



abergele

Gwanwyn / Spring 2023

Rhifyn / Edition 60

Annwyl Ddarllenydd

Ar Fai 15fed yng Nghyfarfod blynyddol Cyngor y Dref fe ddaw f'amser fel Maer Abergele i ben. Oherwydd y pandemig a'r etholiadau lleol fe fyddaf i wedi bod yn Faer am ddwy flynedd a hanner. O ddechreuad cyfyngedig iawn ym mis Hydref 2020 oherwydd Covid fe lwyddon ni i fynd allan i lawer o ddigwyddiadau a chyfarfodydd fel yr oedd y cyfyngiadau'n cael eu codi. Fel yr ydw i'n ysgrifennu'r neges yma rydw i'n atgofio'r nifer o ddigwyddiadau ardderchog y bûm ynddyn nhw, efo fy ngwraig, Cheryl, wrth fy ochr fel fy Maeres. Rydym wedi mwynhau ein hamser yn fawr iawn, ac wedi gwneud ein gorau i wasanaethu cymunedau Abergele, Pensarn, Belgrano, Bodtegwel a Llansansiôr gyda brwdfrydedd, i gefnogi cynifer â phosibl o ddigwyddiadau.

Mae ein helusen ddewisol, Hosbis Sant Cyndeyrn, wedi elwa o nifer o ddigwyddiadau'n cynnwys y Plymio Tanc Siarcod y bûm yn rhan ohono y llynedd, ac arddangosfa tân gwyllt, 2022, yr oedd mynediad iddi'n gyfraniad i Sant Cyndeyrn. Hefyd fe gynhalion ni ddigwyddiadau codi arian llai, a chefnogi llawer o grwpiau eraill, gan gynnwys Banc Bwyd Abergele. Dydyn ni ddim wedi gorffen eto. Yn Ebrill fe fydd y Faeres yn gwneud Cerdded ar Adain noddedig i godi arian y mae llawer o'i angen ar gyfer yr Hosbis. Gwell y Faeres na fi! Un peth ydy tanc o siarcod, ond rhywbeth i'r Faeres ydy sefyll ar adain awyren fechan ar hyd at 100 m.y.a. Fe gymeraf y cyfle hwn i ddiolch i Cheryl am fod gyda mi drwy'r amser hyfryd a breintiedig, am ei chefnogaeth, a'i chymell, ac ni ellir pwysleisio gormod ei chyd-dealltwriaeth.

Mae cymaint o bobl i ddiolch iddyn nhw am eu cefnogaeth. Mandy, ein Clerc y Dref, a'i thîm Neuadd y Dref am ofalu fy mod yn y lle cywir ar yr amser cywir, ac am drefnu'r digwyddiadau y bu Cheryl a fi'n eu cynnal. Fy nghyd- gynghorwyr, gynt a nawr, (fe gawsom etholiad a nifer o newid cynghorwyr yn ystod f'amser i) am eu hyder ynof i ac am eu cefnogaeth. Y Bugail Kate Johnson am ei help a'i harweiniad fel fy Nghaplan. Y diolch mwyaf i chi, bobl Abergele, a'n busnesau am eich caredigrwydd a'ch cefnogaeth i'n helusennau, am eich gwahoddiadau i'ch digwyddiadau a'ch cyflwyniadau busnesau newydd. Rydym wedi mwynhau bod gyda chi i gyd.

Fe fyddwn yn edrych yn ôl ar y ddwy flynedd a hanner diwethaf gydag atgofion melyn o'r bobl arbennig yr ydym wedi eu cyfarfod.

Mae wedi bod yn ffrainc ac anrhydedd enfawr i wasanaethu fel Maer. Beth bynnag, fel y mae f'amser yn dirwyn i ben, fe hoffwn ddymuno'r gorau am gyfnod llwyddiannus a gwerthfawr i'n Maer etholedig, y Cynghorydd Charles McCoubrey.

Cyng Alan Hunter, Maer Abergele 2020 - 2023

Dear Reader

On the 15th May at the Town Council Annual General Meeting my time as Mayor of Abergele will come to an end. Due to the pandemic and the local elections I will have been Mayor for two and a half years. From a very restricted start in October 2020 due to Covid we were able to get out and attend so many events and functions as restrictions lifted.

As I sit writing this message, I am reflecting on the many wonderful events I have attended with my wife Cheryl by my side as my Mayoress. We have thoroughly enjoyed our time and have done our best to serve the communities of Abergele, Pensarn, Belgrano, Bodtegwel and St George with enthusiasm and to support as many events as we could.



Our chosen charity St Kentigern Hospice has benefitted from several events including the Shark Tank Dive I took part in last year, and 2022's Firework Display that was entry by donation to St Kentigern. We also held other smaller fund raisers and supported many other groups including Abergele Foodbank. We are not finished yet, in April the Mayoress will be doing a sponsored Wing Walk to raise much needed funds for the Hospice, rather the Mayoress than me, a tank of sharks is fine but standing on the top wing of a biplane at up to 100 mph is one for the Mayoress. I will take this opportunity to thank Cheryl for being with me throughout this wonderful and privileged time; her support, encouragement and understanding cannot be underestimated.

There are so many people to thank for their support, Mandy our Town Clerk and her Town Hall team for making sure I was in the right place at the right time and arranging the events that Cheryl and I have hosted. My fellow Town Councillors both past and present (we had an election and several changes of Councillors during my time) for their faith in me and for their support. Pastor Kate Johnson for her help and guidance as my Chaplain. The biggest thanks are to you the people of Abergele and our businesses for your kindness and support for our charities, for the invites to your events and business openings, we have enjoyed being with you all.

We will look back over the last two and a half years with fond memories of the wonderful people we have met.

It has been a huge privilege and honour to serve as Mayor. As my time draws to an end I would like to send my best wishes for a successful and rewarding term of office to our Mayor elect Cllr Charles McCoubrey.

Cllr Alan Hunter, Abergele Mayor 2020 - 2023

Coroni EF y Brenin Charles III / The Coronation of HM King Charles III

DATHLU CORONI'R BRENIN:

Y CYNLLUN GRANT CYMUNEDOL

'YR HELPU MAWR'

Mae Cyngor Tref Abergele'n cynnig grantiau i glwbiau, cymdeithasau, grwpiau cymunedol, ac ysgolion sy'n dymuno cymryd rhan yn 'Yr Helpu Mawr' fel rhan o Ddathliadau Coroni'r Brenin.

Cynllun **grant** unwaith-yn-unig ydy hwn hyd at **£250**.

Rhaid i'r digwyddiad fod cyn Mai 15fed, 2023

Gall eich grŵp wneud cais am y grant trwy anfon llythyr cais ar bapur swyddogol i Gyngor Tref Abergele, Neuadd y Dref, Ffordd Llanddulas, Abergele, LL22 7BT.

Y **dyddiad cau ar gyfer** ceisiadau ydy **Ebrill 3ydd, 2023**.

THE KING'S CORONATION CELEBRATION:

'THE BIG HELP OUT' COMMUNITY

GRANT SCHEME

Abergele Town Council is offering grants for Clubs, Societies, community groups and schools wishing to take part in the 'Big Help Out' as part of the King's Coronation Celebrations.

This is a one-off **grant** scheme for up to **£250**.

The event must take place before 15th May 2023.

Your group can apply for the grant by forwarding a letter of application on headed paper to the Abergele Town Council, Town Hall, Llanddulas Road, Abergele LL22 7BT.

The **closing date** for applications is **3rd April 2023**.



