

# Older People's Newsletter

## Cylchlythyr Pobl Hŷn

*Information You Can Pick Up, Read, & Share.*

*Gwybodaeth Y Gallwch Eu Darllen A'u Rhannu'n Rhwydd.*

### Fforymau Pobl Hŷn 2024

Roedd aelodau fforwm Abergele wedi codi mater ynghylch y tyllau yn y ffordd yng nghyffiniau Hafod y Parc. Doedd cyrbiau isel ddim yn ddefnyddiol mwyach, oherwydd bod tyllau mawr yn ymddangos o'u blaenau, a bod gweddill Rhodfa Cinmel wedi dadfeilio. Diolch byth, roedd adran Amgylchedd, Ffyrdd a Chyfleusterau'r cyngor wedi camu i'r adwy cyn gynted â phosibl, ac mae wedi dechrau trwsio rhywfaint o'r difrod. Byddaf yn archwilio'r ffordd fy hun yn ystod fy ymweliad nesaf ag Abergele.

Bydd aelodau ein fforwm ym Mae Colwyn yn falch o wybod bod y fforwm ar y trywydd iawn erbyn hyn, yn dilyn un fforwm arbennig i denantiaid Cartrefi. Bydd siaradwr o'r Gymdeithas Alzheimer yn dod i sgwrsio gyda ni yn y fforwm ar 12 Mawrth.

Cynhelir cyfarfod arbennig ar gyfer tenantiaid Llys y Parc a Parkway yng Nghanolfan Gymunedol Parkway ar 18 Ebrill, rhwng 2pm a 3.30pm. Bydd y Cynghorydd Gareth Jones, Leslie Stone (Cartrefi), y PCSO Naomi Hill, a'r PCSO Jacob Robbins, yn bresennol i roi sylw i unrhyw bryderon.

Gwybodaeth arall - tudalen 14

### Older People's Forums 2024

Members of the Abergele forum raised issue about the potholes in the vicinity of Hafod y Parc. Drop curbs were no longer of any use with large holes appearing in front of them and the remainder of Kinmel Ave in a state of ruin. Thankfully, the council's ERF (Environment, Roads & Facilities), stepped up as quickly as possible and have begun repairing some of the damage. I'll be inspecting the road myself on my next visit to Abergele.

Members of our Colwyn Bay forum will be glad to know the forum is now back on track following a special one-off forum for Cartrefi tenants. We'll have a speaker from Alzheimer's Society coming to speak to us at the March forum on the 12st.

A special meeting for Llys y Parc and Parkway tenants will be held at Parkway Community Centre on April 18<sup>th</sup>, from 2pm to 3.30pm. Councillor Gareth Jones, Leslie Stone (Cartrefi), PCSO Naomi Hill, and PCSO Jacob Robbins, will be attending to address any concerns.

English starts on page 7.

## Gostyngiadau Treth y Cyngor i Bobl sy'n Byw gyda Dementia

### Ad-daliadau treth y cyngor ar gael i bobl sydd â dementia a chyflyrau iechyd meddwl eraill.

Mae'r gostyngiad treth gyngor 'amhariad meddwl difrifol' (SMI) yn ostyngiad oddi ar fil treth gyngor cartref, sy'n werth o leiaf 25%, ac mewn rhai achosion hyd at 100%. Gall y taliadau gael eu hôl-ddyddio, ac mewn rhai achosion, gall pobl gael ad-daliad wedi'i ôl-ddyddio yn ogystal â gostyngiadau yn y dyfodol. Mae salwch meddwl difrifol yn ddiagnosis meddygol ynddo'i hun, ond gallai'r achos sylfaenol fod yn gyflwr fel dementia (neu Alzheimer's), Parkinson's, anawsterau dysgu difrifol neu strôc. Bydd yn dibynnu ar achos pob unigolyn ac nid yw cael diagnosis o salwch meddwl difrifol yn golygu'n awtomatig eu bod nhw'n gymwys am ostyngiad. Rhaid i feddyg hefyd ardystio bod gan yr unigolyn nam meddyliol difrifol. Nid oes gan meddygon teulu hawl i godi tâl arnoch am yr ardystiad hwn.

