



abergele

Gwanwyn / Spring 2024

Rhifyn / Edition 63

Annwyl Ddarllenydd

Y gwanwyn fu fy hoff amser o'r flwyddyn erioed, ac mae'r dyddiau hirach a'r gwell tywydd i'w croesawu'n arbennig eleni ar ôl yr hyn sydd wedi teimlo fel gaeaf hir a gwlyb.

Mae'r Nadolig yn amser prysur yn y Calendr Maerol. Roedd ein cyngerdd Nadolig blynyddol yn Eglwys Sant Mihangel ar Ragfyr 1af yn llwyddiant mawr. Cafodd y gynulleidfa lawn ei diddanu gan Gôr Alaw, Seindorf Bres Beulah, a chorau o Ysgol Glan Morfa ac Ysgol Elfod, a phawb yn ardderchog. fe hoffwn gofnodi fy niolch i'r Parch Kate ac i gynulleidfa Sant Mihangel am groesau'r digwyddiad hwn, ac i'n busnesau lleol hael iawn a gyfrannodd wobrau ar gyfer y raffl elusennol, gan godi £489.70 gwyd i'm dewis elusen, Cardiac Risk in the Young.

Mae'n hysgolion yn dal i wneud gwaith rhyfeddol yn dysgu'n pobl ifanc. Fe gefais i ddiwrnod hynod o bleserus yn ymweld â'n hysgolion i rannu gwobrau cystadleuaeth cerdyn Nadolig y Maer. Roedd nifer o wynebaw llon, a brwdfrydedd a phroffesiynoldeb y staff yn amlwg i'w gweld. Fe gefais hefyd y cyfle i ymweld â phump o'n cartrefi gofal, a'n cartrefi cymorth lleol. Unwaith eto roeddwn yn rhyfeddu at dosturi a brwdfrydedd yr holl staff, ac roedd y preswylwyr i gyd yn ymwybodol iawn o hynny ac yn canmol yn fawr y gofal yr oedden nhw'n ei gael.

Yn Chwefror fe ddathlon ni ganmlwyddiant Lleng Brydeinig cangen Abergele gyda chyflwyno Penwn coffadwriaeth arbennig a Gwasanaeth Eglwys yn eglwys Sant Mihangel. Mae'r sefydliad yn darparu cefnogaeth hanfodol ar gyfer cymuned y lluoedd arfog, ac mae eu perthynas weithgar agos gyda Chyngor y Dref yn cael ei werthfawrogi'n fawr.

Fe ddaw fy nhymor swyddogol i ben ar Fai 2ail yn ein Cyfarfod Cyffredinol Blynyddol. Mae wedi bod yn frainc ac anrhydedd i gynrychioli'n tref fel Maer. Mae'r gefnogaeth gan holl staff Cyngor y Dref, a'r hyder ynof gan fy nghyd-aelodau wedi bod yn amhrisiadwy. Fe fu'r Parch. Kate fel fy nghaplan yn ffynnon o gyngor doeth a chefnogaeth, a bu'n bleser cael fy ngwraig, Gaynor, wrth fy ochr fel Maeres. Fe hoffwn ddiolch i'm Dirprwy Faer, y Cynghorydd Diane Green, am ei chefnogaeth drwy'r flwyddyn, ac rydw i'n dymuno pob llwyddiant iddi fel y Faeres etholedig y flwyddyn nesaf.

Fy niolch mwyaf i'r nifer fawr o wirfoddolwyr sy'n gweithio'n anhygoel o galed o fewn ein cymunedau, ac i'n busnesau lleol sy'n eu cefnogi. Mae Abergele'n lle ffantastig i fyw ynddo ac rydw i'n falch iawn ohono fel fy nhref gartref. Diolch yn fawr iawn i chi gyd.

Y Cynghorydd Charlie McCoubrey Maer y Dref 2023/24

Dear Reader

Spring has always been my favourite time of the year and the lengthening days and improving weather is especially welcome this year after what has felt like a very long and soggy winter.

Christmas is a busy time in the Mayoral Calendar. Our annual Christmas concert held in St Michael's Church on the 1st December was a huge success. The packed church was entertained by the brilliant Cor Alaw Choir, Beulah Brass band and choirs from Ysgol Glan Morfa and Ysgol Sant Elfod. I would like to record my thanks to Rev. Kate and the congregation of St Michael's for hosting this event and all our very generous local businesses who donated prizes to the charity raffle raising a magnificent £489.70 for my chosen charity Cardiac Risk in the Young.



Our local schools continue to do an amazing job educating our young people. I had a thoroughly enjoyable day visiting our schools to award prizes for the Mayor's Christmas card competition. Lots of smiling faces and the enthusiasm and professionalism of the teaching staff was clear to see. I

also had the opportunity to visit five of our local care homes and assisted living homes. Once again I was struck by the compassion and enthusiasm of all the staff and this was universally recognised by the residents who were very complimentary about the care that they received.

In February we celebrated the 100th anniversary of the Royal British Legion, Abergele Branch with the presentation of a special commemorative pennant and a Church Service in St Michael's. The organisation provides vital support for the armed forces community and their close working relationship with the Town Council is most appreciated.

My term as Mayor will come to an end on the 2nd May at our Annual General meeting. It has been a huge honour and a privilege to represent our town as Mayor. The support from all the Town Council staff and the confidence placed in me by my fellow elected members has been invaluable. Rev Kate as my Chaplain has been a font of sage advice and support and it has been a pleasure to have my wife Gaynor by my side as Mayoress. I would like to thank my Deputy Mayor Cllr. Diane Green for her support throughout the year and I wish her every success next year as Mayor elect.

My biggest thanks of all go to the huge number of volunteers who work incredibly hard within our communities and our local businesses who support them. Abergele is a fantastic place to live and I am very proud to call it my home town. Diolch yn fawr iawn i chi gyd.

Cllr. Charlie McCoubrey Town Mayor 2023/24

Cangen Lleng Brydeinig Abergele 100fed Penblwydd

RBL Abergele Branch 100th Anniversary



Roedd Chwefror 16eg, 2024, yn 100fed penblwydd Lleng Brydeinig cangen Abergele. Mae Cyngor y Dref wedi cael y fraint o gydweithio'n agos gydag aelodau lleol y gangen dros y blynyddoedd. Fe wahoddwyd y cynrychiolwyr Mr Craig Smallwood a Kenneth Baker i fod yng nghyfarfod Cyffredinol y Cyngor ddydd Iau, Chwefror 15fed, 2024. Yn ystod y cyfarfod fe gyflwynodd y Maer, y Cynghorydd Charlie McCoubrey Benwn Penblwydd 100 oed iddyn nhw i goffáu'r garreg filltir benblwydd arbennig hon. Yna fe gyflwynodd aelodau'r Lleng 'Dystysgrif Gwerthfawrogiad' wedi ei fframio i'r Maer ac aelodau Cyngor Tref Abergele. fel arwydd o edmygedd a gwerthfawrogiad am gymorth y Cyngor gyda'r gangen leol.

