

Older People's Forum Newsletter

Cylchlythyr Fforwm Pobl Hŷn

Issue 58 | August 2023

Rhif 58 | Awst 2023

PARKINSON'S^{UK}
CYMRU
**NEWID AGWEDDAU.
DARGANFOD IACHÂD.
YMWUNWCH Â NI.**

PARKINSON'S^{UK}
CYMRU
**CHANGE ATTITUDES.
FIND A CURE.
JOIN US.**

Gwirfoddolwr i arwain Live Loud! Rhaglen Gymorth i'r Llais

Mae gan Parkinson's UK Cymru gyfle cyffrous i wirfoddoli yn ardal Llandudno.

Beth yw Live Loud? Mae Live Loud!, sy'n rhaglen gymorth i'r llais, yn grŵp hwyliog a chymdeithasol, am ddim, gan Parkinson's UK i helpu pobl sy gan Parkinson's i ymarfer siarad yn uwch ac yn gliriach.

Beth sy'n digwydd? Mae gwirfoddolwyr lleol yn trefnu'r sesiynau sy'n hwyl ac yn amrywiol. Gallant gynnwys:

- Clymau tafod
- Dweud jôcs
- Darllen barddoniaeth a straeon
- Cwisiau
- Trafodaethau, gemau a chwarae rôl
- Ymarferion anadlu a ioga wyneb

Ga i helpu? Cewch! Mae angen rhywun i drefnu'r sesiynau pob mis. Cefnogaeth a hyfforddiant llawn yn cael ei ddarparu.

Ffoniwch Liz Morgan Cydlynnydd Prosiect Adleisio, F.03442253767 neu e-bost lmorgan@parkinsons.org.uk

Live Loud! Voice Support Programme Lead Volunteer

Parkinson's UK Cymru has an exciting volunteer opportunity in the Llandudno area.

What is it? Live Loud! Is a free, fun, and social voice support programme to help people with Parkinson's who want to practice speaking more loudly and clearly.

What's involved? Local volunteers run sessions which are fun and varied. They might include:

- Tongue twisters
- Telling jokes
- Reading poetry and stories
- Quizzes
- Discussions, games, and roleplays
- Breathing exercises and facial yoga

Can I help? Yes! We need someone to organise the monthly sessions. Full training and support given.

For an informal chat call: Liz Morgan, Live Loud! Programme Officer, T.0344 225 3767 or email lmorgan@parkinsons.org.uk

Yn rhifyn y mis hwn: Cefnogaeth tenantiaid tai cymdeithasol, a mwy.

In this month's issue: Social housing tenant support, & more. **English starts on page 9**

SGWTERI SYMUDEDD: Y RHEOLAU

Does dim angen trwydded yrru i yrru sgwter symudedd, ond dim ond os yw'r yn rydych yn trafferth cerdded oherwydd anaf, anabledd corfforol, neu gyflwr meddygol, rydych yn dangos y sgwter cyn ei werthu neu rydych yn rhoi hyfforddiant i ddefnyddiwr anabl.

Nid oes gofyniad golwg cyfreithiol i yrru sgwteri symudedd, ond dylech allu darllen rhif cofrestru car o bellter o 12m / 40 troedfedd. Efallai y bydd yn rhaid i chi dalu iawndal os byddwch yn cael damwain sydd wedi'i achosi gan eich golwg gwael, neu'n rhannol gan eich golwg.

DOES DIM angen treth gerbyd ar gyfer unrhyw sgwter symudedd. Does dim angen yswiriant ar gyfer sgwter symudedd, ond argymhellir eich bod yn trefnu yswiriant.

Gyrru ar y Palmant – Rheolau ar gyfer pob Sgwter Symudedd

- Ni chaiff unrhyw ddsbarth sgwter symudedd hawl gyfreithiol i yrru'n gynt na 4mya ar balmentydd.
- Mae'r holl gyfyngiadau parcio arferol yn berthnasol i sgwteri symudedd.
- Ni ddylai sgwteri gael eu parcio na'u gadael ar lwybr troed neu ardal i gerddwyr os yw'n rhwystr i eraill
- Ni allwch yrru unrhyw fath o sgwter symudedd ar lwybrau beicio wedi'u marcio'n 'beicio yn unig', lonydd bysiau neu briffyrdd.

Mae 2 gategori i sgwteri symudedd a chadeiriau olwyn trydanol,

- DOSBARTH 2: uchafswm cyflymder 4mya - dim modd ei ddefnyddio ar ffyrdd.
- DOSBARTH 3: uchafswm cyflymder o 8mya - mae modd ei ddefnyddio ar ffyrdd ond rhaid iddynt ddilyn cod y briffordd, a RHAID cofrestru, a dim ond os ydych chi'n 14 neu'n hŷn y gellir eu gyrru.

DOSBARTH 3 yw'r unig fathau o sgwter symudedd y gellir eu defnyddio ar y ffordd. Dylai sgwteri osgoi defnyddio ffyrdd deuol gyda therfyn cyflymder uwch na 50mya, a ar ffyrdd deuol – rhaid ddefnyddio golau sy'n fflachio'n ambr ar gyfer gwelededd.

Dylid cofrestru sgwteri symudedd DOSBARTH 3 - bydd y ran fwyaf eisoes wedi cael eu cofrestru gan y gwerthwr neu'r gwneuthurwr cyn ei werthu. Bydd manwerthwyr yn eich gwneud chi'n 'berchennog cofrestredig', a bydd y cerbyd yn eich enw chi. Bydd llyfr log cerbyd newydd (V5C) yn cael ei bostio o fewn 4 wythnos i'r gwerthiant. Rhaid i chi newid manylion y perchennog pan fyddwch chi'n prynu sgwter symudedd.