CORONI'R BRENIN

MAI 6, 2023




Mae'r Maer, y Cyngorydd Alan Hunter, yn gwahodd pob busnes lleol sydd gyda ffesestr gyhoeddus weladwy I gystadlu...

**Cystadleuaeth
Ffesestr Arddangos
Coron'r Brenin**

- Fe fydd y Maer a'r Faeres yn beirniadu Dydd Llun, Mai 8fed
- Gwobrau a Thystysgrifau I'r 3 ffenestr orau - 1af, 2ail, 3ydd






*The King's
CORONATION*

MAY 6, 2023




The Mayor Cllr Alan Hunter invites all local businesses with visible public window displays to enter...

**King's Coronation
Window Display Competition**

- Judging will take place by the Mayor & Mayoress on Monday 8th May
- Awards & Certificates for the best three windows - 1st, 2nd & 3rd




Nadolig yn Abergele / Christmas in Abergele

Fe gafodd y cynllun Goleuadau Nadolig newydd groeso cynnes, gyda llawer o sylwadau cadarnhaol, ynghyd â mwynhau'r 'Teddy Tree' a'r 'Selfie Bauble' ynghanol rhai o'r goleuadau newydd, sydd wedi bod yn llwyddiant mawr gyda phreswylwyr ac ymwelwyr i Abergele. Fe allon ni hefyd gynnal ein Cyngerdd Nadolig blynyddol ar ôl y ddwy flynedd ddiwethaf o gyfyngiadau oherwydd y pandemig. Y tro hwn roedd y cyngerdd yng Nghapel Mynydd Seion ddydd Gwener, Rhagfyr 9fed, ac er ei bod yn un o'r nosweithiau oeraf a gwlypaf o'r flwyddyn, fe gawsom ni berfformiadau ardderchog, gan gynnwys côr Ysgol Glan Morfa, unawdau gan fyfyrwyr Ysgol Emrys ap Iwan, Seindorf Beulah Brass, a gorffen gyda'n prif berfformiad, ein hunawdydd Mezzo-Soprano leol, Sioned Terry. Fe fwynhawyd y perfformiad gyda'r nos gan bawb. Diolch i'r datgeiniaid talentog iawn, i Mr Prys Jones arweinydd y noson, ac i bawb a oedd yn bresennol ac a gyfrannodd at y casgliad wrth y drws a oedd er budd Banc Bwyd Ardal Abergele.

The new Christmas Lighting Scheme was well received with lots of positive comments, as well as enjoyment of the 'Teddy Tree' and 'Selfie Bauble' amongst some of the new lights, which have been a big hit with residents and visitors to Abergele. We were also able to hold our annual Christmas Concert after the past two years of restrictions during the pandemic. This time saw the concert being held in Capel Mynydd Seion on Friday 9th December, and despite it being one of the coldest and wettest evenings of the year, we had some excellent performances, including the Choir of Ysgol Glan Morfa, solo performances from Emrys Ap Iwan students, Beulah Brass Band and finishing with our headline act, local Mezzo-Soprano Soloist Sioned Terry. The evening performance was enjoyed by all, thanks to the very talented performers, Mr Prys Jones who was the compere for the evening and all that attended and contributed to the retiring collection in aid of Abergele District Foodbank.



Cystadleuaeth Cerdyn Nadolig Y Maer 2022 / The Mayor's Christmas Card Competition 2022

Diwrnod anhygoel i'r Maer a'r Faeres. Bob blwyddyn mae'r Ysgolion Cynradd yn cael eu gwahodd i ddylunio Cerdyn Nadolig y Maer. Mae'r 1af, 2ail a 3ydd o'r tair Ysgol Gynradd - Ysgol Glan Morfa, Ysgol Elfod ac Ysgol Llansansiôr yn cael eu dewis. Yna, o'r 3 cherdyn sydd wedi eu dethol uchaf, mae'r cerdyn uchaf un yn cael ei ddewis. Mae'r safonau'n anghredadwy o uchel, felly mae'n dasg hyfryd, ond anodd, iawn i ddewis yr enillydd. Da iawn chi i bawb a roddodd gynnig arni; roedden ni wedi rhyfeddu gyda'ch dyluniadau. Fe ddyluniwyd Cerdyn Nadolig y Maer 2022 gan Lucy King, disgybl o Ysgol Glan Morfa. Roedd y Faeres wedi dotio gymaint gyda'r dyluniad fel y rhoddodd hi wobwr ychwanegol o gonk Nadoligaidd i Lucy.



A fantastic day Mayor and Mayoress, each year the Junior Schools are invited to design the Mayor's Christmas Card. A 1st, 2nd and 3rd from the 3 Junior Schools; Ysgol Glan Morfa, Ysgol Sant Elfod and Ysgol St George are selected, then, from the 3 first placed cards the overall winning card is selected. The standards are incredibly high so it's a very pleasant but difficult task to select the winner. Well done to everyone who entered we were so impressed by your designs. The Mayor's Christmas Card for 2022 was designed by Lucy King, a pupil of Glan Morfa. The Mayoress was so impressed by the design she awarded Lucy an additional prize of a Christmas gonk.



Top Left overall Winner, Lucy King of Ysgol Glan Morfa, being presented with her framed Christmas Card, Certificate and Gonk!

Below Left First place, Martha Smith (centre), Second place Nancy May Jones (left) and Third place Jessica Sayle (right) from Ysgol Sant Elfod.

Below Centre, Second Place Erin Field from Ysgol Glan Morfa.

Below Right, First Place Charlie Smith (right), Second Place Tabby Rowlands (centre) and Third Place Phoebe Rowlands (left) from Ysgol St George.

Ardderchog Bawb!



The Mayor's Christmas Window Competition 2022



1st Place - Cumberland House Bakery

2nd Place - The Beauty Rooms

3rd Place - Bevans

Fe ddiolchodd y Maer i'r holl fusnesau a gymerodd ran.



1 Adolygiad Blwyddyn

Fe gynhaliodd hyrwyddwr y Cynllun Lleoliad adolygiad o waith y flwyddyn, a gwneud argymhellion am welliannau. Fe fydd y pwyllgor yn adolygu blaenoriaethau eleni i weld sut y gallwn ni hyrwyddo posibiliadau ac ymgymryd â syniadau newydd.

Ychwanegiadau i'r Cynllun Lleoliad.

Mae yna 2 ychwanegiad diweddar wedi bod i restr prosiectau'r Cynllun Lleoliad. Fe ffurfiwyd pwyllgor cymuned newydd i ddatblygu awgrymiadau trac Pwmpio. Maen nhw'n cael eu hadnabod yn betrys fel Beicwyr Abergele, a byddent yn falch o glywed gan unrhywun a hoffai gymryd rhan, yn enwedig felly feicwyr ifanc. Mae prosiect Sied y Dynion ar gyfer cartref parhaol hefyd wedi ei ychwanegu at y rhestr. Fe fyddwn yn darparu cefnogaeth ble y gallwn i helpu'r grŵp cymunedol hyfryd hwn i fodeuo. Edrychwn ymlaen at weld mwy o'u creadigaethau hardd o gwmpas y dref.

Y Fforwm Busnes a Thîm y Dref

Maen nhw wedi bod yn cynnal cyfarfodydd, weithiau ar y cyd, i edrych ar nifer o ddewisiadau o ddigwyddiadau drwy Abergele. Os oes gennych fusnes ac yn edrych am gefnogaeth, neu am ffordd i gael mwy o bobl i gymryd rhan mewn digwyddiadau lleol, yna cysylltwch os gwelwch yn dda. Mae Tîm y Dref yn chwilio am wirfoddolwyr i helpu i greu a chynnal gweithgareddau yn Abergele. Os oes gennych amser wrth gefn ac eisiau helpu i gael effaith yn eich ardal leol, yna os gwelwch yn dda e-bostiwrch info@abergeletowncouncil.gov.wales.