Fe gynhaliwyd gwasanaeth o ddatlu yn Eglwys Sant Mihangel, ddydd Sul, Chwefror 18fed, am 3.00 y.h. dan arweiniad y Parch. Kate Johnson, Roedd darlleniadau gan Stephanie Smallwood, a'r Maer, y Cynghorydd Charlie McCoubrey, ac yna fe gyflwynwyd y Penyn i'r Faner. Fe bwysleisiodd y gwasanaeth neges deimladwy 'Gwasanaeth nid yr Hunan'. Yn dilyn y gwasanaeth fe gafwyd lluniaeth ysgafn yn yr Eglwys, gan roi cyfle i'r gwesteion gymysgu a rhannu storïau.

The 16th February 2024 marked the 100th Anniversary of the Royal British Legion Abergele branch. The Town Council has been privileged to work closely with the local branch members over the years. Representatives Mr Craig Smallwood and Kenneth Baker were invited to attend the Ordinary meeting of the Council on Thursday 15th February 2024. At the meeting Mayor Cllr. Charlie McCoubrey presented them with a 100 Year Anniversary Pennant to commemorate this special anniversary milestone. RBL branch members then presented the Mayor and members of Abergele Town Council with a framed 'Certificate of Appreciation' as a mark of esteem and appreciation for the Council's assistance with the local branch.

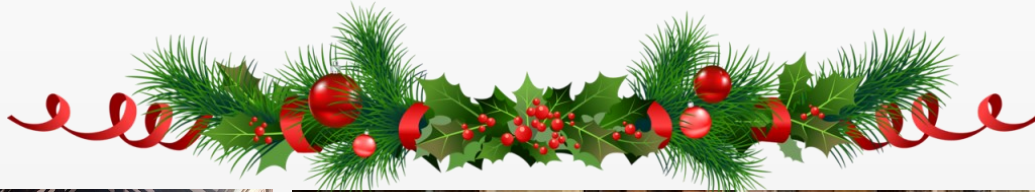
A Church Service of celebration took place on Sunday 18th February at 3pm in St Michael's Church led by Rev. Kate Johnson, there were readings from Stephanie Smallwood, and the Mayor Cllr. Charlie McCoubrey, followed by the presentation of the Pennant to the Standard, the service emphasized the poignant message of 'Service not Self'. Following the Service refreshments were served in the Church giving guests the chance to mingle and share stories.



Cyngerdd Nadolig Cyngor Tref Abergele

Abergele Town Council Christmas Concert

Fe gynhaliodd Cyngor Tref Abergele ei gyngerdd Nadolig blynyddol ddydd Gwener, Rhagfyr 1af, 2023, yn Eglwys Sant Mihangel. Roedd yn noson lwyddiannus heb fod un sedd wag. Prif artistiaid y cyngerdd oedd Côr Alaw ardderchog dan arweiniad Dilwyn Price, a ddiddanodd y gynulleidfa gyda'i gyflwyno gwych! Fe ymunwyd â Chôr Alaw gan ysgolion lleol, Ysgol Sant Elfod ac Ysgol Glan Morfa, y ddwy wedi perfformio'n rhyfeddol fel ag y gwnaeth Beulah Brass gyda pherfformiadau clasurol traddodiadol, a ofalodd bod y gwesteion yn barod am dymor y Nadolig. Digwyddiad trwy docyn oedd cyngerdd eleni gyda'r cyllid yn mynd i ddewis elusen y Maer, sef CRY (Cardiac Risk in the Young). Fe godwyd £489.70. Fe hoffai Cyngor Tref Abergele ddiolch i bawb a fynychodd a chefnogi'r cyngerdd, a hefyd i'r Parch Kate Johnson a chynulleidfa Sant Mihangel a gynorthwyodd ar y noson, ac i bawb a gymerodd ran. Diolch arbennig i fusnesau lleol a gyfrannodd wobrau raffl a dderbyniwyd yn ddiolchgar gan rai enillwyr lwcus!



Abergele Town Council held its annual Christmas Concert on Friday 1st December 2023 in St Michael's Church. It was a successful evening with not an empty seat! The concert was headlined by the magnificent Cor Alaw Choir led by Dilwyn Price who entertained the audience with his excellent compering! Cor Alaw were joined by local schools Ysgol Sant Elfod and Ysgol Glan Morfa who also performed wonderfully as did Beulah Brass with some traditional classics performed, which certainly got the guests ready for the festive season. This year's concert was a ticketed event with funds being raised towards the Mayor's chosen charity, CRY (Cardiac Risk in the Young) raising £489.70. Abergele Town Council would like to thank all those who attended and supported the concert, Rev. Kate Johnson and St Michael's congregation that assisted on the evening, and all those that took part. Special thanks to the local businesses who donated raffle prizes that were gratefully received and ended the evening with some lucky winners!

Cystadleuaeth Ffenestr Nadolig y Maer 2023

The Mayor's Christmas Window Competition 2023

Fe gynhaliodd y Maer y Gystadleuaeth Ffenestr Nadolig Flynyddol yn Rhagfyr. Roedd yn ffantastig gweld yr holl ymdrech a wnaed gan y busnesau lleol, ac fe aeth gwobrau eleni i - yn gyntaf North Clwyd Animal Rescue; yr ail i Edwards Opticians, a'r trydydd i Siren Hair by Billie. Fe ddiolchodd y Maer, y Cynghorydd Charlie McCoubrey, i'r holl fusnesau am eu gwaith caled, a dweud ei fod wedi mwynhau cerdded drwy'r dref i feirniadu'r gystadleuaeth ac i gyflwyno'r gwobrau.

The Mayor held the Annual Christmas Window Competition in December. It was fantastic to see all the effort made by the local businesses and this year's prizes went to: in first place North Clwyd Animal Rescue; second place to Edwards Opticians and third place to Siren Hair by Billie. The Mayor Cllr. Charlie McCoubrey thanked all the businesses for their hard work and said he had enjoyed walking the town to judge the competition and award the prizes.



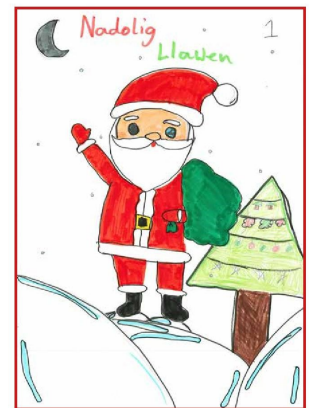
Cystadleuaeth Cerdyn Nadolig Y Maer 2023 / The Mayor's Christmas Card Competition 2023

Bob blwyddyn mae ysgolion cynradd Abergele'n cael eu gwahodd i ddylunio cerdyn Nadolig y Maer. Fe ddewisir safle 1, 2, a 3 ym hysgol - Ysgol Glan Morfa, Ysgol Sant Elfod ac Ysgol Llansansiôr. Yna fe ddewisir prif enillydd o'r 3 cherdyn gorau. Roedd safon y cardiau Nadolig yn anhygoel o uchel eleni, a Cherdyn Nadolig y Maer ar gyfer 2023 oedd eiddo Wangechi Wahome o Ysgol Sant Elfod. Da iawn yn wir i bawb a gystadlodd.

Each year the junior schools in Abergele are invited to design the Mayor's Christmas Card. A 1st, 2nd, and 3rd place are chosen at each of the schools; Ysgol Glan Morfa, Ysgol Sant Elfod and Ysgol St. George. An overall winner is then selected from the 3 first placed cards. The standard of Christmas cards was incredibly high this year and the Mayor's Christmas Card for 2023 was designed by Wangechi Wahome of Ysgol Sant Elfod. A huge well done to Wangechi and all who entered.