Rhaid i Sgwteri DOSBARTH 3 feddu'r nodweddion canlynol:

- uchafswm pwysau arferol o 150kg a uchafswm lled o 0.85 metr
- dyfais i gyfyngu'r cyflymder i 4mya, ac uchafswm cyflymder o 8mya
- system brecio effeithlon
- goleuadau blaen a chefn ac adlewyrchwyr
- dangosyddion cyfeiriad sy'n gallu gweithr
- corn clywadwy a drych golwg cefn
- golau ambr yn fflachio

Gallech gael eich stopio gan yr heddlu os nad oes gan eich sgwter symudedd DOSBARTH 3 y nodweddion hyn.

TERFYN CYFLYMDER 20MYA: 10 PETH I'W GWYBOD

1. Bydd newid y terfyn cyflymder rhagosodedig gan Lywodraeth Cymru o 30mya i 20mya ymlaen yn dod i rym o 17 Medi 2023.
2. Mae ffyrdd cyfyngedig 20mya fel arfer yn rhai preswyl, ar hyn o bryd mae ganddynt derfyn cyflymder o 30mya, ac mae ganddynt 3 neu fwy o golofnau goleuadau stryd, i gyd o fewn 200 llath i'w gilydd.
3. Bydd y rhan fwyaf o'r costau sy'n gysylltiedig â gweithredu'r 20mya, a amcangyfrifir ar hyn o bryd yn £33m, yn cael eu talu gan Lywodraeth Cymru drwy grant i gynghorau lleol.
4. Ni all cynghorau lleol ddiystyru meini prawf yn gyfreithiol wrth gymhwyso'r cyfyngiadau a rhaid iddynt gymhwyso'r holl derfynau cyflymder yn seiliedig ar feini prawf cenedlaethol a osodir gan Lywodraeth Cymru.
5. Mae Cyngor Conwy eisoes wedi paratoi arwyddion newydd ar draws y sir ar gyfer 17 Medi. Ni fydd unrhyw arwyddion ailadrodd i atgoffa gyrwyr o'r terfynau newydd.
6. Mae'r ddeddfwriaeth newydd yn caniatáu i rai ffyrdd aros ar gyflymder o 30mya. Mae pob cyngor yng Nghymru yn ystyried pa strydoedd yn eu hardal sy'n eithriadau. Ymgynghorir â thrigolion ynghylch y ffyrdd a nodwyd fel rhai sy'n bodloni'r meini prawf eithrio
7. Mae rhestr o ffyrdd a all fod wedi'u heithrio wedi'i rhannu â Chynghorwyr y gofynnwyd iddynt nodi ffyrdd yn y wardiau hynny sy'n bodloni'r meini prawf eithrio. Map o'r eithriadau presennol ac arfaethedig i'r terfyn cyflymder 20mya y gellir ei weld ar-lein:

<https://datamap.gov.wales/maps/roads-affected-by-changes-to-the-speed-limit-on-re/>

8. Bydd mesurau arafu traffig presennol megis twmpathau cyflymder yn parhau yn eu lle, ac ni fydd unrhyw fesurau ychwanegol yn cael eu hychwanegu i orfodi'r cyfyngiadau 20mya.
9. Bydd yr heddlu yn parhau i fod yn gyfrifol am orfodi terfynau cyflymder, ond bydd staff diffodd tân yn helpu'r heddlu i orfodi'r terfyn newydd fel rhan o'u gwaith diogelwch presennol.
10. Os cewch eich dal yn mynd dros y cyfyngiad 20mya bydd y cosbau goryrru presennol yn berthnasol. Isafswm cosb o £100 a thri phwynt wedi'u hychwanegu at eich trwydded.

Mae Llywodraeth Cymru o'r farn y bydd y terfyn cyflymder rhagosodedig o 20mya yn lleihau'r risg a difrifoldeb anafiadau o ganlyniad i wrthdrawiadau rhwng cerbydau a defnyddwyr ffyrdd sy'n agored i niwed, yn ogystal â gwneud strydoedd yn fwy diogel ar gyfer chwarae, cerdded a beicio. Maen nhw'n meddwl y gallai terfyn is annog newid mewn ymddygiad.

Mae gwrthwynebiad amlwg hefyd gan yrwyr sy'n clymu rhubanau coch i flaen eu cerbydau mewn protest. Nid yw gyrru ceir ar 20mya yn effeithlon o ran tanwydd ac mae'n cynhyrchu mwy o allyriadau na gyrru ar gyflymder cyflymach, lle mae 40-45mya yn cael ei argymell ar gyfer y cyflymderau gorau posibl/isaf. Hefyd, mae'r rhai sy'n gwrthwynebu'r terfynau newydd yn credu bod mwy o fanteision cyffredinol o system trafndiaeth gyhoeddus fforddiadwy sydd wedi gwella'n sylweddol.