Asesiadau Ynni Gwyrdd

Mae Gwynt y Môr a CBSC wedi cyllido 10 asesiad ynni annibynnol ar gyfer adeiladau cymunedol yn Abergele, Pensarn a Llansansiôr. Mae'r asesiadau hyn yn helpu grwpiau cymuned i gwtogi ar ddefnydd o ynni yn eu hadeiladau, sydd yn ennill yn ariannol ac yn amgylcheddol, yn arbennig felly'n ystod yr argyfwng ynni. Rydym yn awr yn edrych ar gynigion cyllid posibl ar gyfer gweithredu ar nifer o argymhellion.

Gele Gwyrdd

Mae'r Pwyllgor Cynllun Lleoliad wedi bod yn awyddus i rannu'r adborth gan y grwpiau cymuned ynghylch beth yr hofffen nhw ei weld yn cael ei ddatblygu yn Abergele, ac maen nhw wedi gosod hynny ar flaen y dyluniadau. Mae ymgynghori o'r Cynllun Lleoliad wedi ei ddefnyddio i ddatblygu cynlluniau ardal Gweithgareddau Cymuned ym Mharc Pentre Mawr, ynghyd â buddsoddiad sylweddol iawn mewn gwyrddu. Rydym yn awr yn edrych ymlaen i roi'r prosiect cyffrous hwn ar waith.

Prosiect Jiwili'r Frenhines

Ar ôl goroesi ychydig o broblemau perchen tir rydym yn awr yn gyffrous yn plannu amrywiaeth o goed coedlan mewn 3 ardal i ddathlu Jiwili'r Frenhines. Fe fyddwn yn plannu twnnel helyg ym Mharc Pentre Mawr, gwrych cynhenid yn Eglwyg Sant Mihangel, coedlan fechan, bwa helyg, a thwnnel yn ysgol gynradd Llansansiôr.

1 Year Review

The Place Plan Facilitator conducted a review of the year's work and made recommendations for improvements. The committee will review priorities this year to look at how we can maximise potential and engage with new ideas.

Place Plan Additions

There have been 2 recent additions to the Place Plan projects list. A new community committee was formed to develop Pump track proposals. They are tentatively known as Abergele Wheelers and would be interested to hear from anyone who wishes to get involved, particularly young cyclists. The Men's Shed project for a permanent home has also been added to the list. We will be providing support where we can to help this lovely community group flourish. We look forward to seeing more of their beautiful creations about the town.

The Business Forum and Town Team

Have been hosting meetings, sometimes joint, to look at a number of events options throughout Abergele. If you own a business and are looking for support or a way to get more involved with local events then please get in touch. The Town Team are looking for volunteers to help create and host events in Abergele - if you have some spare time and would like to have an impact in your local area then please email info@abergeletowncouncil.gov.wales.

Green Energy Assessments

Gwynt Y Mor and CVSC has funded 10 independent energy assessments for community buildings in Abergele, Pensarn and St George. These assessments are helping community groups to lower energy use in their buildings, which is both a financial and environmental positive, particularly during the energy crisis. We are now following up on potential funding bids for implementation of a number of recommendations.

Green Gele

The Place Plan Committee has been keen to share the feedback from community groups about what they would like to see developed in Abergele and have put that at the forefront of the designs. Consultation from the place plan has been used to develop plans for a Community Events space in Pentre Mawr Park along with a large scale investment in greening. We are now looking forward to the installation of this exciting project.

Queen's Jubilee Project

After overcoming a few landowner issues we are now excited to be planting a variety of woodland trees over 3 sites to celebrate the Queens Jubilee. We will be planting a willow tunnel in Pentre Mawr Park, a native hedge in St Michaels Church, a micro woodland, willow dome and tunnel in St George's primary school.

Angen Gwirfoddolwyr

Mae gennym lawer o syniadau gwych ar gyfer Abergele, ond i'w gwireddu mae arnom angen pobl wych hefyd. Os gallwch chi wirfoddoli, pe bai ond am awr neu ddwy y mis, fe fyddai'r grŵp In Bloom, Friends of Abergele Train Station, Abergele District Action Group ac Incredible Edible yn falch iawn o glywed gennych. Gallwch gysylltu efo Hyfforddwr y Cynllun Lleoliad am fwy o fanylion ar info@abergeletowncouncil.gov.wales

Volunteers needed

We have many great ideas for Abergele but to implement them we need great people too. If you can volunteer, even just for an hour or two a month then the In Bloom group, Friends of Abergele Train Station, Abergele District Action Group and Incredible Edible would all be most happy to hear from you. You can contact the Place Plan Facilitator for more details at info@abergeletowncouncil.gov.wales

Ymweliadau â Neuadd y Dref, ac ail-gychwyn Hurio / Abergele Town Hall Visits and Hire recommence

Mae Cyngor y Dref yn falch eu bod nhw, ar ôl tair blynedd o gyfyngiadau, wedi gallu ailagor Neuadd y Dref ar gyfer hurio i sefydliadau, Ers Chwefror 2023 mae siambr y Cyngor wedi bod yn croesawu dosbarthiadau dysgu Cymraeg trwy Brifysgol Bangor ar ddydd Mawrth, ac yn gweithredu fel canolfan frechu i Fwrdd Iechyd Betsi Cadwaladr ar foreau Llun a Mercher. Mae'n dda gweld yr adeilad yn cael ei ddefnyddio ac yn croesawu dychweliad y cyhoedd.

Mae'r Cyngor bellach yn cyfarfod wyneb yn wyneb hefyd ar ddydd Iau, ac mae croeso bob amser i aelodau'r cyhoedd ddod i gyfarfod, naill ai'n bersonol neu trwy bresenoli o bell. Os hoffech chi ddod i gyfarfod yn y dyfodol, gwelwch dudalen cyfarfodydd y wefan:

[Abergele | Meetings & Minutes](http://abergele.pensarn.co.uk)

[\(abergele.pensarn.co.uk\)](http://abergele.pensarn.co.uk) am fwy o wybodaeth. Ac am linc presenoldeb o bell, os gwelwch yn dda e-bostiwch: info@abergeletowncouncil.gov.wales

The Town Council are pleased that after three years of restrictions that they have been able to reopen the Town Hall to organisations for hire. From February 2023 the Council chamber has been hosting Welsh learner classes through Bangor University on a Tuesday and acting as a vaccination centre for Betsi Cadwaladr Health Board on a Monday morning and Wednesday. It is good to see the building being used and welcome the return of the public.

The Council is now also meeting on a Thursday face to face and members of the public are always welcome to attend a meeting either in person or by remote attendance. If you would like to attend a future meeting please see the meeting page of the website:

[Abergele | Meetings & Minutes](http://abergele.pensarn.co.uk)

[\(abergele.pensarn.co.uk\)](http://abergele.pensarn.co.uk) for further details and for the remote attendance link please email: info@abergeletowncouncil.gov.wales

Ysgol Glan Gele'n cynnal Cyngor yn Neuadd y Dref

Ddydd Iau, Chwefror 9fed, fe ymwelodd 8 disgybl o Ysgol Glan Gele â Neuadd y Dref a dod i gyfarfod â'r Maer presennol, y Cynghorydd Hunter. Fe gafodd aelodau o Gyngor yr Ysgol, o oedran 6 a 7, y cyfle i ofyn cwestiynau i'r Maer am sut y mae Cyngor y Dref yn gweithio, ac i ddweud wrtho fo am y materion yr oedden nhw'n pryderu yn eu cylch. Roedd Cyngor y Disgyblion yn gweithio'n galed i wneud eu hysgol yn lle gwell, ac roedd ganddyn hw hefyd syniadau am sut i wneud Abergele'n well hefyd. Roedd yn amlwg bod y disgyblion yn poeni am yr amgylchedd, a'u bod eisiau bod yn rhan o Fasnach Deg.