Left: Overall winner Wangechi Wahome



Right: Wangechi's Design

Ardderchog Bawb!



1af dros L-R - 1^{af} Wangechi Wahome, 3^{ydd} Esme Evans, 2^{ail} Amelia Evans o Ysgol Sant Elfod

2ail llun dros L -R - 1^{af} Siwan Szymanska, 2^{ail} Griff Prichard, 3^{ydd} Alaw George o Ysgol Glan Morfa

3ydd llun dros L-R - 3^{ydd} Darcie Jones, 1^{af} Charlie Jacob Smith, 2^{ail} Tabitha Rowlands o Ysgol Llansansiôr

1st photo above L-R - 1st place Wangechi Wahome, 3rd place Esme Evans, 2nd place Amelia Evans from Ysgol Sant Elfod

2nd photo above L-R - 1st place Siwan Szymanska, 2nd place Griff Prichard, 3rd place Alaw George from Ysgol Glan Morfa

3rd photo above L-R - 3rd place Darcie Jones, 1st place Charlie Jacob Smith, 2nd place Tabitha Rowlands from Ysgol St George

Mae Prosiect Gele Gwyrdd bellach wedi ei gwblhau, gyda nifer o goed, gwrychoedd a phlannu arall newydd wedi eu hychwanegu i barciau Gele a Phentre Mawr. Fe fydd yna beth gwaith cynnal a chadw i ofalu bod y planhigion a choed newydd yn cael y cyfle gorau posibl i oroesi ac i'w sefydlu eu hunain. Ond mae pob gwaith adeiladu wedi ei gwblhau.

Mae'r llwybrau newydd ym Mharc Gele wedi eu cwblhau, ac wedi bod ar agor ers diwedd yr haf, gyda bin newydd wedi ei osod yn yr hydref. Mae gwaith adeiladu'r lle digwyddiadau hefyd wedi ei orffen. Yn anffodus bu raid gohirio agor y lle yma oherwydd tywydd gwlyb eithriadol yr hydref a gafwyd yng Ngogledd Cymru eleni, sydd wedi golygu bod yr ardal o amgylch y lle wedi bod yn wlyb iawn, a heb allu mynd arno. Y bwriad ydy ailhau'r ardal hon, ond rydym yn aros tan ddiwedd rhew'r gaeaf er mwyn sicrhau sefydlu llwyddiannus. Yn ystod yr ychydig wythnosau nesaf rydym yn gobeithio am dywydd sychach fel y gellir lleihau rhyw ychydig ar godiad y lefelau pridd, er mwyn medru hyrwyddo cynnal a chadw, ac yna fe wneir yr hau ddechrau Ebrill. Er bod y gohirio'n anffodus, ac er y byddem wedi gallu parhau dan amgylchiadau anffafriol, fe fydd yn fanteisiol yn yr hir-dymor gan na fyddai ansawdd y gwaith gorffenedig ddim cystal, a byddai sefydlu gwael wedi arwain at broblemau ar y safle.

Yn y cyfamser fe fyddwn yn gweithio gyda swyddogion tîm y dref a phwyllgor Cyngor y Dref/Cynllun lleoliad ar ddigwyddiad lawnsio. Gobeithio y gall grwpiau cymunedol, busnesau ac efallai fandiau fod yn rhan o hynny hefyd. Mae'r safle wedi ei greu i wasanaethu fel ardal ddigwyddiadu cymunedol ac yn lle digwyddiadau gyda chynllun hyblyg i ganiatáu llochesi i'w defnyddio fel ardal berfformio gyda chylch canol ar gyfer y gynulleidfa, neu'r cylch canol ar gyfer y perfformiad gyda'r gynulleidfa wedi eu gwasgaru fwy. Fe fyddai'n ddefnyddiol casglu meddyliau a syniadau am beth y gellid ei gyflawni, ac a oes yna unrhyw ddigwyddiadau eraill wedi eu cynllunio yn y parc neu o'i gwmpas yn y dyfodol. Rydym yn gwirioneddol edrych ymlaen at y digwyddiad cyntaf.

The Green Gele Project is now complete, with a number of new trees, hedging and other planting added to both Parc Gele and Pentre Mawr Park. There will be some ongoing maintenance work to ensure the new plants and trees are given the best opportunity possible to survive and establish themselves, but all construction work has been completed.

The new paths in Parc Gele are completed and have been open since late Summer, with a new bin installed in the Autumn. The construction of the event space is now also complete. Unfortunately, we have had to delay opening up this space due to the extremely wet Autumn we have experienced in North Wales this year which has resulted in the area immediately surrounding the space being saturated and inaccessible. The intention is to re-seed this area but we are waiting for the end of the winter frosts to ensure successful establishment. In the next few weeks we are hoping for some drier weather so that the gradient of the earth mounds can be reduced slightly to ease ongoing maintenance and then the seeding will be carried out in early April. Whilst the delays are unfortunate, it will prove beneficial in the long term as, whilst we could have proceeded in sub-optimal conditions, the quality of finish would not be the same and poor establishment would have led to further issues on site.

In the meantime we will be working with the Town Team Officers and the Town Council/Place Plan Committee on a launch event. Hopefully local community groups, businesses and possibly bands can be involved in this too. The space has been created to serve as a community activity area and an event space with a flexible design allowing the shelters to be used as a performance area with a central circle for the audience or the central circle for the performance with the audience being more spread out. It would be useful to gather thoughts and ideas of what may be achieved and whether there are any other planned events in or around the park in the future. We are really looking forward to the first event.

Cyngor Tref Abergele Town Council Digwyddiadau i ddod / Upcoming Events

- Annual General Meeting / Mayor Making - Thursday 2nd May 2024 at 6.45pm at Abergele Town Hall
- D-Day Celebration Thursday 6th June 2024 - Beacon Lighting on Pensarn Promenade and further information to follow
- Abergele Fireworks Display 2024 - Saturday 2nd November - Display times and details to follow
- Remembrance Sunday Parade and Church Service - Sunday 10th November 2024
- Christmas Concert - Friday 6th December 2024 - Further information to follow



The Mayor Cllr Charlie McCoubrey is FLYING HIGH FOR CRY (CARDIAC RISK IN THE YOUNG)

SATURDAY, MAY 4TH 2024



Donations can be made via the link on [Justgiving](#) or cash donations can be made at either Abergele Town Hall or The Hoptomist

<https://www.justgiving.com/page/abergele-town-council-atc-1710766276337>

[All donations gratefully received](#)

- ◆ VELOCITY
- ◆ AERO EXPLORER
- ◆ FOREST COASTER
- ◆ CAVERNS

ALL PROCEEDS TO



abergele



MAJOR LOTTERY GRANT FOR SIED DYNION ABERGELE MEN'S SHED



Abergele Men's Shed have secured a grant of £500,000 from the National Lottery People and Places Community Programme. The grant is to undertake the refurbishment of their building at the rear of Market Street in Abergele. At the moment the building is just a shell with four walls and no roof. When the refurbishment is complete the two-story building will provide two ground floor workshops, and a community space at first floor level.

