM INFORMATION & ADVICE EVENT

TRINITY COMMUNITY CENTRE,  
TRINITY AVE, LLANDUDNO LL30 2TQ

MARCH 21ST, 2PM TO 4PM

Wellbeing Conwy - Macular Society

Warm Wales - LEAP Energy - Carers Outreach

MIND - HOPE Advocacy - Digital Support

Cllr M. Hawkins & more

## Advice

Welcome to ask any one of our stall holders for help and advice on any number of topics.

## Information

Information on services & support for older people. Energy, cost of living, advocacy & more.

## Hot Drinks

Enjoy refreshments before or after shopping around for essential information.



age connects  
canol gogledd cymru  
north wales central.

# Crynodeb O'r Fforwm

## Fforwm Llanfairfechan

Mae marciau Ffordd Cae Ffynnon ARAF/SLOW, wedi'u gosod o'r diwedd. Gobeithio y bydd hyn yn helpu i fynd i mewn ac allan o Lys y Coed a Bryn Castell ychydig yn haws.

Diolch i Janine yn ERF - Gwasanaethau Cymdogaeth, am helpu i wneud i hyn ddigwydd. Diolch i Geoff am y llun.

## Fforwm Abergele

Mewn perthynas â'r ardaloedd o lwybrau troed a phroblemau wyneb y ffordd fawr ar Sea Road lle mae'r llwybr troed yn croesi'r rheilffordd a'r A55, ymatebodd Mike Heathcote o Amgylchedd, Ffyrrd a Chyfleusterau Conwy "Rwyf wedi edrych ar y briffordd a'r llwybr troed y bore yma ar hyd ffordd prom Pensarn, ac er nad yw'r cyflwr yn wych, nad yw ychwaith mewn cyflwr sy'n gofyn am ymyrraeth ar hyn o bryd. Mae hyn yn ystod fy arolygiadau a bydd yn cael ei fonitro yn unol â'n cod ymarfer."

Awgrymodd y Cyng Luckok mai ateb posibl yw cyrraedd Promenâd Pensarn drwy deithio o Hafod y Parc, i lawr Rhodfa Cinmel ac yna ar hyd Dundonald Avenue i gyrraedd y Bont Reilffordd ger yr Orsaf. Mae hyn hefyd yn achosi problemau i bobl sy'n defnyddio sgwteri symudedd, ond ychydig yn llai na llwybr troed Sea Road.

**Mae Peiriannydd Traffig Cynorthwyo'r Conwy** wedi rhoi gwybod i mi fod "...mae'r ymgyrch 20mya yn dod i fyny'n fuan iawn ym mis Medi ac mae gwaith yn mynd rhagddo y tu ôl i'r llenni..., felly bydd Rhodfa Cinmel a'r holl ffyrrd cyfagos yn 20mya."

Ychwanegodd hefyd "Os oes angen croesfan mewn lleoliadau eraill tebyg i gyffordd Kinmel Avenue â Hafod y Parc, rhowch wybod i mi am y lleoliad fel y gallaf wirio'r mapiau llwybr cymeradwy AT i weld a allwn fynd ymlaen yn fwyaf tebygol o ein Cyllideb 23/24."

**Os oes unrhyw lleoliadau sydd angen croesfan, cysylltwch â mi (01492 817 124), a byddaf yn trosglwyddo eich neges i'r peiriannydd. Ffoniwch 01492 817 124**

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## Conwy'n Cymeradwyo'r Cynnydd Mwyaf yn Nhreth y Cyngor yng Nghymru.

**Mae cynghorwyr wedi pleidleisio trwy gynnydd o 9.9% yn y dreth cyngor - y cynnydd mwyaf yng Nghymru.** Mae hyn yn golygu, ar gyfer cartref band-D bydd preswylwyr yn talu £142.38 yn ychwanegol. Mae'n ymddangos bod Llywodraeth Cymru yn cyfrifo'r Setliad Llywodraeth Leol blynnyddol yn wahanol ar gyfer pob sir, a derbyniodd Conwy £256 fesul preswylydd y flwyddyn yn llai na Sir Ddinbych a £175 yn llai y pen na Gwynedd.