Ar derfyn sesiwn y Cyngor fe gafodd y disgyblion y cyfle i wisgo cadwen y Maer ac i eistedd yn sedd y Cadeirydd. Hefyd fe gyflwynwyd capsiwl amser i Gyngor yr Ysgol i'w lenwi gydag eitemau atgofus, fel y gallent eu claddu, a'u codi yn y dyfodol, efallai pan fyddai eu plant nhw yn yr ysgol.

Ysgol Glan Gele holds Council at the Town Hall

On Thursday, 9th February eight students from Ysgol Glan Gele's Council visited the Town Hall and got to meet the current Mayor, Cllr Hunter. The School Council members, aged between six and seven years old, had the opportunity to ask the Mayor questions about how the Town Council works and tell him about the issues they were concerned about. The Student Council was working hard to make their school a better place and they also had ideas on how to make Abergele better too. It was clear that the students cared about the environment and wanted to get involved with Fairtrade.



At the end of the council session, the students got to try on the Mayor's chain and sit in the Chairman's seat. The School Council was also presented with a time capsule to fill with memorable items so they could bury them and dig it up in the future, perhaps when their children attend the school.

ST. PAUL'S METHODIST CHURCH

As we journey through Lent considering our own manner of preparation for the Easter events to come, we realise again what an important time for self examination and meditation this season is. Through Lent and Easter we recognise that Christ crucified, the pure and blameless person, son of God, made this sacrifice for us. He descended into hell and rose again to sit at God's right hand and became the Saviour of the World, atoning for all our sins. We praise the name of Jesus and feel renewed and forgiven by his sacrifice. Hallelujah!

Do come and join in our Easter services - you will be made very welcome.

- ♦ **MAUNDY THURSDAY April 6th 10.30am** - a Service led by Deacon Linda, commemorating the Last Supper, with Holy Communion.
- ♦ **GOOD FRIDAY April 7th 10.30am** - when we remember Jesus dying on the cross. Deacon Linda will lead our thoughts.
- ♦ **EASTER DAY April 9th 10.30am** - celebrating Jesus rising from the dead. A Service will be led by Revd. Chris Gray and will include Holy Communion.



MESSAGE FROM DEACON LINDA

Dear Friends

If you wear glasses as I do, then each year a reminder comes through the post to let me know that I must make an appointment for the opticians, and I am well overdue.

This may be the same for yourselves, we get prescribed either glasses or contact lenses which help us see clearly. Good vision gives us the right perspective and enables us to function well. However, when we first try out a new prescription, we may find that it takes a while to get used to the corrected vision. Things can be a little strange at first, as though we cannot see clearly, but gradually our eyes adjust and we begin to see very well.

As we journey towards our time of Lent and the Easter season, we see too that this is a time of adjusting to a new vision. God has done an incredible work. The tomb has been emptied. Death has been defeated. On the Sunday of the resurrection, our hearts fill with joy and our voices raise with the hymns of new life.

As we now begin to meet in fellowship together in church may we like the early church use our Easter lenses, to live the way of love as your church and in your world. We have seen what God has done in Jesus Christ, we no longer live in fear, but with a radical love for all go out to show the love he has given for us as we follow the example of our risen Lord.

Let us continue to be the people of Easter whose vision has been forever changed by what God has done in Jesus Christ our Lord.

With Blessings to you all ~ Deacon Linda



ST. MICHAEL'S CHURCH

On Easter we celebrate because - Jesus is risen, he is risen indeed!

St Michael's Easter services

- ♦ Easter Sunday, 9th April 8am Holy Eucharist, 11am Holy Eucharist.

St George Church, Easter Sunday

- ♦ 9:30am Holy Eucharist

Look for other activities during Holy Week on the Church notice boards.

Rev Kate Johnson

CONWY
COUNCIL BOROUGH COUNCIL

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A FREE WARM DRINK AND SNACK ARE AVAILABLE DURING THESE TIMES:

ABERGELE WEDNESDAYS 3:30 - 6:30	CERRIGYDRUDION TUESDAYS 2:00 - 4:30	COLWYN BAY TUESDAYS 3:30 - 6:30	CONWY TUESDAYS 3:30 - 6:30	KINMEL BAY WEDNESDAYS 2:00 - 5:30
LLANDUDNO THURSDAYS 3:30 - 6:30	LLANFAIRFECHAN FRIDAYS 10:45 - 12:45	LLANRWST WEDNESDAYS 10:30 - 1:00	PENMAENMAWR TUESDAYS 2:00 - 4:30	PENRHYN BAY THURSDAYS 3:00 - 5:30

Abergele Library, Market Street, Abergele, LL22 7BP 01492 577505	Cerrigydrudion Library, King Street, Cerrigydrudion, LL21 9TF 01492 577547	Colwyn Bay Library, Woodland Road West, Colwyn Bay, LL29 7DH 01492 577510	Conwy Library, Conwy Culture Centre, Town Ditch Road, Conwy, LL32 8NU 01492 576089	Kinmel Bay Library, Community Centre, Kendal Road, Kinmel Bay, LL21 9TF 01492 577537
Llandudno Library, Mostyn Street, Llandudno, LL30 2RP 01492 574010	Llanfairfechan Library, Village Road, Llanfairfechan, LL33 0AA 01492 577538	Llanrwst Library, Glasdir, Plas yn Dre Llanrwst, LL26 0DF 01492 577545	Penmaenmawr Library, Bangor Road, Penmaenmawr, LL34 6DA 01492 577548	Penrhyn Bay Library, Llandudno Road, Penrhyn Bay, LL30 3HN 01492 577549

● Relax with a book ● Enjoy some quiet time ● Chat with friends
● Read the newspaper ● Do your homework
● Play a game or do a jigsaw

LLYFRIGLLEDDO CONWY LIBRARIES
Arleir gae Lywodraeth Cymru
Funded by Welsh Government

CONWY COMMUNITY WELLBEING TEAM

“ Really enjoyed the session, after the session I felt very calm and had no anxiety all day!
Living through challenging times participant

“ The first night of the course I slept until 6am - result!
Sleep therapy participant

“ I go to all sorts now, in fact I don't think there is a class I don't go to!
Duty referral attended mind, body and dance sessions.

ARE YOU OVER THE AGE OF 65?

Would you like to find out what groups, activities and services are available in your local area or online to support your wellbeing such as:

- Befriending services
- Community transport schemes
- Social groups
- Exercise classes
- Walking groups
- Mindfulness and relaxation
- Arts and crafts
- Singing and dance

Contact the Community Wellbeing Team today for more information:

01492 577449
stayingwell@conwy.gov.uk
Monday - Friday 9am - 4pm

<https://www.facebook.com/conwywellbeing/>
<https://www.conwy.gov.uk/en/Resident/Leisure-sport-and-health/Community-wellbeing/Community-wellbeing-team.aspx>
<https://www.dewis.wales/>
Mae'r ddogfen hon ar gael yn Gymraeg hefyd

CONWY
COUNCIL BOROUGH COUNCIL

Tîm Lles Cymunedol
Community Wellbeing Team

ABERGELE BRANCH, ROYAL BRITISH LEGION

The branch meets every 4th Tuesday of Jan/Mar/May/July/Sept/Nov at 7.30pm at the Gwestry Glyndwr Guest House, Pensarn. We would welcome new members, whether ex service or not, it is those who wish to be involved in aiding and assisting to help organise and take part in Remembrance Day events, socials and welfare. Please make the effort and enjoy the service atmosphere!