Mae dau gam i fod yn gymwys.

1. Mae'n rhaid bod rhywun wedi'i ardystio'n feddygol fel rhywun sydd â 'nam meddyliol difrifol' (SMI) - wedi'i ddiffinio fel bod â nam difrifol ar ddeallusrwydd a gweithrediad cymdeithasol (sut bynnag y'i achosir) sy'n ymddangos yn barhaol.
2. **Yng Nghymru, rhaid bod gan y person o leiaf un o nifer o fudd-daliadau (Rhestr lawn ar dudalen 10).**

Mae'r ffurflen gais am y gostyngiad wedi'i safoni ledled Cymru, a chaniateir ôl-ddyddio gan BOB cyngor mewn ffordd safonol, gan gynnwys Conwy.

Mae gan Lywodraeth Cymru dudalen we bwrpasol gyda manylion y gostyngiad a sut i'w hawlio. ([llyw.cymru/gostyngiadau-treth-cyngor-a-gostyngiad/nam-meddwl-difrifol](http://llyw.cymru/gostyngiadau-treth-cyngor-a-gostyngiad/nam-meddwl-difrifol))

Am fwy o wybodaeth cysylltwch â Chyngor Bwrdeistref Sirol Conwy **Adran Treth y Cyngor** y 01492 576607.

**Y sgam ffôn diweddaraf sy'n taro'r DU:** Mae sgam ffôn yn mynd o gwmpas ar hyn o bryd, lle mae gweithredwr yn ffonio cartref ac yn gofyn, "Ydych chi'n gallu fy nghlywed i?".

Os ydych chi'n ateb 'Ydw', gall y sawl sy'n galw ddefnyddio eich ateb fel tystiolaeth eich bod wedi dweud 'Ydw' i gwestiynau eraill. Os ydych chi'n ateb yn wahanol drwy ddweud rhywbeth fel 'ddim yn glir iawn' neu 'bron iawn', yna byddwch chi'n cael eich herio i ateb 'Ydw'.

Fel arfer, mae'r sawl sy'n galw yn cynnig gwasanaethau, neu wobrau mewn rhai achosion, ond mae'r canlyniad yr un fath bob amser. Mae hyn yn arwain at gost i ddeiliad y tŷ. Byddwch yn ymwybodol, a gofynnwch bob amser pwy sy'n ffonio. Cofiwch roi'r ffôn i lawr oni bai eich bod chi'n disgwyl galwad gan rywun rydych chi'n ei adnabod.

**Mae pleidlais bost** yn golygu bod papurau pleidleisio yn cael eu hanfon atoch cyn yr etholiad. Bydd angen i chi lenwi'r papurau pleidleisio a'u hanfon yn ôl yn yr amlen radbost a ddarparwyd. Gall unrhyw un ofyn i bleidleisio drwy'r post heb orfod rhoi rheswm. I wneud cais am bleidlais bost ffonio'r swyddfa Gofrestru Etholiadol ar 01492 576051 a gofyn am ffurflen.

## Tîm Un Pwynt Mynediad (SPoA) - Gwasanaethau cymdeithasol Conwy

**Y gwasanaeth Un Pwynt Mynediad yw eich cyswllt cyntaf ar gyfer unrhyw beth a allai fod yn gysylltiedig â materion cymdeithasol a gofal, er enghraifft:**

- Addasiadau Tai
- Pobl Hŷn
- Anableddau corfforol a nam ar y synhwyrâu
- Anableddau dysgu
- Therapi galwedigaethol
- Gofalwyr

Mae'r gwasanaeth hwn yn gyfrinachol a gofynnir cwestiynau i chi amdanoch eich hun neu'r person rydych yn ffonio ar eu rhan er mwyn deall pa wasanaethau sy'n cyfateb orau i'ch anghenion. Mae Un Pwynt Mynediad yn gweithio gydag asiantaethau a sefydliadau gwirfoddol lleol eraill a byddant yn eich atgyfeirio atynt os dyma yw'r ffordd orau i'ch helpu. Un Pwynt Mynediad (SpOA) Gwasanaethau Cymdeithasol – 0300 456 1111

## Cau Toiledau Cyhoeddus yng Nghymru

I geisio arbed arian, mae sawl awdurdod lleol yn ystyried cau rhagor o doiledau cyhoeddus.