GALW'R GYRRWR AR GAEL YN ABERGELE

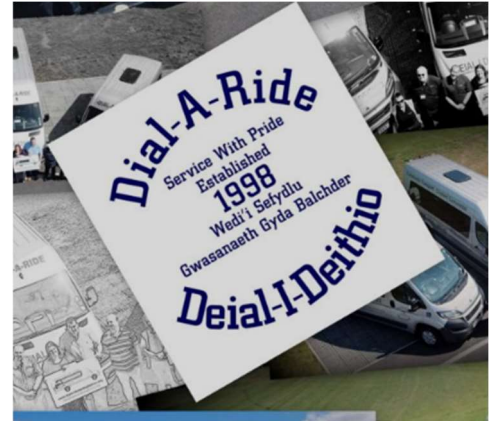
Mae **Galw'r Gyrrwr** (Sir Ddinbych) yn wasanaeth Trafnidiaeth Gymunedol sydd wedi hen ennill ei blwyf ac sy'n darparu cludiant hygyrch o ddrws i ddrws i bobl o bob oed sy'n ei chael yn anodd neu'n amhosibl cael mynediad at dtrafnidiaeth gyhoeddus gonfensiynol.

Gall trigolion parhaol ymaelodi os ydyn nhw'n byw yn yr ardal o **Abergele** ar hyd yr arfordir i Brestatyn ac i lawr i Ddinbych ac sy'n bodloni'r meini prawf hyn

I ymaelodi, mae angen i chi lenwi ffurflen gais a thalu ffi aelodaeth flynyddol o £15. Yna, byddwch chi'n derbyn Pecyn Croeso, sy'n cynnwys eich Cerdyn Aelodaeth a'ch rhif aelodaeth. Ar ôl i chi dderbyn y Pecyn Croeso, gallwch chi ffonio a gwneud eich archeb gyntaf!

Rhaid talu am bob taith rydych chi'n ei gwneud, ond mae'r prisiau'n derbyn cymhorthdal er mwyn cadw costau'n isel.

Galw'r Gyrrwr: Uned D6, Canolfan Fusnes Morfa Clwyd, 84 Marsh Road, Y Rhyl, LL18 2AF. Ffôn – 01745 344 222



Rhif y Cwmni: 3546685
Rhif Cofrestru'r Elusen 10721162

Mae Galw'r Gyrrwr hefyd yn cynnig teithiau diwrnod yn ystod gwyliau'r ysgol. Edrychwch ar y lluniau hyn o'r teithiau diwethaf yn ystod y Pasg. Roedd pawb yn cytuno eu bod wedi cael hwyl ac roedd amrywiaeth i bawb!



Gwasanaethau Cymorth Profedigaeth

Os ydych chi neu rywun rydych chi'n ei adnabod wedi cael profedigaeth, mae'r sefydliadau a restrir isod ar gael i'ch cefnogi.

- **Dywedwch Wrthym Unwaith** – gwasanaeth am ddim i roi gwybod i adrannau llywodraeth leol a chanolog am farwolaeth, gan gynnwys yr Adran Gwaith a Phensiynau, y Swyddfa Basbortau, DVLA, Cyllid a Thollau EM, Veterans UK a mwy. 0800 085 7308.
- **Age UK** – cyngor i bobl dros 50 yn dilyn profedigaeth 0800 678 1174 / www.ageuk.org.uk
- **Compassionate Friends** – cymorth i rieni, yn enwedig i'r rheini sydd wedi colli plant hŷn. 0345 123 2304 / www.tcf.rorg.uk
- **Gofal mewn Galar Cruse** – cymorth a chyngor i rai sydd mewn profedigaeth. 0808 808 1677 / www.cruse.org.uk
- **BCUHB – Tîm Cynghori a Chyswllt Cleifion (PALS)** – cefnogi pobl sydd wedi cael profedigaeth oherwydd COVID-19 neu amgylchiadau eraill. 03000 850 058



Mae **TPAS Cymru** wedi cefnogi tenantiaid a landlordiaid tai cymdeithasol yng Nghymru ers dros 30 mlynedd a chyda hanes cryf o ddatblygu cyfranogiad effeithiol trwy hyfforddiant, cefnogaeth, prosiectau ymarferol a datblygu polisi.

Rydym yn gweithio gyda Landlordiaid a Thenantiaid yng Nghymru i helpu i lunio gwasanaethau tai.

Mae'r aelodau'n cynnwys Grwpiau Tenantiaid ffurfiol, Cymdeithasau Tai (mawr a bach), Awdurdodau Lleol a sefydliadau sy'n cefnogi pobl.

Mae gennym swyddfeydd yng Nghaerdydd a Bae Colwyn ac rydym yn weithredol drwy Cymru gyfan. Mae gennym staff dwyieithog. Mae gennym wybodaeth helaeth am dai cymdeithasol gyda ffocws ar faterion o safbwynt tenantiaid, ac er budd y tenantiaid.

Ar draws Cymru, rydym yn gwella ansawdd cyfranogiad tenantiaid trwy ledaenu a hybu arfer da.

Ar lefel Llywodraeth, rydym yn cyfrannu tuag at newid polisi trwy, sianelu profiad ac anghenion tenantiaid a landlordiaid i wneuthurwyr polisi, a gweithio gyda sefydliadau partner i ddylanwadu ar bolisi.

Mae mewnbyn tenantiaid wrth wraidd TPAS Cymru.

Mae'n debygol y bydd eich landlord gyda grwpiau preswylwyr neu sianeli ymgysylltu â thenantiaid sy'n awyddus i glywed eich llais. Rydym yn cynnig ffyrdd ychwanegol o ddweud eich dweud ar y materion mwy sy'n ymwneud â pholisi, cyfeiriad, a materion sy'n wynebu tai yng Nghymru.

Rydym yn cynnal digwyddiadau rheolaidd ar draws Cymru i denantiaid yn unig. Mae'r rhain yn boblogaidd ac yn rhoi cyfle i chi rannu problemau, dod o hyd i atebion a dylanwadu ar bolisi.