Over the past year we have been, as usual, busy with the Poppy Appeal; the amount collected was an amazing £11,000. Thank you all for your kindness and effort in helping us. The sadness of our late Queen's passing cannot go unacknowledged: we, the many who have served her, shared the grief of the nation and we were proud to see the Military take the forefront in paying our respects.

We now have a King, for some of you a brand new experience.

The British Legion has been at the forefront of welfare to all ex service personnel for over 100 years and we are proud, and excited to inform you that 2024 will be our 100th year of service to those in need. We hope to hold a series of events to celebrate the occasion and hope that you will look out for dates and occasions in the local press. It is hoped that you, the people of Abergele, will help us in our achievement, please watch out!

If you wish to donate, participate or even join us, contact:

Iain on 07539372589 or Ken on 07450117086.

Thank you.



Abergele Camera Club News



Well, here we are in 2023, the Camera Club started the year albeit a bit slow it has been very difficult for the club as St Paul's remains closed to us, due to building works. Once again, the Pen-y-Bont has been a great host to the club evenings. On the 23 January 2023 we had the Hamish McPhee Challenge trophy, which was an open competition where each member submitted two pictures of any genre that they had taken during the year.



It's with great sadness that I inform you Tudor Owen Williams a Life member of the Abergele Camera Club passed away on the 25 February 2023. Tudor was highly valued, for his photographic ability and expertise, with macro and close up photography. Tudor setup the clubs Tudor Williams Trophy Challenge for insect close up photography.



The Mayor and Mayoress kindly attended the meeting, where the Mayor presented the Trophy to Carl Bishop, whose image of a squirrel was voted this year's best photograph. Well done Carl! In February the club had its AGM and the new club year started in March.. The club's website is www.abergelecameraclub.co.uk, we can be contacted via the site's contact us page.

Hummingbird project news

hummingbird project



Community Support Along the North Wales Coast

Pam Lake gave an update on how the donation received from Abergele Town Council had been used. Most of the donation had been spent on Keep Warm kits, as there had been a huge demand for these during

the winter months, and they were all very well received. We gave a total of 75 kits to individuals and families along the coast with 30 going to people living in the Abergele area. The comments were extremely heart-warming;

- "the blanket is so soft we are all cuddled under it drinking hot chocolate, thank you"
- "I can't believe you have given me a blanket and a hot water bottle, we were talking about how much we would have loved to be able to afford this, thank you"
- "I have been using my only blanket as a curtain because the pole is broken and the window is so draughty, this is amazing, thank you"

We have also been able to top up some Christmas gifts for specific requests which was incredibly helpful. Please pass on our thanks to everyone at the Town Council for being 'Hummingbirds'.

We have worked for the last 16 months out of my family home. Our garage is permanently full of

things for those in need. Our spare bedroom is a workshop for putting packs together and our conservatory has been a toy shop from November through to January. This has given professionals the opportunity to come and collect toys for vulnerable children. We are growing quickly, in terms of support and need and it isn't sustainable to keep doing this from home.

We have found somewhere that will meet our needs but we need you to help us fund and equip it. If you have seen what we do, helped us by donating or know of people we have helped please consider chipping into our fundraiser. We totally understand that times are tough and not everyone has money to spare, but if you can do so we would be very grateful, if not please help us by sharing our crowdfunding link which can be found on the Hummingbird Project social media pages.

For more information or to make a donation please contact Pam Lake at hummingbirdsNW@mail.com or through the Facebook page

**The Hummingbird Project
North Wales.**





Abergele Mayoress Cheryl Hunter will be taking a flight on a Biplane...

"Yes ON not in"

On Saturday 22nd April 2023 Mayoress Cheryl will be harnessed to the top wing to raise funds for St Kentigerns Hospice, the Mayor and Mayoress's chosen charity, which holds a special place in the heart of the Mayoress as they provided their exceptional care for her Father, for which she will be eternally grateful.

All costs of the event will be paid for by the Mayor and Mayoress so all donations will go straight to St Kentigerns.

Donations can be made at the Hoptomist.

[Abergele Town Council is fundraising for St Kentigern Hospice](#)



JustGiving™

Dewi Sant Drop In



Every Thursday morning
9.30am-12 noon

Open to everyone
Join us for a cuppa, a chat and
some company

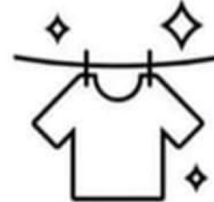
Canolfan Dewi Sant Centre,
South Parade,
Pensarn



HOME START

Conwy

Community
Clothes Share
Project
Chat and Play



Pre-used children's clothing
in good, clean condition.
Running alongside the after
school club

Held at St Mary's Church in Towyn,
Towyn Rd, Towyn, Abergel, LL22
9EN

Held on the first Monday of every
month from 3:30pm – 5:30pm
Starting again on 7th February

Contact Revd. Jan Crane
07913061363



abergele



<https://www.abergelepensarn.co.uk>

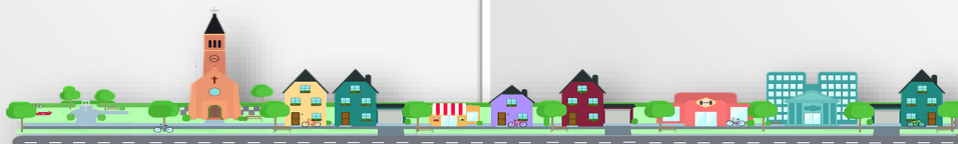
Mae'r wefan yma i helpu i hyrwyddo diddordebau,
gweithgareddau a gwybodaeth am ardal Abergel i
bawb sy'n dymuno gwybod.

Os ydych am i'ch neges gyrraedd y gymuned,
ymwelwch a'r wefan i weld sut y gallai weithio i chi.
Boed y ddigwyddiad cymunedol, yn apel am
wirfoddolwyr, neu ddim ond poster i ddweud pwy
ydych a beth yr ydych yn ei wneud, anfonwch eich
gwybodaeth i:

The website is here to help promote interests,
activities and information about the Abergel area
to all who want to know.

If you want to get your message out to the
community, visit the website to see how it could
work for you. Whether it's a community event, an
appeal for volunteers or just a poster saying who
you are and what you do, send your information to:

info@abergeletowncouncil.gov.wales





Foodbank opening hours

Mondays [Abergele](#) 10am – 2pm
Tuesdays [Kinmel Bay Church](#) 11am - 1pm
Wednesdays [Abergele](#) 10am – 2pm
Thursdays [Abergele](#) 10am – 2.00pm
Fridays [Kinmel Bay Church](#) 11am - 1pm



Here at Abergele District Foodbank we have had the busiest run up to Christmas as well as post Christmas with record donations of food and finances as well as record numbers of food parcels distributed.

We are so grateful to everyone that has supported us with generous donations of time, money, and food. Without you we would not be able to do what we do! As well as food parcels we provide over 100 luxury hampers to families in the community!

We continue to provide compassionate support to people facing increasingly difficult situations.

If you need help with food, benefits advice or are finding that you are struggling with debt then please contact us and we will see what we can do to help.