**Beth yw eich barn am y cynnydd yn y dreth gyngor a sut y bydd yn effeithio arnoch chi?** Mewn arolwg a gynhalwyd gan bapur newydd lleol, roedd 93% o bobl yn ei erbyn, a 65% yn cytuno y dylai Llywodraeth Cymru ddarparu mwy o arian i Gonwy.

## 'Til Araf' mewn archfarchnadoedd i Bobl sy'n Mwynhau Sgwrs.

Er ei bod yn ymddangos bod y rhan fwyaf o bobl ar frys mewn siopau bwyd y dyddiau hyn, mae yna lawer sy'n hoffi cymryd eu hamser, a mwynhau sgwrs wrth dalu, ac nid pobl hŷn yn unig ydy'r rhain. Mae brys yn arbennig o amlwg y dyddiau hyn gyda pheiriannau llaw 'sganio eich hun', tiliau hunan-wasanaeth, a staff yn taflu eich bwydydd atoch ar gyflymder. Ond mae un gadwyn archfarchnad yn yr Iseldiroedd wedi penderfynu arafu pethau, yn enwedig i rai sy'n hoffi cymdeithasu a sgwrsio yn y ciw.

Yn ôl yn 2019, fe wnaeth y gadwyn archfarchnadoedd Iseldireg **Jumbo Supermarkets**, gyflwyno'r 'Kletskassa' neu'r til araf cyntaf, i gwsmeriaid nad ydynt ar frys ac sy'n hoffi sgwrs. Y syniad oedd cynnig ciw arafach i gwsmeriaid, gan eu hannog i sgwrsio â'r staff a phobl eraill sydd yn y ciw i helpu i leddfu unigrwydd.



*"Mae llawer o bobl, yn enwedig yr henoed, weithiau'n teimlo'n unig. Fel busnes teuluol a chadwyn o archfarchnadoedd, rydyn ni wrth galon y gymdeithas. Mae ein siopau yn fan cyfarfod pwysig i lawer o bobl, ac rydym eisiau chwarae ein rhan i gydnabod a lleddfu unigrwydd."* meddai Colette Cloosterman-van Eerd, Prif Swyddog Masnachol Jumbo.

Cafodd Jumbo Supermarkets gymaint o adborth cadarnhaol am eu Kletskassa, fel bod y gadwyn archfarchnadoedd, ym mis Medi 2021, wedi dechrau agor ciwiau talu araf ym mhob un o'u 200 o siopau ar draws y wlad.

"Rydyn ni hefyd yn falch o'r holl weithwyr tils sy'n mwynhau cymryd sedd tu ôl i Kletskassa." ychwanega Prif Swyddog Masnachol Jumbo.

Syniad da, yn de?

A ddylai archfarchnadoedd Cymru eu cyflwyno nhw hefyd? Gallwch leisio'ch barn am giwiau talu araf drwy ffonio, ysgrifennu neu e-bostio ar alessandra.thomas@acnwc.org, 01492817124, Fforwm Pobl Hŷn, Canolfan Cymunedol Eirianfa, Dinbych LL16 3TS.

**DIWRNOD AGORED GOLWG GWAN**

**Dydd Llun 20 Mawrth 2023 – 10am tan 3pm**

The ASK Centre, 9 Stryd y Dŵr, Y Rhyl, LL18 1SP

Mae'r digwyddiad i gefnogi pob maes o golli golwg.

## **NEWYDDION PWYSIG: Mae Cynllun Cymorth Biliau Ynni gwerth £400 ar gael erbyn hyn i unrhyw un sy'n talu am drydan yn anuniongyrchol**

– mae'n cynnwys y rheini sy'n byw mewn tai cysgodol, cyfleuster gofal ychwanegol, cartref gofal, cartref mewn parc neu sy'n talu eu landlord am drydan.

Os byddwch yn talu eich costau trydan i'ch landlord, sy'n cael ei ynni o gcontract masnachol, gallwch wneud cais i gael y £400 drwy'r Cynllun Cymorth Biliau Ynni.