Beth all TPAS Cymru ei wneud i chi?

Mae gan TPAS Cymru wybodaeth arbenigol am y materion sy'n effeithio ar denantiaid yn y sector tai yng Nghymru. Ers 30+ mlynedd, rydym wedi newid technegau cyfranogiad tenantiaid ac arfer gorau yn gadarnhaol trwy hyfforddiant, cefnogaeth, prosiectau, ymgynghoriaeth a datblygu polisi.

Ffoniwch ni ar 01492 593046 | Gweler www.tpas.cymru



Ydych chi wedi clywed am Draed Eliffant?

Maen nhw'n ffordd hawdd, gyflym a diogel o ychwanegu uchder at eich cadair neu eich gwely. Maen nhw wedi'u dylunio ar gyfer y rhan fwyaf o ddodrefn ac maen nhw'n berffaith ar gyfer pobl sy'n ei chael hi'n anodd codi o'u gwely neu gadair esmwyth.

Ar werth yn y Ganolfan Adnoddau Anabledd yn Ysbyty Glan Clwyd.
Ffoniwch 01745 341967.





REPAIR CAFE WALES yn agor ac yn cefnogi caffis atgyweirio ledled Cymru. Yn eu ffurf symlaf, mae caffis atgyweirio yn ddiwyddiadau dros dro a gynhelir ar ddyddiadau rheolaidd lle gall y gymuned leol gael eu heitemau cartref sydd wedi torri i gael eu trwsio am ddim gan wirfoddolwyr. Maen nhw'n trwsio dillad, nwyddau trydan cartref, technoleg, dillad, gwaith coed, teganau plant, dodrefn, beiciau.

<p>Bae Colwyn Y Fron Community Centre, Fford Bugail, Colwyn Bay vinmurtagh@hotmail.com</p>	<p>Awst 27-2:00 pm-5:00 pm Medi 24-2:00 pm-5:00 pm Hydref 22-2:00 pm-5:00 pm</p>
<p>Conwy St Mary's Church Hall, Rosehill Street, Conwy LL32 8LD HattonRS@gmail.com</p>	<p>Awst 13-2:00 pm-5:00 pm Medi 10-2:00 pm-5:00 pm Hydref 8-2:00 pm-5:00 pm</p>
<p>Llandudno Troop The Coach Park, Mostyn Broadway Llandudno, LL30 1YL mark.welsh@adferiad.org</p>	<p>Medi 2-11:00 am-2:00 pm Hydref 7-11:00 am-2:00 pm</p>

Atwrneiaeth Arhosol: Mae Swyddfa'r Gwarcheidwad Cyhoeddus yn helpu pobl yng Nghymru a Lloegr i gadw rheolaeth dros benderfyniadau am eu hiechyd a'u cyllid ac i wneud penderfyniadau pwysig dros bobl eraill sydd heb fod yn gallu penderfynu drostynt eu hunain. I gael rhagor o wybodaeth am wneud cais am Atwrneiaeth Arhosol ar gyfer iechyd neu gyllid, cysylltwch â:

Swyddfa'r Gwarcheidwad Cyhoeddus
Blwch Post 16185, Birmingham B2 2WH
Ffôn 0300 456 0300 / E-bost customerservice@publicguardian.gov.uk

Mae Llyfrgelloedd Conwy yn cynnig gwasanaeth LLYFRGELL

GARTREF uniongyrchol i'r cartref i bobl:

- sy'n methu â gadael eu cartref am resymau corfforol neu iechyd.
- a allai gael eu rhwystro rhag defnyddio cyfleusterau llyfrgell wrth ofalu am y rhai sy'n gaeth i'w cartref.
- sy'n gaeth i'w cartref a heb deulu na ffrindiau sy'n gallu casglu llyfrau ar eu rhan.

I gael mwy o wybodaeth, ffoniwch 01492 576 089.

Open
Doors
Friendship
Club

Y clwb yn cyfarfod bob bore dydd Mawrth o 10am a 12pm, yn Eglwys y Santes Catrin a Sant Ioan Fedyddiwr yn Ffordd yr Orsaf, Hen Golwyn. Mae'r grŵp yn darparu amgylchedd ysgogol i'r rhai sy'n byw gyda dementia ac yn cynnig egwyl wythnosol i'r rhai sy'n gofalu am rywun â dementia.

Mae **Mannau Awyr Agored ac Adeiladau** yn cael dylanwad mawr ar annibyniaeth ac ansawdd bywyd pobl hŷn. Dychmygwch lawer o fannau gwyrdd, strydoedd sy'n cael eu cynnal a'u cadw, sydd wedi'u goleuo'n dda ac sy'n hawdd eu cerdded, digon o seddi yn yr awyr agored a thoiledau cyhoeddus, adeiladau â drysau awtomatig, lifftiau, a grisiau â rheiliau. Dychmygwch fod y mannau hyn yn hawdd eu cyrraedd ac yn ddiogel.

Dyma mae Pobl Hŷn yn ei feddwl...

Dylai pob cymdogaeth fod ag ardaloedd gwyrdd â seddi i bobl gyfarfod a chymdeithasu'n lleol.

Dylai toiledau cyhoeddus gael ystafelloedd newid ar gyfer pobl sy'n gwisgo padiau personol.

Dylai llyfrgelloedd, meddygfeydd a siopau ddarparu lle i storio cymhorthion cerdded, neu barcio sgwteri symudedd yn ddiogel.