You can find us here:

Platform 2, Abergele and Pensarn Station, Station Approach, Pensarn, Abergele, Conwy LL22 7PQ

These are our contact details:

Abergele Community Action E: info@abergeleaction.co.uk T: 07709 552336

Abergele District Foodbank E: info@abergeledistrict.foodbank.org.uk T: 01745 826570

Kinmel Bay Foodbank E: kbcelaine@gmail.com T: 01745 369450

Abergele Foodbank: 01745 826570 m: 07851 982512

Kinmel Bay Foodbank: 01745 369450

E-mail: info@abergeledistrict.foodbank.org.uk

Abergele Community Money Advice

E: paul.abergelecma@gmail.com T: 07384 596585 E: stuart.abergelecma@gmail.com T: 07895 499600



HYSBYSEBU RHAD!

Fe hoffai Cyngor Tref Abergele groesawu busnesau newydd sydd wedi agor yn ddiweddar yn Abergele / Pensarn.

Mae hawl gan unrhyw fusnes lleol i ofod rhad ar ein gwefan, ac fe gynhwysir eich cyflwyniad ar ein tudalennau cyfrwng cymdeithasol hefyd Peidiwch ag oedi.

Ymwelwch â'n gwefan heddiw.

www.abergelepensarn.co.uk

FREE ADVERTISING!

Abergele Town Council would like to welcome new businesses which have recently opened in Abergele/ Pensarn.

Any local business is entitled to a free listing on our website and your submission will be posted on our social media pages too.

Don't delay, visit our website today...

www.abergelepensarn.co.uk

Llyfrgell Abergele Library



Cofiwch am ein grwpiau **Ffrindiau Darllen** -

- mae'r grwp i ddysgwyr Cymraeg yn cyfarfod bob pythefnos ar brynhawn Iau rhwng 2 - 3 o'r gloch,
- grŵp i blant rhwng 8 - 12 oed yn cyfarfod bob yn ail bore Sadwrn rhwng 11 - 12 o'r gloch.
- grwp Ffrindiau Darllen i oedolion yn cyfarfod yn fisol.

Fel rhan o'r cynllun **Croeso Cynnes**, rydym yn cynnig diod poeth a snac a'r brynhawn Mercher rhwng 3:30 a 6:30.

Dewch draw i ddarllen y papurau newydd, chwaraewch gêm neu gnewch jig-so, gnewch eich gwaith cartref neu bori trwy ein llyfrau.

Mae'r llyfrau i gyd ar gael i'w benthyg yn rhad ac am ddim ac os ydych chi'n mwynhau darllen ar-lein, gallwch lawrlwytho ein e-lyfrau a'n llyfrau llafar yn ogystal.

Cofiwch fod croeso i chi o hyd yn y llyfrgell.

'Da ni'n edrych ymlaen at eich gweld.



Don't forget about our **Reading Friends** groups too -

- the Welsh learners group meet once a fortnight on Thursday afternoons at 2 - 3 p.m.
- the children's group for ages 8 - 12 meet every other Saturday morning from 11 - 12 p.m.
- our Reading Friends group for adults meet monthly.

As part of the **Warm Spaces project**, a warm drink and a snack is available every Wednesday afternoon from 3:30 to 6:30pm.

Call by to read the newspapers, play some board games or do a jigsaw, do your homework or browse our books.

All books are free to borrow and if you prefer to read online, we have downloadable e-books and audio books - come and say hello!

AMSER STORI'R LLYFRGELL!
LIBRARY STORY TIMES!

Dewch i ymuno ag amser stori o dan 5 oed yn llyfrgelloedd Conwy

Come and join our Conwy Libraries under 5's story times!

ABERGELE
DYDD LLUN / MONDAYS 10 - 10:30
01492 577505

BAE COLWYN / COLWYN BAY
DYDD MERCHER / WEDNESDAYS 10:30 - 11
DYDD GWENER / FRIDAYS 10:30 - 11
01492 577510

CONWY
DYDD LLUN / MONDAYS 11 - 11:30
01492 576089

LLANDUDNO
DYDD LLUN / MONDAYS 11 - 11:30
DYDD GWENER / FRIDAYS 2 - 2:30
01492 574010

LLANRWST
DYDD IAU / THURSDAYS 10:30 - 11
01492 577545

CONWY
CYNGOR BIRYDDISTEIR GIGOL
COUNTY BOROUGH COUNCIL

Professional & Friendly Advice
from
Abergele's only Insurance Broker

-  HOME
-  MOTOR
-  BUSINESS
-  LANDLORDS
-  TRAVEL
-  STATIC CARAVANS
-  MOTOR BREAKDOWN

Contact us on: **01745 825142**

Email us at: enquiries@abergeleinsurance.co.uk

Call in to: 17 Chapel Street, Abergele LL22 7AW

Abergele Insurance Consultants Ltd is Authorised and Regulated by the Financial Conduct Authority.



Be the first to receive our Newsletter...

Prefer to receive a digital copy of the Newsletter straight to your inbox? Please email on the address below and we will add you to our electronic mailing list.

info@abergeletowncouncil.gov.wales



Abergele Stroke Club /

Clwb Stroc Abergele

Have you survived a Stroke?

Abergele Stroke Club meets every fortnight at the Canolfan Dewi Sant, Pensarn and we welcome all stroke survivors and their helpers

Last year ended with interesting talks on defibrillator and resuscitation, Fire Service talk on safety in the home etc, and not forgetting our fantastic afternoon with Bobby Gold entertaining us with everyone participating.

This year we started with a very informative talk by The Woodlands Skill Centre on the courses they run to try and preserve the old traditional bushcraft work, and also all the groups they help.

We are looking forward to varied talks and activities from RLNI, Sight and Sound, Therapy Dogs Nationwide who will bring their furry companions and chair yoga to name but a few.



Fe hoffai Cyngor Tref Abergele gynnig y cyfle i bob clwb, sefydliad ac elusen i hysbysu'n darllenwyr beth sydd ar gael iddyn nhw yn Abergele. Gofynnwn i chi anfon erthygl o ddim mwy na 150 gair mewn dogfen Word, ynghyd ag un ffeil jpeg o'ch logo neu lun, ddim hwyrach na'r dyddiad cau ar dudalen ôl y Cylchlythyr.

Abergele Town Council would like to offer all clubs, associations, and charities the opportunity to inform our readers what is available to them in Abergele. We ask you to send no more than a 150 word article in a Word document together with one jpeg file of your logo or a photo no later than the closing date on the rear page of the Newsletter.



CLWB RYGBI

ABERGELE

The Junior section continues its progress with 10 teams between U7's and U16's with all teams playing regularly and increasing numbers across all age groups. Congratulations to Jorgie Lynch, Troy Fazackerley, Bobby Barnaby and Harvey and Hayden Meyers who have been selected for RGC U15's.

Both Senior teams, women's and men's, are glad to be getting regular fixtures following the pandemic and are always on the lookout for new players of any experience.

The Club were very pleased to once again help out and support the Christmas Float, we are always happy to support the community which supports us.

We currently have over 300 players across the 3 sections but we are always on the lookout for players of virtually any age and ability and also volunteers who feel they could find a little time each week to help out. The Club website is: <http://abergele.rfc.wales> and Facebook page: <https://www.facebook.com/CRAbergele/> please log on to keep up to date with your local rugby team.



The Abergele Women's Institution meets at 7pm on the third Thursday of each month at the Youth & Community Centre, Abergele (next to the Library)

For ladies who would like to come along to our meetings, we can assure them of a welcoming and friendly atmosphere.

During 2023 we will be having a variety of speakers including Trace your Ancestors, cookery demonstrations, yoga & the Air Ambulance.

In addition to our monthly meetings, we have a number of other groups; Craft & Chatter, Book Club, Walking Group and Lunch and Supper Clubs. We have also recently added a cinema and theatre club so there's something of interest for everyone.