Abergele Men's Shed spokesperson Doug Jackson said, "This project has been four years in the making. We wanted a permanent base and bought the derelict building which has been an eyesore to Abergele since the 1980s. We expect work will begin in the spring and be completed by the end of this year. We are indebted to the local community who have supported this project, advising on its development and who will now see a return for the lottery tickets they have purchased over the years. We are also grateful to the National Lottery who understand the benefit this will bring to the Abergele community and funded plans for this development."

Abergele Men's Shed is one of eighty similar organisations in Wales. They are a charity providing support and activity for older gentlemen to use their lifetime of skills to give something back to their local community. The Abergele Shed was founded in 2015 in a wooden shed on a car park at the rear of Itaca. Since then they have had two separate temporary bases. Throughout this time they have helped many people and groups in Abergele by carrying out repairs, upcycling and making garden furniture. Wherever possible their work is done with recycled materials. They don't always charge but request a donation for the work they carry out.

Currently they are based on Tayna Business Park in two small workshops they helped restore. They meet every Monday, Tuesday and Wednesday in the morning and welcome anybody who would like to help their community or learn new skills.

Further information can be obtained from Doug Jackson on 01745 825085.



ST. PAUL'S METHODIST CHURCH

- Maundy Thursday** - 10.30am. Holy Communion led by Deacon Linda Brown and Rev. David Woodward
- Good Friday** - 10.30am. Reflective Service led by Deacon Linda Brown
- Easter Sunday** - 10.30am. Celebration Service, including Holy Communion, led by Rev. Malcolm Weatherby

This is one of the highlights of the Christian year when we celebrate the resurrection of Jesus Christ on Easter Day. Do come and join us for the services when we ponder before then, on the last supper on Maundy Thursday and the crucifixion on Good Friday before Easter Day.

An Easter message from Deacon Linda is given below.

EASTER MESSAGE

Jesus was a morning person

Are you a morning person? I love mornings, I will wake up with the alarm and get straight out of bed, making my first cup of tea, taking time to enjoy the peace and quiet, taking the time to think through the day ahead before the streets are aired. Mistakes have not yet been made, ideas thought and nobody quite knows exactly how the day will pan out. It's exciting, if we allow it to be.

The Bible is full of references to the morning, everyday experience to illustrate the refreshment and renewal that Christians believe is on offer through the presence of God. The book of Lamentations reminds readers that, "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning". Psalm 30 gives the encouragement that "Weeping may last for the night, but joy comes with the morning".

Mornings, especially early ones, give great potential. Perhaps this is why Jesus embraced them, too. Luke's gospel tells us that Jesus would preach in the temple "early in the morning". Mark's gospel similarly reports that Jesus would get up "very early in the morning, while it was still dark", in order to pray. And, perhaps most significant of all, the resurrection of Jesus was discovered "at dawn on the first day of the week" (Matthew 28:1). Easter Sunday is a time when Christians remember that the extraordinary, history-shaping resurrection of Jesus means a fresh start. A new day, filled with space for forgiveness, celebration and hope. The resurrection is the sign to all who wish to see it that death - in all its thievery and pain - is not the end, and that another reality is possible. As is often the case in life, this idea is perfectly summed up by the inimitable Nina Simone: "It's a new dawn, it's a new day, it's a new life for me; and I'm feeling good".

Blessings to you all this Easter, Deacon Linda Brown.

Below is a silk painting kindly loaned to us by Glan Gele Infant School. It shows the scene on Good Friday with the three crosses and the distraught women watching the suffering of those on the crosses, particularly JESUS of course. The school has a series of these paintings which show the scenes starting on Palm Sunday right through to the empty tomb on Easter Day.



ST. MICHAEL'S CHURCH, ST. GEORGE & CDSC

Holy Week and Easter Services

Maundy Thursday - 7pm Last Supper and stripping of the altars - St. Michael's Church

Good Friday -	12noon	Good Friday Liturgy - Canolfan Dewi Sant Centre, Pensarn
	1pm	The Solemn Reproaches of the Cross - St. George Church
	2pm	The Last Hour - St. Michael's Church

Easter Sunday -	8am	Holy Eucharist - St. Michael's Church
	9:30am	Holy Eucharist - St. George
	11am	Holy Eucharist - St. Michael's



Easter egg hunt in the Church and an Easter Piñata!

- ◆ Please see the bulletin boards and Facebook page for St Michael's and for other events and services



CHRIST IS RISEN! HE IS RISEN INDEED!

Celebrate with joy and delight!
 Easter blessings to you and yours!
 Rev. Kate Johnson



Incredible Edible (I.E.) Abergele & Pensarn

The I.E. vision is to create kind, confident and connected communities.

Abergele and Pensarn I.E. aims to bring people together to grow food in public places for everyone to share.

Our group spends time sowing seeds, planting and growing. We welcome anyone who wants to work with us and grow food in our town planters, to join us.

Abergele has a new community allotment site and we will have a plot, where we can grow organic plants for the existing planters in town at:

- Pensarn roundabout
- Local businesses including, Snowdonia Wool, Rainbows and Dragons and The Bull Pub.
- Abergele primary schools
- Pentre Mawr Park - Butterfly friendly garden & Willow tunnel
- Abergele Library
- St Michael's Church



These areas may look a little sad now, but as Spring approaches, they will grow again.

For more information or get involved please contact: Pam Luckock

T: 07740 302894 /

E: geleadag@gmail.com

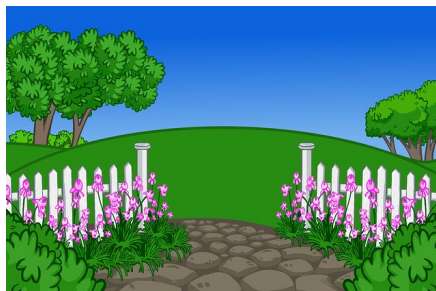
Open Garden Events

On the weekend of June 8th/9th 2024 our gardens at 33 Bryn Twr & Lynton LL22 8DD will be opening for the last time for the National Garden Scheme Charity. We will be open on both days admission £5, children free. There will be teas/cake etc. with those funds going to St Kentigern Hospice.

This will be our 30th year of opening the gardens and we would like to thank everyone for all the support we have had over the years, so we hope as many people as possible will come and visit for our last time of opening.

Many thanks,

Colin Knowlson MBE, Ann Knowlson, Bryn Roberts & Emma Knowlson-Roberts



Canolfan Dewi Sant Centre



Canolfan Dewi Sant Centre in Pensarn has started the year with a packed diary of various activities and groups available. There is no need for anyone in this community to be lonely with all the various social activities taking place here - everyone is welcome!

The weekly Church in Wales Service takes place here on Tuesdays at 10.30am. There are many community support groups here plus Pensarn Food Share; Martial Arts for all ages with Pritchard's Martial Arts; Habit Fitness; Walk Fit Aerobics classes, Yoga and Chair Yoga; Citizens Advice Conwy; Abergele Stroke Club; Abergele U3A groups; Welsh Blood Service; Singation Pop Choir; Hearing Aid Clinic; the Eat Well Spend Less programme; Adferiad; Mind Conwy plus other groups.

The Dewi Sant Drop In takes place here every Thursday from 9.30am to 12 noon. This is open to everyone to drop in for a cuppa, cake, and some good company.