Dylid cael llwybrau troed ym mhob man, nid mewn ardaloedd lle mae llawer o draffig yn unig. Dylent gael eu cynnal a'u cadw'n dda, bod yn llyfn gyda chyrbau isel priodol, heb rwystrau, na cheir wedi parcio.

Mae cymuned dda yn rhywle lle mae pobl o bob oed yn byw'n dda gyda'i gilydd, a lle mae pobl hŷn yn ffynnu.

Rhandir Cymunedol yn Llanfairfechan

Mae aelodau Clwb Rotari Llanfairfechan a Phenmaenmawr yn croesawu pobl i'w Rhandir Cymunedol yn Llanfairfechan, sydd ychydig i'r gorllewin o orsaf reilffordd y dref. Sefydlwyd y rhandir 4 blynedd yn ôl i gefnogi'r rhaglen Dementia leol, ac mae'n gwbl hygyrch.



Mae tri gwely mawr wedi'u codi ar gyfer cadeiriau olwyn, ac mae'r ardal gyfagos wedi'i gorchuddio â matiau rwber mandyllog i ddarparu sylfaen ddiogel a mynediad ag olwynion. Mae nifer o blotiau tir ar gyfer gwreiddlysiau a ffrwythau ar gael hefyd.

Dewch draw i dyfu eich llysiau, eich ffrwythau neu eich blodau eich hun.

Cysylltwch â **Barry McGrath** ar **07845 216 015** neu **jb47mcgrath@yahoo.co.uk**

**Derbyn y gefnogaeth
gywir sy'n bwysig,
ar yr amser iawn**

Y Llwybr Cynnal Cof

Rydym ni yn deall bod byw hefo, neu ofalu am rywun hefo dementia yn gallu neud gwahaniaeth i fywyd rhywun.

Ein bwriad ydi darparu cefnogaeth i unrhyw un sydd yn byw yn ogledd Cymru ac wedi cael ei effeithio gan ddementia.

Mha hyn yn cynnwys unrhyw un sydd yn:

- Poeni am ei chof
- Yn byw gyda dementia adref neu yn yr ysbyty
- Ofalwr, teulu neu ffrindiau

Rydym yn gweithio gyda gwasanaethau eraill i sicrhau fod pobl yn derbyn beth sydd yn bwysig iddyn nhw.

Dros y ffon neu wyneb yn wyneb, rydym yn darparu cyngor, arweiniad, cefnogaeth a chyfle i gwrdd ag eraill sydd yn byw hefo dementia.

Mae'r Llwybr yma i chi

4 Sefydliad sy'n cydweithio i'ch cefnogi ar y Llwybr Cymorth y Cof



Canolfannau Dementia (Ymddiriedolaeth Gofalwyr Gogledd Cymru)

Cysylltwch â: **01492 542212**
Dydd Llun i ddydd Gwener 9yb-5yp



Coffee Connection: Os ydych chi wedi cael profedigaeth, ymunwch â ni am goffi a sgwrs anffurfiol yn y Lolfa Fotaneg, 162 Ffordd Conwy, Bae Colwyn LL29 7LR. Rydym yn cyfarfod ar ddydd Mercher cyntaf y mis, rhwng 10am a hanner dydd. 6 Medi | 4 Hydref | 1 Tachwedd | 6 Rhagfyr 2023
Ffoniwch 01492 860 280 neu ewch i www.tomowenandson.com

20MPH SPEED LIMIT – 10 things to know.

1. The Welsh Government's change of the default speed limit from 30mph to 20mph will come into force from 17 September 2023.
2. 20mph restricted roads are residential, currently have a speed limit of 30mph, have at least 3 street lighting columns, all that are within 200 yards of each other.
3. Conwy Council has already prepared replacement signs across the county for 17 September. There will be no repeater signs to remind drivers of the new limits.
4. Most of the costs associated with implementing the 20mph, currently estimated at £33m, will be met by Welsh Government through a grant to local councils.
5. Local councils cannot legally disregard criteria when applying the restrictions and must apply all speed limits based on national criteria set by the Welsh Government.
6. The new legislation allows for some roads to remain at 30mph. Every council in Wales is considering which streets in their area are exceptions. Residents will be consulted regarding the roads identified as meeting the exception criteria.
7. A list of roads that may be exempted has been shared with Councillors who have been asked to identify roads in their wards that meet the exception criteria. A map of current and proposed exemptions to the 20mph speed limit which can be viewed online: <https://datamap.gov.wales/maps/roads-affected-by-changes-to-the-speed-limit-on-re/>
8. Existing traffic calming measures such as speed humps, will remain in place, and no additional measures will be added to enforce the 20mph limits.
9. The police will continue to be responsible for enforcing speed limits, but firefighting staff will help police enforce the new limit as part of their existing safety work.
10. If you are caught going over the 20mph limit the current speeding penalties will apply. Minimum penalty of £100 and three points added to your licence.

The Welsh Government believe the 20mph default speed limit will reduce the risk and severity of injuries from collisions between vehicles and vulnerable road users, as well as make streets safer for playing, walking, and cycling. They think a lower limit might encourage a change in behaviour.

There is also visible opposition from many who are tying red ribbons to the front of their vehicles in protest. Driving cars at 20mph is not fuel efficient and produces more emissions than driving at faster speeds, where 40-45mph are recommended speeds for optimal/ lowest emissions. Also, those opposed to the new limits believe there are more overall benefits from a vastly improved and affordable public transport system.