Please contact the Secretary Denise for further information.



Abergele 1st Rainbows for ages 4—7 meet on Wednesdays (Term-Time ONLY) 5.30pm—6.30pm in the Old People's Club, Church Walks, Abergele. For more information please contact:

2ndabergelebrownies@gmail.com

07752745421—Helen



Abergele 2nd Brownies for ages 7—10 years, meet on Wednesdays (Term-Time ONLY), 6.45pm—7.45pm in the Old People's Club, Church Walks, Abergele. For more information please contact:

2ndabergelebrownies@gmail.com

07752745421—Helen



Abergele 1st Guides for ages 10—14, meet on Wednesdays (Term-Time ONLY), 8pm—9pm, in the Old People's Club, Church Walks, Abergele. For more information please contact:

2ndabergelebrownies@gmail.com

07752745421—Helen



Abergele Garden Society



Abergele Garden Society meets on the second Monday of every month (except December and January) in Mynydd Seion Chapel Rooms, Llanfair Road, Abergele, LL22 7AW. Annual membership is £10 single, £15 for a couple, payable in April.

We are affiliated to the [Royal Horticultural Society](#) which bestows a number of benefits on our members.

If you have any questions about our meetings or the Society in general, please contact us via the website link (www.abergele.gardensociety.org.uk) where we also list our speakers' programme on our [Calendar of Events](#) page.



Abergele Youth Shed Weekly Sessions



Plus: Breakfast Club Wednesday 7:45-8:45

Here at Abergele Youth Shed we run activities throughout the week and half term including our workshops and activities based between ages of 10-20.

We include general sessions all with fun and educational values, a place to meet new people and learn social skills.

We also have our workshops learning digital skills, sports training, and breakfast clubs, these are all run by expert and qualified youth workers.

Ardal Dwyrain Conwy

Mae'r ardal y Dwyrain yn cynnwys- Abergele, Pensarn, Belgrano, Towyn, Bae Cinnel, Groes, Llanefydd, Llansannan & Llanfair TH

Amserlen- Ebrill – Gorffennaf 2023

Dydd Llun

10am – 11:30am

Aros a Chwarae
Hefo Ymwelwyr Iechyd Dechrau'n Deg. Chwarae, craft, canu and snacs. Therapydd Iaith a Lleferydd ar gael am gyngor.

Canolfan Dinorben, Abergele
Cysylltwch i ddarganfod mwy- 01492 577757

1pm-2pm

Tylino Babi
Amser i ymlacio hefo'ch babi.

Canolfan Dinorben, Abergele
Cysylltwch Marilyn am fwy o wybodaeth- 03000 856800

1pm-3pm

IAS Drop in (Bob yn ail wythnos)
Galwch heibio am sgwrs hefo Sally or Gwasanaeth Awtistiaeth Integredig.

Canolfan Dinorben, Abergele
01352 702090

2:00-3:00pm

Paned a Sgwrs
Gyda Ffion ac Anwen, paned ar gael.

Ysgol y Foryd, Bae Cinnel
Am fwy o wybodaeth cysylltwch a Ffion 01492 577757

3:45-5:30pm

Gofalwyr Ifanc
Craft, gemau a snac i gofalwyr ifanc. Bob yn ail wythnos.

Canolfan Dinorben, Abergele
Ffoniwch Kerry i ddarganfod mwy- 07932006309

Dydd Mawrth

9:30am -12pm

Cyngor Budd-Dal
Cyngor a cymorth gan Swyddog Budd-Dal.

Canolfan Dinorben, Abergele
For more information call- 01492 577757

1pm-4pm

Helpa Fi Stopio
Cyngor ar ysmygu gyda Jo.

Canolfan Dinorben, Abergele
Ffoniwch am apwyntiad - 08000 852219
www.helpmequit.wales

Ar ôl ysgol -5pm

Awr Synhwyraidd
Sesiwn ryngweithiol sy'n canolbwyntio ar brofiadau synhwyraidd. I blant gyda anghenion dysgu ychwanegol ac anabledau.

Canolfan Dinorben, Abergele
Cysylltwch a Lousie os hoffech chi ddod - 01492 575598

Dydd Mercher

9am-10:30am

Paned a Sgwrs
Sesiwn hefo Gweithwyr Teulu Amy ac Angharad. Diod poeth a tost ar gael.

(4ydd Dydd Mercher y mis- paned gyda plismon)

Canolfan Dinorben, Abergele
07720159021

9am- 11am

Cymru Gynnes
Galwch heibio am gynor am ynni, chynheswedd fforddiadwy, diogelwch catref a iechyd a lles personol.

Canolfan Dinorben, Abergele
alisonjones@warmwales.org.uk

9:30 – 4:30pm

Uned Diogelwch Trais Teuluol
Sesiwn galw heibio am gymorth a gwybodaeth gan weithwyr trais domestic Rachael.

Canolfan Dinorben, Abergele
Am fwy o wybodaeth, cysylltwch ar- 01492 577757

2 – 3pm

Bod yn Dad
Gweithgareddau hwy i unrhyw taddau a'u plant, gyda Lois ac Anwen.

(Bydd 'Bod yn Dad' noli tymor nesaf)

Ysgol Y Foryd, Bae Cinnel
01492 577757

Ar ol ysgol tan 4:30pm

Awr o Hwyl
Chwarae i'r teulu cyfan

Canolfan Dinorben, Abergele
01492 577757

Ar ôl ysgol –4:15pm

Sesiwn i bobl ifanc
Cyswllt - Gemma 01492 576168 (Gweithwyr Ieuenctid Ardall)

Canolfan Dinorben, Abergele

Dydd Iau

9:10-11:30 am

Ti a Fi Abergele
Canolfan Dinorben, Abergele
Cynhelir gan Mudiad Meithrin- 07707749063

9:30- 12:30pm

Cymunedau dros Waith
Galwch heibio am gymorth a chyngor ar waith.

Canolfan Dinorben, Abergele
01492 577757

1pm-3pm

Siarad Harddegau
Cychwyn yn mis Mawrth. Ddarganfydd fydd effeithiol o fagu plant yn eu harddegau a rhannu profiadau hefo rhieni eraill.

Ysgol Maes Owen, Bae Cinnel
07864801220

1:30-3pm

Bwmp i Babi
Darllen stori, tylino babi a ioga babi hefo Cymraeg i Blant.

Canolfan Dinorben, Abergele
01492 577757

1:30 - 3pm

Grŵp Cymorth Fwydo ar y Fron
Hefo Ymwelydd Iechyd Sara Jones.

Canolfan Dinorben, Abergele
07825244738

Dydd Gwener

9:30 am -12pm

Clwb Gwnio
Grŵp cyfeillgar. Nid oes angen profiad!

Canolfan Dinorben, Abergele
Cysylltwch a Homestart i ddangos ddi-ddordeb - 01492 860842

10:30am – 12:30pm

Coginio'n rhad i'r teulu (Pobty Araf)
Grŵp coginio gyda Pauline o Abergele Community Action. (Bob yn ail wythnos)

Canolfan Dinorben, Abergele
01745 826570

1:00-2:00 pm

Sgwrs i rhieni
Cyfle i rhieni o dan 21 i gael paned, cwrrd a rhieni eraill a sgwrs hefo Ffion, ein Gweithwyr Teulu.