Jo Leslie of the North Coast of Wales Centre of Mission also has various community groups here including a Community Meal, Young at Heart for over 55s, a Menopause Café, BB's Brunch Bunch and a Transform Service at 11am on Sundays.

To find out more about any of these activities or to enquire about booking rooms here, please contact Theresa Curran on 07975 543020, find Canolfan Dewi Sant Centre on Facebook, email dewisant@btconnect.com or go to www.dewisantcentre.com



Wedi ei ariannu gan Llywodraeth y DU



TÎM LLES CYMUNEDOL CONWY

Darparu cyngor a gwybodaeth i oedolion sy'n byw yn Sir Conwy, ar amrywiaeth o weithgareddau a grwpiau sydd ar gael yn yr ardal leol, er mwyn cefnogi eich lles.



Funded by UK Government



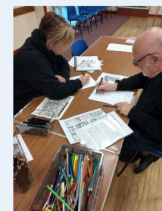
CONWY COMMUNITY WELLBEING TEAM

Providing advice and information to adults living in Conwy County, on a range of activities and groups available in the local area, in order to support your wellbeing.

"Roeddwn yn nerfus cyn dod ond roeddwn eisiau dod gan fy mod yn gallu bod yn hynod o unig ac yn diflasu gartref. Ni allwn gredu pa mor hyfryd ydoedd a bod modd i mi wneud ffrindiau ar unwaith!"



"I was so nervous before I came but I wanted to come as I can get so lonely and bored at home. I couldn't have believed it was going to be just so lovely and that I would make friends straight away!"



"Rwyf wedi cwrrd â phobl hyfryd ac wedi cael llawer o wybodaeth. Rwyf bellach yn mynychu'r grŵp gwau a sgwrs ac mae hyn yn fy helpu i deimlo'n llai unig"



"I met some lovely people and found out a lot of information I am now attending the knit and natter and this is helping my loneliness"



Ffôn: 01492 577449

Ebost: arosyniach@conwy.gov.uk



Call: 01492 577449






Email: stayingwell@conwy.gov.uk



Dementia Friendly Abergele

We were thrilled to be invited to deliver a Dementia Friends Information Session to Ysgol Sant Elfod School Council Members ranging between 7 and 11yrs old.

We chatted about:

-  All the things our brain helps us to do
-  Every day tasks like getting dressed
-  We had fun with a ball of wool making the connections
-  Our memories being like a big bookcase
-  Finally, they turned understanding into action, by making a pledge to become a Dementia Friend



Some of the words highlighted by the children when we spoke about how someone living with dementia may feel if they're struggling to do daily tasks were "*Frustration*" "*Anxious*" "*Embarrassed*".

When we spoke about what they can do in support of them, some words shared were "*Kindness*" "*Patience*" "*Help*" "*Have fun together*"

Maria Davies, who organised the event shared that they all really enjoyed it and added "*It was lovely to hear them talk about family members, I said to one of the teachers, you would never know about their different experiences and how many are affected without having the conversation today, thanks so much*"

Thank you for the opportunity and to the children for being so open to this. We hope to return to create even more Dementia Friends in Ysgol Sant Elfod and other schools.





Abergele District Foodbank



PLATFORM 1
ABERGELE AND PENSARN STATION

**ABERGELE
COMMUNITY
SHOP**

**OPEN EVERY
THURSDAY**

12PM TILL 3PM
£5 MEMBERSHIP FEE
£3.50 PER VISIT

You can pay on the day or pay for your subscription in advance.

FOR MORE INFORMATION PLEASE SEE OUR WEBSITE
WWW.ABERGELECOMMUNITYSHOP.CO.UK

As well as providing emergency food parcels, we are able to help you with managing your money, including providing advice on debt management.

e: info@abergeledistrict.foodbank.org.uk

t: [07851 982512](tel:07851982512)

Established as a Social Supermarket:

Abergele Community Shop redistributes food, consisting of high-quality products that have been supplied by Fareshare. Fareshare is the UK's national network of charitable food redistributors, made up of 18 independent organisations, taking good quality surplus food from right across the food industry and supplying frontline charities and community groups.

[#fareshare](#) [#CVSC](#) [#UKSharedProsperityFund](#)
[#StopUKHunger](#)

See the link on our website for more details:

<https://www.abergeleaction.co.uk/community-shop>



HYSBYSEBU RHAD!

Fe hoffai Cyngor Tref Abergele groesawu busnesau newydd sydd wedi agor yn ddiweddar yn Abergele DISTRICT IN WELSH.

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 the Abergele District.

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



During this year's Children's Mental Health Awareness Week, Abergele library drew attention to the Reading Well for Children collection.

The Reading Well collection helps children of all ages to understand and manage their health and wellbeing by reading from a recommended collection of books.

The books are recommended by health experts and professionals.

Books and audiobooks are available at your local library as well as downloadable e-books.

Reading Well is delivered by The Reading Agency in partnership with 'Libraries Connected'.

Children's Mental Health week is a mental health awareness week that equips and empowers all children and young people.

AMSER STORI'R LLYFRGELL! LIBRARY STORY TIMES!

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

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



“The more you **read**
the more **things** you know.
The more that you **learn**
the more **places** you'll go.”
-Dr. Seuss

 **YOUR
LIBRARY**

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 in-
box? Please email on the address below and we will
add you to our electronic mailing list.

info@abergeletowncouncil.gov.wales





CLWB STRÔKE ABERGELE ABERGELE STROKE CLUB

(covering Abergele, Pensarn, Kinmel Bay & Towyn)

Have you survived a stroke (or know someone who has)?

Would you be interested in joining in with other stroke survivors who meet fortnightly on Thursday afternoons (2-4pm) at the Dewi Sant Centre in Pensarn?

Last year ended with interesting talks from Flintshire Disability Forum and Vision Support. Club members also enjoyed Chair Yoga with Maggie, Photography with George, Afternoon Tea with the Rotary Club and lunch at Llandrillo College. Not to mention our craft sessions and visit from the singer Max Chard.

This year we have already enjoyed informative talks from North Wales Police and Jo from The Church Army and we're going to Tweed Mill

Shopping Centre. We get out and about!



So what are you waiting for?

Get in touch with Sharon Makin on 01745 608318 or Barbara Pilley on 01745 823534



ABERGELE DISTRICT FLOWER CLUB



We would like to extend a warm welcome to anyone who may wish to come along to our club to enjoy a night of friendship and flowers. You are very welcome to come as a visitor, entrance fee £8. We hold our meetings at St. George Village Hall, St. George on the first Monday of the month. However, due to Bank Holidays, the April meeting will be held on Monday 8th April and the May meeting will be on Monday 13th May. The demonstrations commence at 2pm. Sit back with a cup of tea/coffee/biscuits and watch the gifted demonstrators show you how to make the most of the flowers, giving rise to inspiration for new and experienced flower arrangers alike.

Any further information is available from our Chairman

Mair Bissell - 01745 825906

or Registrar

Rosemary Gilmartin - 01745 582427

Cymdeithas Arddio Abergele Garden Society



March 11th 2024. Joe Wainwright, Photographer, on how best to take garden photos with pictures of gardens not too far from us.

April 8th 2024. Valerie Williams "More a piece of nature" Gardens in Sweden

May 13th 2024. Jill Cawthrey from Chicken Street on "The Shady Side."