The Open Doors Friendship Club meets every Tuesday morning from 10am to 12pm, at the Church of St Catherine and St John the Baptist in Station Road, Old Colwyn. The group provides a stimulating environment for those living with dementia and offers a weekly interlude for those caring for someone with dementia.

MOBILITY SCOOTERS: THE RULES

A **driving licence** is not required to drive a mobility scooter, but you can only do so if you have trouble walking due to an injury, physical disability, or medical condition, or are selling a scooter and are training a disabled user.

There is **no legal eyesight requirement** to drive mobility scooters, but you should be able to read a car's registration number from a distance of 12m / 40 feet. You may have to **pay compensation** if you have an accident caused or partly caused by your poor eyesight.

Vehicle tax is **NOT** required for any mobility scooter. **Insurance is not required** for a mobility scooter, although it's recommended.

Driving on the Pavement – Rules for all Mobility Scooters

- No class of mobility scooter is legally allowed to exceed 4mph on pavements.
- All normal parking restrictions apply to mobility scooters.
- Scooters should not be parked or left on a footpath or pedestrian area if it gets in the way of other pedestrians, wheelchair users and people with prams or pushchairs.
- **You cannot drive any type of mobility scooter on cycle paths marked 'cycle only', bus lanes or motorways.**

Mobility scooters and powered wheelchairs come in 2 categories,

- CLASS 2: maximum speed of 4mph – **cannot** be used on roads.
- CLASS 3: maximum speed of 8mph – can be used on roads but must follow highway code, must be registered and can only be driven if you're 14 or older.

CLASS 3 mobility scooters must be registered – most will already be registered by the dealer or manufacturer before being sold. Retailers will make you the 'registered keeper', and the vehicle will be in your name. A new vehicle logbook (V5C) will be posted within 4 weeks of the sale. You must change the owner's details when you buy a mobility scooter.

CLASS 3 are the only types of mobility scooter that can be used on the road, but they should avoid using dual carriageways with a speed limit of over 50mph, and when on dual carriage ways they **MUST** use an amber flashing light for visibility.

CLASS 3 Mobility Scooters must have the following features:

- a maximum weight of 150kg (or 200kg with user equipment, e.g medical supplies)
- a maximum width of 0.85 metres
- a device to limit its speed to 4mph and a maximum speed of 8mph
- an efficient braking system
- front and rear lights and reflectors
- direction indicators able to operate as a hazard warning signal
- an audible horn
- a rear view mirror
- an amber flashing light for use on a dual carriageway

Police may stop a CLASS 3 mobility scooter does not have these features.

DIAL-A-RIDE AVAILABLE IN ABERGELE

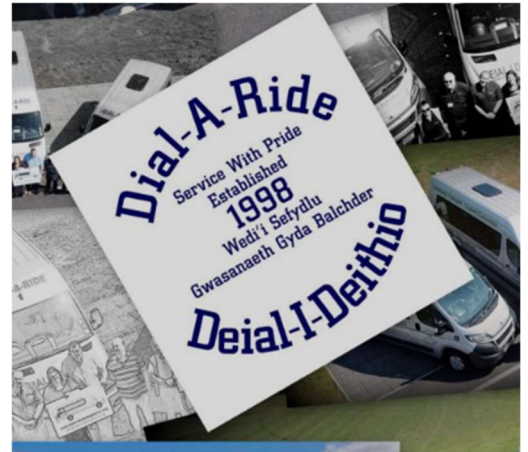
Dial A Ride (Denbighshire) are a well-established Community Transport service that provides accessible, door-to-door transport for people of all ages who find it difficult or impossible to access conventional public transport.

Permanent residents who live in the area from **Abergele** along the coast to Prestatyn and down to Denbigh, and who fulfil these criteria, can become members.

To become a member, you need to complete an application form and pay an annual £15 membership fee. You will then receive a Welcome Pack, which includes your Membership Card and membership number. Once you have received the Welcome Pack, you can call and make your first booking!

There is a fare for each journey you make, however, the fares are subsidized to keep costs low.

Dial A Ride: Unit D6, Morfa Clwyd Business Centre, 84 Marsh Road, Rhyl, LL18 2AF. Telephone – 01745 344 222



Company No: 3546685
Registered Charity Number 10721162

Dial A Ride also offer day trips during the school holidays. Take a look at these photos from the last trips during Easter. Everyone agreed that they had fun and there was a bit of variety for everyone!



Lasting Power of Attorney: The Office of the Public Guardian helps people in England and Wales to stay in control of decisions about their health and finance and make important decisions for others who cannot decide for themselves.

For further information about applying for Lasting Power of Attorney for health or finance contact:

The Office of the Public Guardian
PO Box 16185, Birmingham B2 2WH
T. 0300 456 0300
E. customerservice@publicguardian.gov.uk



**Dementia
North Wales**
Memory Support Pathway

**Receiving the
right support that
matters, at the
right time**

The Memory Support Pathway

We understand that living with, or caring for someone with dementia can make a difference to someone's life.

We aim to provide support to anyone living in North Wales who is affected by dementia.

This includes anyone who is :

- Worrying about their memory
- Living with dementia at home or in hospital
- A carer, family or friends

We work with other services to ensure that people receive what matters to them.

Over the phone or face to face, we provide advice, guidance, support and the opportunity to meet others who are living with dementia.