Mae diffyg toiledau cyhoeddus yn rhwystr i lawer o bobl rhag cerdded a mynd allan o'u cartrefi i gyrraedd gwasanaethau, i gymdeithasu ac i ymarfer corff. Er y byddai pobl hŷn yn teimlo'r effaith yn fwy na neb, bydd pobl ag anableddau, a rhieni sydd â phlant ifanc, yn cael eu rhwystro rhag mynd allan oherwydd nad ydynt yn gallu cael mynediad at amwynderau cyhoeddus.

Byddai'r rhan fwyaf o bobl yn dechrau peidio â mynd allan o'u cartrefi, ac yn pendroni faint o amser y gallan nhw ei dreulio i ffwrdd oddi wrth eu cartref. Gallai hyn beri gofid i lawer o bobl os ydyn nhw'n cael trafferth cael mynediad at amwynderau cyhoeddus.

Os yw Llywodraeth Cymru yn gofyn i awdurdodau lleol wneud eu hardaloedd yn fwy Oed-Gyfeillgar i bobl hŷn, does dim amheuaeth y bydd cau amwynderau cyhoeddus yn cael effaith gwbl groes i hynny.

Yn ddiweddar, bu Darren Millar, Aelod o'r Senedd dros Orllewin Clwyd, yn galw ar Lywodraeth Cymru i gymryd camau i helpu i sicrhau bod toiledau cyhoeddus yn cael eu cynnal, ac i osod rhwymedigaethau statudol ar awdurdodau lleol, er mwyn sicrhau bod amwynderau cyhoeddus ar gael ym mhob ardal awdurdod lleol.

Mae dros hanner yr amwynderau cyhoeddus yng Nghymru wedi cau ers y 2010au, ond does dim rhwymedigaeth gyfreithiol ar awdurdodau lleol o hyd i sicrhau bod ganddyn nhw rwydwaith digonol o doiledau cyhoeddus.

Os ydych chi'n cytuno y bydd cau rhagor o gyfleusterau cyhoeddus yng Nghonwy o bosib yn peri gofid i chi, ac yn arwain at ansawdd bywyd gwael, yna codwch eich llais. Anfonwch eich sylwadau ataf, neu cysylltwch â'ch AS, Cyngorydd eich Cyngor a'ch Cyngorwyr Tref.

## Toriad o 25% yn Oriau Agor Gwasanaeth Llyfrgell Conwy

Mae ymgynghoriad cyhoeddus ar gynigion i gwtogi 25% oddi ar oriau agor llyfrgelloedd bellach ar agor. Mae'r cyngor yn gofyn am eich barn chi ar newidiadau i oriau agor llyfrgelloedd i geisio arbed arian. Bydd yr ymgynghoriad yn para am chwe wythnos, a bydd cynghorwyr yn cyhoeddi penderfyniad ym mis Mehefin cyn y byddai unrhyw newidiadau'n cael eu cyflwyno yn nes ymlaen yn yr haf.

Mae'r Cyngor yn cynnig lleihau'r oriau agor er mwyn osgoi cau llyfrgelloedd, ac mae'n cynnig cyfle i breswylwyr ddweud sut y dylid cwtogi'r oriau, yn hytrach nag a ddylid cwtogi'r oriau o gwbl.

Byddai'r cynnig yn arwain at ddiswyddo staff, gan alluogi Conwy i adennill £157,126 bob blwyddyn. Ond, ni fyddai unrhyw arbedion yn cael eu gwneud tan 2025/2026, oherwydd cost taliadau diswyddo.

Mae gan wasanaeth llyfrgell Conwy 28,000 o aelodau, ac mae wedi helpu 235,000 a mwy o gwsmeriaid yn 2022/23. Mae'r llyfrgell yn arbennig o werthfawr i bobl hŷn a'r rheini sy'n fwy agored i niwed mewn cymdeithas. Mae llyfrgelloedd yn darparu man diogel a chynnes, ac mae'n rhoi 'achubiaeth' i lawer o bobl drwy roi mynediad at gyfrifiaduron, rhoi cymorth gyda rhaglenni ar-lein, a darparu Wi-Fi.