June 10th 2024. Keith Bankier "Spring Flowers of Crete."

July 8th 2024. Howard Drury "50 Years of Gardening Tips"

Abergele Garden Society meets the second Monday of every month (except December and January) in Mynydd Seion Chapel Rooms, Llanfair Road, Abergele, LL22 7AW. We are affiliated to the [Royal Horticultural Society](http://www.royalhorticulturalsociety.org) 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.abergelegardensociety.org.uk) where we also list our speakers' programme on our [Calendar of Events](#) page. - Visitors Welcome

Abergele Women's Institute now meets on the **third** Friday in the month at the Old People's Club, Church Street, Abergele at 7pm.

theWI
INSPIRING WOMEN

We would like to invite all ladies to come along to one of our meetings to check us out, where they will be assured of a friendly and welcoming atmosphere.

During 2024 we plan to have a variety of speakers including the Air Ambulance, Detectorists, Line Dancing and more.

We have many sub-groups that meet each month, including the craft group - Craft and Chatter, Book Club, and of course the famous 'Ladies that Lunch'. Our reading group is informal and friendly, with every person's point of view taken into consideration. Theatre and Films, together with Walking, with, or without your dogs are included in our list of growing activities. Outings and coach trips etc. are also in the planning stage.

For any further information please contact the Secretary on 07958 460733.

CLWB RYGBI ABERGELE



The Junior section continues its progress with 10 teams between U7's and U16's. A number of the older age group players are now being invited to train with their relevant age groups within the RGC set-up. It's also proving to be a good season for our U13's and U14's who both have semi final matches to play in their RGC Cup Competitions. The U18's Women's Hub, which is hosted at Abergele, have increased their player base from 8 players to between 25 and 30. The sport is proving very popular with young women in the area.

The Senior Men's team are maintaining a mid-table position and are about to start their regional cup competition, whilst the Senior Women are looking to increase their game time.

The Club were very pleased to once again help out and support the Christmas Float, a highlight of the season for us. 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.

Abergele Scouts



Scouts
Abergele/Colwyn Bay
Eryri a Mon

1st Abergele (St. Michael's) Scout Group are growing. We now have 3 sections. The Beaver section (ages 6-8) meet up on a Thursday 5:30 to 6:30 term time only. Cubs (ages 8 to 10 1/2) meet up on a Thursday 6:30 to 7:30 term time only. Scouts (ages 10 1/2 to 14) meet up on a Monday 6:30 to 7:30 term time only.

For us to increase our numbers of children, we would require help from young adults and/or adults. They would need to be CRB (DBS) checked and do some training that would be provided by the Scouts Association. We are trying to give the young people #skillsforlife. We try to take the young people camping at least once a year unless you would like to do the Dragon Award where you would camp out once a month for 12 months.

If anybody thinks they could teach some skills (say circus skills, first aid, photography etc), please contact Nick Roberts (Lead Volunteer) on 07769 255022 or email: twohootsnow@aol.com



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:

1stabergelerrainbows@gmail.com

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

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:

1stabergeleguides@gmail.com

07752 745421 - Helen Edgeley



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

Weekly Timetable

Everyone welcome aged 10+ (yr 6 or above) unless otherwise stated

Monday:
Craft and Wellbeing 3.30pm till 5pm
Football Training 5pm till 6pm
Time to Talk 5.10pm and 5.35pm

Tuesday:
All About Tuesday 4pm till 6pm
10-12 year old (yr 6-)

Wednesday:
Breakfast Club 7.45am till 8.45am
Shed digital 3.30pm till 5pm

Thursday:
Shed Performers 4pm till 6pm

Friday:
The Friday Feeling 4pm till 6pm
aged 12+

Abergele Movie Club

6-week movie program
Tuesday's from 6:10pm till 8:30pm
At Abergele Youth Shed

FOR ALL YOUNG PEOPLE AGED 16-24!

FREE FOOD
DRINKS
AGED 16-24
SOCIAL
SELF-CARE
WELLBEING

Mind Conwy

Spring Timetable 2024

For young people aged 11+ living in Conwy County



Monday	1-2pm	Youth Bus, Lunch Time Drop-in, Ysgol Dyffryn Conwy
	5-7pm	Youth Club, Chester Avenue, Kinmel Bay
	5:30-7:30pm	Youth Club, Memorial Hall, Llandudno Junction
	5-6pm	Sports session, Eirias Barn indoor 3G pitch
	6-7pm	Outreach
	6-8pm	Llandulas Youth Club (contact James Walters)
	7-9pm	Llandudno Youth club, Tŷ Hapus

jose.perez
@conwy.gov.uk
01492 576243

tommy.lyness
@conwy.gov.uk
01492 577067

sian.owen1
@conwy.gov.uk
01492 575045

matt.mullender1
@conwy.gov.uk
01492 575554

Tuesday	3-4:30pm	Tea & toast Llandudno, Tŷ Hapus
	3:30-4:45pm	Tea, toast and a chat! Memorial Hall, Llandudno Junction
	4:30-6pm	Youth Club, Ysgol Dyffryn yr Enfys, Dolgarrog
	5:30-6:45pm	Youth Club, Penmaenmawr Library
	6-8pm	Multi-sports activities, John Bright Leisure Centre
	6-8pm	Seren, Colwyn Bay, Douglas Road 11-15
	7-8pm	Seren, Colwyn Bay, Douglas Road 16+
	6:30-7:30pm	Youth Club, Llanrwst Youth Centre 11-13
	7:30-8:30pm	Youth Club, Llanrwst Youth Centre 14+
	7:15-8:30pm	Youth Club, Llanfairfechan Council Chambers

tom.griffiths
@conwy.gov.uk
01492 574533

Wednesday	3:15-4:15pm	Youth drop in, Dinorben Family Centre
	4-5pm	Seren, Llandudno Junction Leisure Centre 11-15
	5-6pm	Seren, Llandudno Junction Leisure Centre 16+
	5-7pm	Dolwyddelan Youth Club
	6-7pm	Peulwys Youth Club 11-13
	6:15-6:45pm	Outreach, Llandudno Junction
	6:30-8pm	Youth Mobile Bus at Pentre Mawr
	7-8pm	Peulwys Youth Club 14+
7-8pm	Mochdre Football, Mochdre sports association	
7:15-8:30pm	Youth Club, Memorial Hall, Llandudno Junction	

james.walters
@conwy.gov.uk
01492 575514

Thursday	3.45-4.45pm	Tea & Toast, Llanrwst Youth Centre 11-13
	4.45-5.45pm	Tea & Toast, Llanrwst Youth Centre 14+
	3:30-4:45pm	Ysgol y Gogarth after school club (Students of the school only)
	4-5pm	Check in and chat, Tŷ Hapus (Limited spaces, booking essential)
	4:30-5:30pm	DofE update, MS Teams
	6-7pm	Seren, Llandudno 11-15
	6:30-8:30pm	Rhos-on-Sea Youth Club, Scout Hut
	7-8pm	Seren, Llandudno 16+

emma.davison-
lemalle@conwy.gov.uk
01492 576168

Friday	3:15-4pm	Tea and Toast, Dinorben Family Centre
	3:15-4:30pm	Drop in session, Douglas Road Family Centre, Colwyn Bay
	4-5.30pm	Abergele Youth Club, Dinorben Family Centre
	6-7pm	Friday Fit, Abergele Leisure Centre
	6-8pm	Friday night Llandudno youth club, Tŷ Hapus



If you would like to get involved, please contact us!