The Pathway is here for you

4 Organisations working together to support you on the Memory Support Pathway



Dementia Centres (Carers Trust North Wales)

Please contact: **01492 542212**
Mon to Fri 9am to 5pm



Coffee Connection: If you have been bereaved, please join us for an informal coffee and a chat at the Botanical Lounge, 162 Conway Rd, Colwyn Bay LL29 7LR. We meet on the 1st Wednesday of the month, between 10am and 12pm.
6 September | 4 October | 1 November | 6 December 2023
Call 01492 860 280 or visit www.tomowenandson.com



TPAS Cymru has supported social housing tenants and landlords in Wales for over 30 years and has a strong track record in developing effective participation through training, support, practical projects, and policy development.

They work with Landlords and Tenants in Wales to help shape housing services. Members include formal Tenants Groups,

Housing Associations (large and small), Local Authorities and organisations that support people.

TPAS have an extensive knowledge of social housing with a focus on issues from the tenant perspective and for tenants' benefit.

Across Wales they work to improve the quality of tenant participation by spreading and promoting good practice. At Government level they contribute to policy change by feeding the experience and needs of tenants and landlords to policy makers and working with other organisations to influence policy.

Tenant input is at the heart of TPAS Cymru - It's likely that your landlord has channels to allow your voice to be heard. TPAS offer additional ways to have your say on the bigger problems around policy, direction, and issues facing housing in Wales.

TPAS hold regular tenant only events across Wales. These are popular and give you a chance to share issues, find solutions and influence policy.

What can TPAS Cymru do for you? TPAS Cymru has expert knowledge of the issues that affect tenants in the Welsh housing sector. For over 30 years, they have positively changed tenant involvement practices through training, support, projects, consultancy, and policy development.

TPAS have offices in Cardiff and Colwyn Bay and cover all of Wales.

T. 01492 593 046 or Visit www.tpas.cymru

BEREAVEMENT SUPPORT SERVICES – for anyone who has suffered bereavement, the organisations listed below are available for support.

- **Tell Us Once** – free service to inform local and central government departments of a death, including DWP, Passport office, DVLA, HMRC, Veterans UK and more. 0800 085 7308.
- **Age UK** – advice for over 50s following a bereavement 0800 678 1174 or www.ageuk.org.uk
- **Compassionate Friends** – support to parents, especially those who've lost older children. 0345 123 2304 or www.tcf.rorg.uk
- **Cruse Bereavement Care** – support and advice to the bereaved. 0808 808 1677 or www.cruse.org.uk
- **BCUHB – Patient Advice & Liaison Team (PALS)** – supporting those who have suffered a bereavement because of COVID-19 or other circumstance. 03000 850 058 or BCU.PALSBereavement@wales.nhs.uk



Repair Cafe Wales opens & supports repair cafés across Wales.

In their simplest form, repair cafés are pop up events held on regular dates, where the local community can get their broken household items repaired for free by volunteers. The types of things fixed include household electrics, technology, clothes, woodwork, children’s toys, furniture, bikes.

<p>Colwyn Bay Y Fron Community Centre, Fford Bugail, Colwyn Bay vinmurtagh@hotmail.com</p>	<p>August 27-2:00 pm-5:00 pm September 24-2:00 pm-5:00 pm October 22-2:00 pm-5:00 pm</p>
<p>Conwy St Mary's Church Hall, Rosehill Street, Conwy LL32 8LD HattonRS@gmail.com</p>	<p>August 13-2:00 pm-5:00 pm September 10-2:00 pm-5:00 pm October 8-2:00 pm-5:00 pm</p>
<p>Llandudno Troop The Coach Park, Mostyn Broadway Llandudno, LL30 1YL mark.welsh@adferiad.org</p>	<p>September 2-11:00 am-2:00 pm October 7-11:00 am-2:00 pm</p>



Have you heard of Elephant’s Feet?

They are an easy, quick, and safe way to add a little extra height to your chair or bed. They are designed for most furniture and are perfect for those who find it difficult getting out of bed or their comfy chair. Available for sale at the Disability Resource Centre based in Glan Clwyd Hospital. Call 01745 341967.



CONWY LIBRARIES OFFERS A HOME LIBRARY SERVICE direct to your home, for those who:

- are unable to leave their home for physical or health related reasons.
- may be prevented from using library facilities while caring for the housebound.
- are housebound and have no family or friends who can collect books for them.

For further information, call 01492 576 089.

Outdoor Spaces & Buildings have a big impact on the independence, and quality of life of older people. Imagine lots of green spaces, maintained, walkable well-lit streets, abundant outdoor seating and public toilets, buildings with automatic doors, elevators, and stairs with railings. Imagine these places being easy to reach, and safe.

Older People think...

Neighbourhoods should all have green areas with seating for people to meet and socialise locally.

Public loos should have change rooms for people wearing personal pads.

Libraries, surgeries, and stores should provide an area to store walking aids, or park mobility scooters safely.

There should be footpaths everywhere not just in high traffic areas. They should be well maintained, smooth with proper drop curbs, clear of barriers, and parked cars.

A good community is a place where people of all ages live well together, and older people thrive.

Community Allotment in Llanfairfechan

Members of Llanfairfechan and Penmaenmawr Rotary club welcome people to their Community Allotment in Llanfairfechan, just west of the town railway station. Set up 4 years ago to support the local Dementia programme, the allotment is fully accessible.



There are three large wheelchair-height raised beds, and the surrounding area is now covered with porous rubber matting to provide safe footing and wheeled access. Also available are numerous ground plots for root vegetables and fruit.

Come along and grow your own vegetables, fruit, or flowers. Contact **Barry McGrath on 07845 216 015 or jb47mcgrath@yahoo.co.uk**

Feeling Excluded?