Canolfan Dinorben, Abergele
Am fwy o wybodaeth cysylltwch ar 01492 577757

Ti a Fi

Mae Angharad o'r tim yn ymweld a grwpiau ardaloedd weledig bob tymor- Llanfairtalhaearn, Llansannan, Llanefydd and Groes. Cysylltwch i ddarganfod lle a pryd- 01492 575666

East Conwy

The East area covers- Abergele, Pensarn, Belgrano, Towyn, Kimmel Bay, Groes, Llanefydd, Llansannan & Llanfair TH

Timetable- April- July 2023

Monday

Stay and Play
With Flying Start Health Visitors.
Play, craft, singing and snacks.
Speech and Language Therapist
available for advice.
Canolfan Dinorben, Abergele
Call to find out more- 01492 577757

Baby Massage
Time to relax with your baby.
Canolfan Dinorben, Abergele
Contact Marilyn for more
information- 03000 856800

Integrated Autism Service
Drop in (Every other week)
Pop in for a chat with Sally from the
Integrated Autism Service
Canolfan Dinorben, Abergele
01352 702090

Cuppa and a chat
With Ffion and Anwen.
Hot drinks provided.
Ysgol Y Foryd, Kimmel Bay
Call Ffion to find out more-
01492 577757

Young Carers
Craft, games and snacks
for young carers.
Every other week.
Canolfan Dinorben, Abergele
Contact Kerry to find out more-
07932006309

Tuesday

Benefits Advice
Advice and support from a Welfare
Rights Officer.
Canolfan Dinorben, Abergele
For more information call- 01492
577757

Help Me Quit
Smoking advice appointments
available with Jo.
Canolfan Dinorben, Abergele
Please book:
08000 852219
www.helpmequit.wales

Let's get Sensory
An interactive session centred
around sensory experiences for
children with ALN and disabilities.
Canolfan Dinorben, Abergele
Please contact Louise to let her know
if you'd like to come
01492 575598

Wednesday

Cuppa and a Chat
With Amy and Angharad.
Hot drinks and toast provided.
(4th Wednesday of the month- Cuppa with
a copper)
Canolfan Dinorben, Abergele
07720159021

Warm Wales
Drop in for advice on energy,
affordable warmth, money maximisation,
home safety, health and personal
wellbeing and basic needs.
Canolfan Dinorben, Abergele
alisonjones@warmwales.org.uk

DASU Drop in
Advice and support from
Rachael on domestic abuse and healthy
relationships.
Canolfan Dinorben, Abergele
01492 577757

Being Dad
Open to all dads and father
figures. Fun activities for dads and their
children,
with Lois and Anwen
Ysgol Y Foryd, Kimmel Bay
01492 577757

Let's Get Busy
Play for all ages, fun for all the family!
Canolfan Dinorben, Abergele
01492 577757

Youth Drop in
After School - 4:15pm
Contact - Gemma (Area Youth
Worker)
Canolfan Dinorben, Abergele
01492 576168

Thursday

Ti a Fi Abergele
Canolfan Dinorben, Abergele
Run by Mudiad Meithrin-
07707749063

Communities For Work
Drop in for advice and
support on employment.
Canolfan Dinorben, Abergele
01492 577757

Talking Teens
Starting in March.
Explore effective ways of
parenting teenagers and share
experiences with other parents.
Ysgol Maes Owen, Kimmel Bay
07864801220

Tummy to Tots
Storytime, baby massage &
baby yoga with Cymraeg I Blant.
Canolfan Dinorben, Abergele
01492 577757

Breastfeeding Support
Group
With Health Visitor Sara Jones.
Canolfan Dinorben, Abergele
07825244738

Friday

Sewing Group
A friendly group with Homestart.
No experience is needed!
Canolfan Dinorben, Abergele
Please call Homestart to show an
interest.
01492 860842

Cooking for the whole
family on a budget (Slow Cookers)
(Every other week)
With Pauline - Abergele Community
Action
Canolfan Dinorben, Abergele
10:30am - 12:30pm

Parents Natter
Group for parents under 21 to meet
other parents and catch up with Ffion,
our Family Worker.
Canolfan Dinorben, Abergele
To find out more please call
01492 577757

Ti a Fi

Angharad from the team
visits groups in the rural
areas every term-
Llanfairtalhaearn,
Llansannan, Llanefydd
and Groes. Get in touch
if you would like to know
when and where 01492
575666



**CYNGOR TREF
ABERGELE**



Neuadd y Dref a Swyddfa'r Cyngor/

Town Hall & Council Offices

Ffordd Llanddulas / Llanddulas Road

Abergele Conwy LL22 7BT

info@abergeletowncouncil.gov.wales

01745 833242

CYFARFODYDD I DDOD / FORTHCOMING MEETINGS

Fe gynhelir cyfarfodydd y Cyngor sydd i ddod ar y nosweithiau Llun ac Iau canlynol, gan ddechrau am 6.45y.h. Mae croeso i aelodau o'r cyhoedd ymuno â'r cyfarfodydd yn rhithiol, a dylent gysylltu â'r Clerc i gael linc y cyfarfodydd wedi ei anfon iddyn nhw trwy e-bost.

Forthcoming meetings of the Council will be held on the following Monday and Thursday evenings commencing at 6.45pm. Members of the public are welcome to join the meetings and should contact the Clerk for the meeting link to be sent to them by e-mail.

Dyddiad / Date	Cyfarfod / Meetings
6ed Ebrill / 6th April 2023	Ordinary / Cyfarfod Cyffredinol
13eg Ebrill / 13th April 2023	General Purpose & Planning / Amcanion Cyffredinol A Chynllunio
20fed Ebrill / 20th April 2023	Policy & Finance / Pwyllgor Polisi A Chyllid
4ydd Mai / 4th May 2023	Ordinary / Cyfarfod Cyffredinol
11eg Mai / 11th May 2023	General Purpose & Planning / Amcanion Cyffredinol A Chynllunio
15fed Mai / 15th May 2023	Annual Meeting / Cyfarfod Blynnyddol
18fed Mai 23 / 18th May 2023	Policy & Finance / Pwyllgor Polisi A Chyllid
25ain Mai 23 / 25th May 2023	Place Plan / Cynllun Lleoliad

ADNABOD EICH CYNGHORWYR / KNOW YOUR COUNCILLORS:

Pentre Mawr

Cyngh/Cllr. Maria Davies
Cyngh/Cllr. Diane Green
Cyngh/Cllr. Gwyn Hughes
Cyngh/Cllr. Paul Edwin Luckock*
Cyngh/Cllr. Charles McCoubrey*
Cyngh/Cllr. Ann Williamson

Gele

Vacancy
Cyngh/Cllr. Pauline Heap-Williams
Cyngh/Cllr. John Jones
Cyngh/Cllr. Shirley Jones-Roberts
Cyngh/Cllr. Andrew Wood*
Cyngh/Cllr. Keilah Yarwood

Pensarn

Cyngh/Cllr. Tracey Brennan
Cyngh/Cllr. Alan Hunter*
Cyngh/Cllr. Nick Williams

Llansansiôr/St. George

Cyngh/Cllr. D Fetherstonhaugh

*hefyd Cyngorwyr Bwrdeistref Sirol Conwy

*also Conwy County Borough Councillors

Clerc y Dref / Town Clerk Mrs Mandy Evans

Ffôn / Tel 01745 833242

CYDNABYDDIAETH / ACKNOWLEDGEMENT



Council articles translated by
Mr John Ffrancon Griffith



Y RHIFYN NESAF/ NEXT ISSUE

Dyddiad cau derbyn erthyglau ar gyfer y rhifyn yr Haf fydd:

The closing date for receipt of articles for the Summer issue will be:

06.06.2023

admin@abergeletowncouncil.gov.wales



@Abergele Pen-sarn



@abergelecouncil