01492 575100



youthservice@conwy.gov.uk

Amserlen y Gwanwyn 2024

I bobl ifanc 11+ oed yn byw yn Sir Conwy



Dydd Llun	1-2pm	Bws leuenticid, Amser Cinio galw heibio, Ysgol Dyffryn Conwy
	5-7pm	Clwb leuenticid, Rhodfa Caer, Bae Cinnel
	5:30-7:30pm	Clwb leuenticid, Neuadd Goffa, Cyffordd Llandudno
	5-6pm	Sesiwn chwaraeon, cae 3G dan do Ygubor Eirias
	6-7pm	Estyn Allan
	6-8pm	Clwb leuenticid Llandudulas (cysylltwch â James Walters)
	7-9pm	Clwb leuenticid Llandudno, Tŷ Hapus

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sam griffiths
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james williers
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01492 575514

emma davis00-
@conwy.gov.uk
01492 576168

Dydd Mawrth	3-4.30pm	Te a tost Llandudno, Tŷ Hapus
	3:30-4:45pm	Te, tost a sgwrs! Neuadd Goffa, Cyffordd Llandudno
	4:30-6pm	Clwb leuenticid, Ysgol Dyffryn yr Enfys, Dolgarrog
	5:30-6:45pm	Clwb leuenticid, Llyfrgell Penmaenmawr
	6-8pm	Gweithgareddau Aml-chwaraeon, Canolfan Hamdden John Bright
	6-8pm	Seren, Bae Colwyn, Ffordd Douglas 11-15
	7-8pm	Seren, Bae Colwyn, Ffordd Douglas 16+
	6:30-7:30pm	Clwb leuenticid, Canolfan leuenticid Llanrwst 11-13
	7:30-8:30pm	Clwb leuenticid, Canolfan leuenticid Llanrwst 14+
	7:15-8:30pm	Siambwr y Cyngor Llanfairfechan

Dydd Mercher	3:15-4:15pm	Sesiwn galw heibio i bobl ifanc, Canolfan Teulu Dinorben
	4-5pm	Seren, Canolfan Hamdden Cyffordd Llandudno 11-15
	5-6pm	Seren, Canolfan Hamdden Cyffordd Llandudno 16+
	5-7pm	Clwb leuenticid Dolwyddelan
	6-7pm	Clwb leuenticid Preulwys 11-13
	6:15-6:45pm	Estyn Allan, Cyffordd Llandudno
	6:30-8pm	Bws leuenticid Parc Pentre Mawr
	7-8pm	Clwb leuenticid Preulwys 14+
	7-8pm	Pêl droed Mochdre
	7:15-8:30pm	Clwb leuenticid, Neuadd Goffa, Cyffordd Llandudno

Dydd Iau	3:45-4:45pm	Te a Tost, Canolfan leuenticid Llanrwst 11-13
	4:45-5:45pm	Te a Tost, Canolfan leuenticid Llanrwst 14+
	3:30-4:45pm	Clwb ar ôl ysgol yn Ysgol y Gogarth (myfyrwyr yr ysgol yn unig)
	4-5pm	Dewch draw i sgwrsio Tŷ Hapus (Llefydd yn gyfyngedig, rhaid archebu lle)
	4:30-5:30pm	Y diweddara! am Wobr Dug Caeredin, MS Teams
	6-7pm	Seren, Llandudno 11-15
	6:30-8:30pm	Clwb leuenticid Llandrillo-yn-Rhos, Sgowtiald
	7-8pm	Seren, Llandudno 16+

Dydd Gwener	3:15-4pm	Te a Tost, Canolfan Teulu Dinorben
	3:15-4:30pm	Sesiwn galw heibio, Canolfan Deulu Douglas Road, Bae Colwyn
	4-5:30pm	Clwb leuenticid, Canolfan Deulu Dinorben
	6-7pm	Fflitrwydd nos Wener, Canolfan Hamdden Abergele
	6-8pm	Clwb leuenticid Llandudno Nos Wener, Tŷ Hapus



Os hoffech gymryd rhan, cysylltwch â ni!

01492 575100

@GIConwyYS

gwasanaethieuenticid@conwy.gov.uk

Ardal Dwyrain Conwy

Amserlen - Ionawr – Ebrill 2024

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

Dydd Llun

Dydd Mawrth

Dydd Mercher

Dydd Iau

Dydd Gwener

9:15am – 11:15am

Rhaglen Magu Plant
 Awgrymiadau ar gyfer rhieni ar sut i gael y gorau allan o fywyd teuluol!
 Am 5 wythnos yn cychwyn 19th o Chwefror.
Canolfan Ddinorben, Abergele
 Cysylltwch a Cath i archebu lle-
 07842320161

9am-10:30am

Paned a Sgwrs/ Rhieni Chwaraes
 Sesiwn hefo Gweithiwr Teulu Amy ac Jess. Diod poeth a tost ar gael.
 (Cymru Gynnes yma bob yn ail wythnos)
Canolfan Ddinorben, Abergele
 01492 577757

9:30 – 12pm

Uned Diogelwch Trais Teuluol
 Sesiwn galw hebio am gymorth a gwybodaeth gan weithiwr trais domestig Lisa.
Canolfan Ddinorben, Abergele
 Am fwy o wybodaeth, cysylltwch ar-
 01492 577757

1:30-3pm

Bwmp i Babi
 Darllen stori, tylino babi a ioga babi hefo Cymraeg i Blant.
Canolfan Ddinorben, Abergele
 01492 577757

2:30-4:30pm

Clwb Ieuenctid Abergele
 Lle diogel i bobl ifanc fod yn nhw eu hunain. Rydym yn cynnig amrywiaeth o weithgareddau o goginio i gemau fideo. Rydym hefyd yn darparu bwyd poeth a byrbrydau.
Canolfan Ddinorben, Abergele
 Cysylltwch leuan- 01492 576135

10am – 11:30am

Aros a Chwarae
 Hefo Ymwelwyr lechyd Dechrau'n Deg. Chwarae, craft, canu and snacs. Therapydd iaith a Liefenydd ar gael am gyngor.
Canolfan Ddinorben, Abergele
 Cysylltwch i ddarganfod mwy- 01492 577757

9:30am – 11am

Aros a Chwarae
 Hefo Ymwelwyr lechyd Dechrau'n Deg a Gweithiwr Teulu.
 Chwarae, craft, canu and snacs.
Ty Cymunedol Chester Ave, Bae Kinnel
 Cysylltwch i ddarganfod mwy- 01492 577885

2 – 3pm

Bod yn Fam
 Gweithgareddau hwyli i unrhyw mamau a'u plant.
 (Bydd 'Bod yn Tad' nol tymor nesaf)
Ysgol Y Foryd, Bae Kinnel
 01492 577757

1:30 - 3pm

Grwp Cymorth Bwydo ar y Fron
 Hefo Ymwelwyrdd lechyd Sara Jones.
Canolfan Ddinorben, Abergele
 07825244738