Have you been unable to do something that matters to you because you don't use the internet?



For example:

**Booking GP appointments
Health consultations / services
Finding information & advice
Payments / finances
Making your voice heard**

If so, we want to hear from you.

**Please get in touch to share your experiences,
and help us ensure older people's voices are
heard.**

Call now:

03442 640 670



 **Comisiynydd Pobl Hŷn Cymru**
Older People's Commissioner for Wales

Teimlo eich bod yn cael eich eithrio?

Ydych chi wedi methu gwneud rhywbeth sy'n bwysig i chi am nad ydych chi'n defnyddio'r rhyngwrwd?



Er enghraifft:

**Trefnu apwyntiadau gyda'ch meddyg teulu
Gwasanaethau / ymgynghoriadau iechyd
Dod o hyd i wybodaeth a chyngor
Taliadau / arian
Lleisio eich barn**

Os felly, hoffem glywed gennych chi.

**Cysylltwch â ni i rannu eich profiadau, ac i'n
helpu ni i sicrhau bod pobl hŷn yn lleisio eu barn.**

Ffoniwch nawr:

03442 640 670



 **Comisiynydd Pobl Hŷn Cymru**
Older People's Commissioner for Wales



Care & Repair Cymru

**Conwy and
Denbighshire Care
& Repair** help older
homeowners and
private tenants to

repair, adapt and maintain their homes. Home visits are arranged to discuss client's needs and identify appropriate repairs, maintenance, or adaptations, offering solutions, the likely costs, and potential sources of funding.

Home Improvement Service helps with private works large and small, adaptations, small repairs in the home and garden, fit bathrooms/wet-rooms and complete skilled joinery work. This includes a **Handyman Service** available at an hourly rate and **recommending contractors** from their approved list. **Call 0300 111 2120**



Care & Repair Cymru

Mae **Gofal a Thrwsio
Conwy a Sir
Ddinbych** yn helpu
perchnogion tai a
thenantiaid preifat hŷn

i atgyweirio, addasu a chynnal eu cartrefi. Trefnir ymweliadau cartref i drafod anghenion cleientiaid ac adnabod pa waith atgyweirio, cynnal a chadw neu addasiadau sydd ei angen, cynnig atebion, y costau tebygol a ffynonellau ariannol posibl.

Mae'r **Gwasanaeth Gwella Cartrefi** yn helpu gyda gwaith preifat, bach a mawr, addasiadau, gwaith atgyweirio bach yn y cartref a'r ardd, gosod ystafelloedd ymolchi/ystafelloedd gwlyb, a gwaith saer medrus. Mae hyn yn cynnwys **Gwasanaeth Tasgmon** sydd ar gael ar gyfradd fesul awr ac **Argymhell contractwyr** o'u rhestr gymeradwy. **Ffôn 0300 111 2120**



Cyngor Tref
Llanfairfechan
Town Council

Diwrnod a hwyf i'r teulu

Dydd Sadwrn 10yb i 2yp
Neuadd Gymunedol Llanfairfechan

fstandinau a gemau hwyliog
lluniaeth am ddim
castell neidio
llyfrau a theganau hoff
standinau gwybodaeth
tatws ffua



Cyngor Tref
Llanfairfechan
Town Council

Family Fun Day

Saturday 26th August 10am to 2pm
Llanfairfechan Community Hall
Village Road , Llanfairfechan LL330AB

fun stalls and games
free refreshments
Bouncy castle
pre loved books and toys
Information stands
fake tattoos

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



Tech Forum



Wednesday 16th
August at
10.30am

Whether you are new to technology,
want to know more or have some tips
you would like to share with others we
will be running a Tech Forum with
different themes each month facilitated
by our Digital Skills Team.

**This month is an introduction to the
Alexa and how to make the most out
of yours!**

For more details get in touch on
01244 381515 or email
digitalskillsreferrals@visionsupport.org.uk

Older People's Forums 2023 | Fforwm Pobl Hŷn 2023

Abergele – Info & Craft Market	28/09/2023 2pm-4pm	Stalls/ information & crafts	Hafod y Parc, Kinmel Ave, Abergele LL22 7LX
Abergele 2pm	07/09/2023		Hafod y Parc, Kinmel Ave, Abergele LL22 7LX
	16/11/2023		
Colwyn Bay 2pm	14/09/2023	Care & Repair	Parkway Rhos on Sea LL28 4SE
	30/11/2023	Transport for Wales	
Llandudno 2pm	20/09/2023	Citizen's Advice	Craig y Don Community Centre - Room1, Queens Rd, Llandudno LL30 1TS
	22/11/2023	Transport for Wales	
Llanfairfechan 2pm	21/09/2023		Llys Y Coed, Cae Ffynnon Rd Llanfairfechan LL33 0HP
	23/11/2023	Digital – Creating Enterprise	
Llanrwst 2pm	03/10/2023		Golygfa Gwydyr, Plough St, Llanrwst, LL26 0AG.

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



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



To receive a your free monthly copy of the Older People's Forum Newsletter, please call 0300 2345 007 or email enquires@acnwc.org. The Newsletter is available as a hardcopy via the post or via email as a PDF.

I gael copi misol yn rhad ac am ddim o Gylchlythyr y Fforwm Pobl Hŷn gartref, ffoniwch 0300 2345 007 neu anfonwch neges e-bost i enquires@acnwc.org. Mae'r Cylchlythyr ar gael ar ffurf copi caled drwy'r post neu dros e-bost fel PDF.