Byddwch yn gallu gwneud cais drwy borth ar-lein y Llywodraeth. Bydd angen cyfeiriad e-bost a rhif ffôn a chyfrif banc yn y DU arnoch. Rhaid i chi wneud cais erbyn 31 Mai 2023.

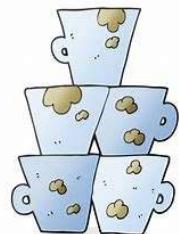
**Angen help i wneud cais?** Mae Fforwm Pobl Hŷn a Chyngor ar Bopeth Conwy yn cynnal sesiynau galw heibio yn **Hafod y Parc(Mawrth 24)**, **Hafan Gwydir (Mawrth 22)**, a **Llys y Coed** dros yr wythnosau nesaf. Os ydych chi'n byw yn un o'r cyfleusterau hyn, siaradwch â rheolwr eich cynllun i gael manylion.

Bydd mwy o sesiynau'n cael eu trefnu mewn cyfleusterau eraill – ffoniwch 01492 817 124 i gael rhagor o wybodaeth.

**Talu eich trydan yn uniongyrchol?** Fel rhan o becyn 'cymorth costau byw' y Llywodraeth, byddai pob cartref sydd â mesurydd trydan domestig yng Nghymru, Lloegr a'r Alban yn cael grant ynni o £400. Dylai'r rhan fwyaf o aelwydydd fod wedi cael pum taliad erbyn hyn (chwe thaliad ar wahân – £66 ym mis Hydref a mis Tachwedd, yna £67 am y pedwar mis sy'n weddill). Os nad ydych chi wedi cael unrhyw daliad eto, **cysylltwch â'ch cyflenwr trydan**.

### **Lansiad meddygol gogledd Cymru yn 2024.**

Mae'r ysgol feddygol yn bartneriaeth rhwng Llywodraeth Cymru, Prifysgol Bangor, Prifysgol Caerdydd a Bwrdd Iechyd Prifysgol Betsi Cadwaladr. Bydd hyfforddiant yn y cyfleuster o'r radd flaenaf yn dechrau yn 2024. Trafodwyd hyn flynyddoedd lawer yn ôl yn fforwm Bae Colwyn, a gofynnodd meddyg teulu lleol inni ysgrifennu at ein Haelodau Seneddol ac Aelodau Seneddol i geisio gwneud i hyn ddigwydd. Mae hyn yn newyddion da i Ogledd Cymru a'r gobaith yw y bydd yn helpu i wella darpariaeth gwasanaeth iechyd a chynyddu nifer y meddygon cymwys sy'n gweithio ac yn gwneud eu cartrefi yma.



**I gael gwared ar staeniau te a choffi o gwpanau, ysgeintiwch halen ar llaith a rhwbiwch nes bod y staeniau'n diflannu. Ar gyfer staeniau trymach cymysgwch hydoddiant o 50% o halen a finegr distyll.**

# Amgueddfa Home Front

Dyfarnwyd Medal Albert a'r Groes Filwrol i Albert Nevitt am ei ymdrech a'i ddewrder yn ystod y Rhyfel Byd Cyntaf. Yn ystod yr Ail Ryfel Byd, yn ei bedwardegau, ymunodd Nevitt â'r Awyrlu Brenhinol.

Ganed Albert Nevitt a'i wyth o frodor a chwiorydd ym Mhlwyf Llanrhos ym 1892 yn Stanley Oak Terrace yng Nghyffordd Llandudno. Yn bêl-droediwr dawnus, bu Albert yn chwarae'n rheolaidd i'w ysgol, Ysgol Radd Uwch Bae Colwyn, a bu'n gapten ar y tîm ar sawl achlysur. Ar ôl mynchyu Prifysgol Gogledd Cymru ym Mangor, ymunodd Albert â'i chwiorydd yn y proffesiwn addysgu cyn ymuno â'r fyddin.