1pm-2pm

Tylino Babi
 Amser i ymlacio hefo'ch babi.
Canolfan Ddinorben, Abergele
 Cysylltwch Marihyn am fwy o wybodaeth-
 03000 856800

9:30am -12pm

Cyngor Budd-Dal
 Cyngor a cymorth gan Swyddog Budd-Dal.
Canolfan Ddinorben, Abergele
 For more information call- 01492 577757

Ar ôl ysgol -5pm

Awr Synthwraidd
 Sesiwn ryngweithiol sy'n canolbwyntio ar broffidau synhwyraidd. I blant gyda anghenion dysgu ychwanegol ac anableddau.
Canolfan Ddinorben, Abergele
 Cysylltwch a Lousie os hoffech chi ddod - 01492 575598

Tia Fi
 Mae Lora o'r tîm yn ymweld a grwpiau ardaiw weledig bob tymor- Llanfairtalhaearn, Llansannan, Llanefydd and Groes.
 Cysylltwch i ddarganfod lle a pryd-
 01492 577757

1pm-3pm

Gwasanaeth Integrated Autism (Bob yn ail wythnos)
 Galwch hebio am sgwrs hefo Adrian o'r Gwasanaeth Awrtistiaeth Integredig.
Canolfan Ddinorben, Abergele
 01352 702090

1pm-4pm

Helpa Fi Stopio
 Cyngor ar ysmegu gyda Jo.
Canolfan Ddinorben, Abergele
 Ffoniwch am apwyntiad -
 08000 852219
 www.helpmequit.wales

Ar ôl ysgol – 4:15pm

Sesiwn i bobl ifanc
 Cyswilt - Sian
 (Gweithiwr Ieuenctid Ardal)
Canolfan Ddinorben, Abergele
 01492 575045

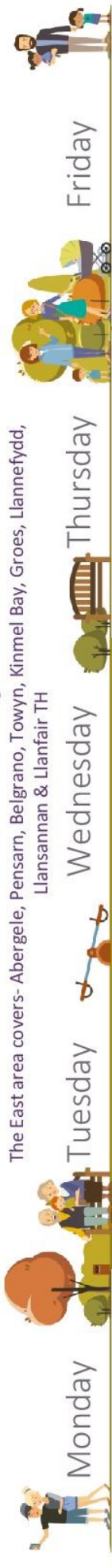
3:45-5:30pm

Gofalwyr ifanc
 Craft, gemau a snaci gofalwyr ifanc.
 Bob yn ail wythnos o
Canolfan Ddinorben, Abergele
 Ffoniwch Liz i ddarganfod mwy-
 07709795677

East Conwy

The East area covers- Abergele, Pensarn, Belgrano, Towyn, Kinnel Bay, Groes, Llanefyd, Llanfairsannan & Llanfair TH

Timetable - January - April 2024



Monday

9.15am-11.15am
Parenting Top Tips
 Programme that talks about and shares ideas on how to get the best out of family life.
 For 5 weeks starting 1st February.
Chester Ave Community House, Kinnel Bay
 Contact Cath- 07842320161

10am – 11:30am
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

1pm-2pm
Baby Massage
 Time to relax with your baby.
Canolfan Dinorben, Abergele
 Contact Marilyn for more information- 03000 856800

1pm-3pm
Integrated Autism Service Drop in (Every other week)
 Pop in for a chat with Adrian from the Integrated Autism Service
Canolfan Dinorben, Abergele
 01352 702090

3-4.5pm-5:30pm
Young Carers
 Craft, games and snacks for young carers.
 Every other week from
Canolfan Dinorben, Abergele
 Contact Liz to find out more- 07709795677

Tuesday

9am - 10:30am
Cuppa and a Chat/ Playful Parents
 With Amy and Jess.
 Hot drinks and toast provided.
(Warm Wales drop in every other week)
Canolfan Dinorben, Abergele
 01492 577757

9:30am – 11am
Stay and Play
 With Flying Start Health Visitor and Family Worker.
 Play, craft, singing and snacks.
Chester Ave Community House, Kinnel Bay
 Call to find out more- 01492 577885

9:30am-12:00pm
Benefits Advice
 Advice and support from a Welfare Rights Officer.
Canolfan Dinorben, Abergele
 For more information call- 01492 577757

1pm-4pm
Help Me Quit
 Smoking advice appointments available with Jo.
Canolfan Dinorben, Abergele
 Please book: 08000 852219
www.helpmequit.wales
 After school-4:30pm

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

Wednesday

9:30am– 12pm
DASU Drop in
 Advice and support from Lisa on domestic abuse and healthy relationships.
Canolfan Dinorben, Abergele
 01492 577757

2pm-3pm
Being Mum
 Open to all mums and mother figures. Fun activities for mums and their children
(Being dad will be back next term)
Ysgol Y Foryd, Kinnel Bay
 01492 577757

After school-5pm
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
 After School – 4:15pm

Youth Drop in
 Contact - Sian
 (Area Youth Worker)
Canolfan Dinorben, Abergele
 01492 575045

Thursday

1:30pm-3pm
Tummy to Tots
 Storytime, baby massage & baby yoga with Cymraeg i Blant.
Canolfan Dinorben, Abergele
 01492 577757

1:30pm-3pm
Breastfeeding Support Group
 With Health Visitor Sara Jones.
Canolfan Dinorben, Abergele
 07825244738

Friday

4pm-5:30pm
Abergele Youth Club
 A safe place for young people to be themselves. We offer a wide range of activities from cooking to video games. We also provide hot food and snacks.
Canolfan Dinorben, Abergele
 Contact Sian- 01492 575045

Tia Fi
 Lora from the team visits groups in the rural areas every term- Llanfairtalhaiarn, Llansannan, Llanefydd and Groes.
 Get in touch if you would like to know when and where- 01492 577757



For more information, please contact – 01492 577757 / For Flying Start Enquiries 01492 574179

Hoffwchwy Like- Teuluoedd Dwyrain Conwy Families East





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
21fed Mawrth / 21st March 24	Cyfarfod Cyffredinol / Ordinary
11eg Ebrill / 13th April 2024	Amcanion Cyffredinol A Chynllunio / General Purpose & Planning
18fed Ebrill / 18th April 2024	Cyfarfod Cyffredinol / Ordinary
2ydd Mai / 2nd May 2024	Cyfarfod Blyneddol / Annual General Meeting
9eg Mai / 9th May 2024	Amcanion Cyffredinol A Chynllunio / General Purpose & Planning
16fed Mai / 16th May 2024	Cyfarfod Cyffredinol / Ordinary
23fed Mai 23 / 23rd May 2024	Cynllun Lleoliad / Place Plan
13eg Mehefin / June 2024	Amcanion Cyffredinol A Chynllunio / General Purpose & Planning

ADNABOD EICH CYNGHORWYR / KNOW YOUR COUNCILLORS:

Pentre Mawr

Cyngh/Cllr. Maria Davies
Cyngh/Cllr. Diane Green
Cyngh/Cllr. Trevor Jones
Cyngh/Cllr. Paul Edwin Luckcock*
Cyngh/Cllr. Charles McCoubrey*
Cyngh/Cllr. Ann Williamson

Gele

Cyngh/Cllr. Paul Fletcher
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 Cynghorwyr 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



@Abergele Pen-
sarn



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:

07.06.2024

admin@abergeletowncouncil.gov.wales



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