Ymunodd Nevitt â'r Ffiwsilwyr Brenhinol Cymreig ar ddechrau'r Rhyfel Byd Cyntaf, cafodd ei gomisiynu fel swyddog a'i anfon i Ffryst y Gorllewin. Ym mis Mawrth 1916, tra'n gwasanaethu gyda 12fed Bataliwn y Cymry Brenhinol, argymhellwyd yr Ail Lefftenant Nevitt i'r Groes Filwrol "Am ddewrder amlwg."

Aeth Nevitt ymlaen i gymryd swydd gyda 62ain Bataliwn Wrth Gefn y Ffiwsilwyr Brenhinol Cymreig yng Ngwersyll Cinmel ger Bodelwyddan, lle cafodd y dasg o hyfforddi reciwtiaid newydd. Chwe mis ar ôl derbyn y Groes Filwrol, dyfarnwyd Medal Albert i Nevitt ar ôl tri digwyddiad mewn un mis, yn ymwneud â grenadau byw lle y peryglodd ei fywyd ei hun i achub eraill mewn dim ond mis yn unig.

Ym mis Mawrth 1918, trosglwyddodd Nevitt o'r Cymry Brenhinol i Gatrawd Frenhinol Caerhirfryn y Brenin a'r flwyddyn ganlynol fe'i crybwylwyd mewn Gohebiaethau am weithredu teiliwng. Rhoddodd y gorau i'w gomisiwn yn Ebrill 1920 a gadawodd y fyddin, gan barhau â'i yrfa fel athro.

Am 33 mlynedd, bu Nevitt yn brifathro Ysgol Deganwy ac yn un o bileri'r gymuned leol. A'i ddewrder a'i wroldeb yn dal yn amlwg, llwyddodd Nevitt i ddal tarw cynddeiriog oedd yn rhydd ar gae chwarae'r ysgol a'i dywys yn ôl i'r cae gerllaw. Sicrhodd Nevitt bod holl staff a disgyblion yr ysgol yn ddiogel y tu mewn tra aeth efo yn unig ati i ymdrin â'r tarw.

Bu farw Albert Nevitt ar 4ydd Awst 1966 yn 73 mlwydd oed.



Profwch olygfeydd a synau bywyd sifil yn ystod yr ail ryfel byd yn yr atyniad dan do unigryw hwn.

**Home Front • Stryd Newydd • Llandudno • LL30 2YF**

**Ff. 01492 871032**

**E. info@homefrontmuseum.co.uk**

*Weithiau, y bobl gryfaf yw'r rhai sy'n caru y tu hwnt i bob nam, yn crio y tu ôl i ddrysau caeedig ac yn ymladd brwydrau nad oes neb yn gwybod amdanynt.*

## **HELPFUL CONTACT NUMBERS**

**Age Connects NWC Information & Advice Line** 0300 2345 007

**Age Cymru Advice Line** 0300 303 4498

**Age UK's online benefits** 0800 169 65 65

**Alzheimer's Society** 0333 150 3456

**Attendance Allowance** 0800 731 0122 / Textphone: 0800 731 0317

**British Red Cross** 0808 196 3651

**CALL Dementia Helpline** 0808 808 2235

**Care and Repair Cymru** 0300 111 3333

**Carer's Allowance Government service** 0800 731 0297 / Textphone: 0800 731 0317

**Carers' Outreach Service** information & support for caring and carers 01248 370 797

**Carers Wales** 02920 811 370

**Cinnamon Trust** Specialist charity for older people who aren't able to care for their pet. It can arrange for volunteers to care for pets. 01736 757 900

**Community Advice & Listening Line** (C.A.L.L.) confidential support and information to people in Wales who are concerned about their mental health or that of a relative or friend. 0800 132 737

**Cruse Bereavement Care** 0808 808 1677

**Deafblind UK** providing information, practical advice, support, home visits and befriending. 0800 132320

**Diabetes UK** information, support, and services to help people manage their diabetes. 0345 123 2399

**Disability Rights UK** info on direct payments & independent living. 0330 995 0400

**Hourglass Cymru (Elder Abuse)** protect vulnerable older adults, prevent abuse, advice, information & emotional support in English and Welsh. 0808 808 8141

**Living Made Easy** info on disability equipment & assisted products. 0300 999 0004

**Mind** information on mental health issues & local support 0300 123 3393

**MoneyHelper** impartial information about financial products and services & tips on everyday money management. 0800 138 7777

**National Debtline** giving self-help advice and support. 0808 808 4000

**Pension Tracing** help finding lost pension. 0800 731 0193 /Textphone: 0800 731 0176

**Pensions Ombudsman** complaints about any pension schemes. 0800 917 4487

## HELPFUL CONTACT NUMBERS

**Ramblers** Britain's biggest walking charity, with groups across the UK. 020 3961 3300

**Reengage** monthly tea parties for small groups of older people 0800 716 543

**Royal National Institute of Blind People (RNIB) Cymru** practical and emotional support to people who are visually impaired or blind. 0303 123 9999

**Royal Osteoporosis Society** support and information 0808 800 0035

**Royal Voluntary Service** home visits, help with shopping and other tasks, community transport, meals delivered to the home, and social clubs. 0330 555 0310

**Samaritans** confidential, emotional support 24/7 to those experiencing despair, distress, or suicidal feelings. Tel.116 123

**Scope** support and advice to help disabled people 0808 800 3333

**Shelter Cymru** advice and advocacy to people with housing problems. 08000 495 495

**Silver Line** 24-hour helpline for older people – friendship & support 0800 470 8090

**Society of Genealogists** offers research material, guidance and support for people interested in family history. 020 7251 8799

**Solicitors for the Elderly** Independent organisation of lawyers who are committed to helping older people and their families and carers. 0844 567 6173

**Stepchange** providing debt advice and support. 0800 138 1111

**Tax Help for Older People** independent advice to people in later life on a low income. 01308 488066

**Telecare Services Association (TSA)** information about telecare, such as personal alarms. 01625 520 320

**Telephone Preference Service (TPS)** Free register for people who don't want to receive unsolicited sales and marketing telephone calls. Tel: 0345 070 0707

**Thrive Charity** information and guidance on making gardening easier for disabled people or people with ill health, or who are isolated or vulnerable. 0118 988 5688

**Versus Arthritis** information and support for people with arthritis 0800 5200 520

**Winter Fuel Payment** guidance on reporting changes in circumstances, and a claim form. Tel: 0800 731 0160 Textphone: 0800 731 0176

## NEXT OLDER PEOPLE'S FORUMS – NESAF FFORWM POBL HŶN

<b>Location</b>	<b>Date/Time</b>	<b>Venue</b>	<b>Guest Speakers</b>
<b>Colwyn Bay</b>	Thursday 23/03/2023 2pm	Parkway Community Centre, Rhos on Sea LL28 4SE	Citizen's Advice Senior Adviser
<b>Llanrwst</b>	Tuesday 18/04/2023 2pm	Hafan Gwydir School Bank Rd, Llanrwst LL26 0AR	
<b>Abergele</b>	Thursday 20/04/2023 2pm	Hafod y Parc, Kinmel Ave, Abergele LL22 7LX	
<b>Llanfairfechan</b>	Thursday 27/04/2023 2pm	Llys Y Coed, Cae Ffynnon Rd, Llanfairfechan LL33 0HP	Citizen's Advice Senior Adviser
<b>Llandudno</b>	Wednesday 17/05/2023 2pm	Craig y Don Community Centre Room1, Queens Rd, Llandudno LL30 1TS	Citizen's Advice Senior Adviser

"Equality is giving  
everyone a shoe.  
Equity is giving everyone  
a shoe that fits."



Susan K Gardner, Dean, College of Education, Oregon State University



**Age Connects North Wales Central,  
Eirianfa Community Centre,  
Factory Place, Denbigh LL16 3TS  
Registered Charity N. 1154403**

To subscribe, promote your group or  
activity, or contribute contact

**01492 817 124 | [alessandra.thomas@acnwc.org](mailto:alessandra.thomas@acnwc.org)**

I danysgrifio, hyrwyddo eich grŵp neu  
weithgaredd, neu gyfrannu cysylltwch

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



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