Ar ôl y cyfnod clo, mae gwasanaeth llyfrgell Conwy wedi cael rhwng 50% a 60% yn fwy o ymweliadau yn 2023 na'r flwyddyn flaenorol. Mae'r cyngor hefyd yn cydnabod bod y cynnydd hwn wedi digwydd ar yr un pryd â'r cynnydd cyson mewn benthyciadau llyfrau ac ymholiadau gan gwsmeriaid.

Gellir llenwi'r arolwg ymgynghori ar-lein drwy wefan y Cyngor, neu ewch i'ch llyfrgell leol i gael copi papur neu i gael help i lenwi'r arolwg ar-lein.

Fel arall, gellir mynd i'ch llyfrgell leol a chasglu copïau papur o'r arolwg, a gallwch chi lenwi'r arolwg a'i adael mewn unrhyw llyfrgell neu ei bostio i: Gwasanaeth Llyfrgell Conwy, Cyngor Bwrdeistref Sirol Conwy, Blwch Post 1, Conwy, LL30 9GN.

Mynegwch eich pryderon, llenwch yr ymgynghoriad, a chysylltwch â'ch Cyngorydd Sir, eich Aelod Seneddol neu eich Aelod o'r Senedd.

**LLANFAIRFECHAN – Ymgyrch Gwranddo ar Dementia:** Yn dilyn ymlaen o'r Ymgyrch Gwranddo ar Dementia lwyddiannus rydym yn cynnal Digwyddiad Adborth i hysbysu'r gymuned leol o'r canlyniadau a rhannu'r adroddiad. Bydd gennym siaradwyr yn y digwyddiad. Teresa Davies sydd â phrofiad o fyw â dementia. Gweithwyr ym maes Gofal Cymdeithasol a mudiad gwirfoddol. Bydd lluniaeth am ddim ar gael ar y diwrnod hefyd. Siambr y Cyngor, Neuadd y Dref, Llanfairfechan - Dydd Iau 21 Mawrth 2024, 2pm – 4pm



## Cwch stêm Waverley yn cyrraedd gogledd Cymru yr haf hwn!



**WAVERLEY**  
SEE BRITAIN'S COASTLINE BY PADDLE STEAMER  
THE WORLD'S  
LAST SEAGOING  
PADDLE STEAMER  
[WAVERLEYEXCURSIONS.CO.UK](http://WAVERLEYEXCURSIONS.CO.UK)  
NORTH WALES  
& THE MERSEY  
CRUISES 2024

**Waverley** yw'r unig gwch stêm mordeithiol yn y byd. Hwylodd Waverley ar ei daith cyntaf ar 16 Mehefin, 1947, ar hyd Loch Long a Loch Goil.

Rhwng 1952 a 1972, roedd Waverley yn rhan o fflyd arfordirol British Railways Caledonian Steam. Ym 1974, cafodd Waverley ei roi i'r Paddle Steamer Preservation Society, a bu'n mynd o amgylch Prydain Fawr rhwng 1981 a 1983. Yn 2015, ar ôl ailadeiladu'r Waverley am resymau treftadaeth, daeth i ymweld â Lerpwl a Gogledd Cymru. Yn 2024, mae Waverley yn ailymweld â Chymru, gan godi hwyl unwaith eto o Gaerdybi i Landudno ddydd Llun, 24 Mehefin. Bydd modd gweld yr unig gwch stêm mordeithiol yn y byd yn docio ym Mhier Llandudno am dri diwrnod, rhwng 24 Mehefin a 26 Mehefin.

Gall teithwyr sy'n cyrraedd Llandudno

fwynhau teithiau prynhawn a theithiau gyda'r nos i'r Merswy ddydd Llun 24 Mehefin. Rydym yn argymhell yn gryf eich bod chi'n archebu lle ymlaen llaw. I gael gafael ar amserlenni ac i archebu, ffoniwch Waverley Excursions ar 01412 432 224.

**Prosiect Lluosi:** Ydych chi eisiau gwella eich sgiliau rhifedd a chymryd rhan mewn cyrsiau hwyliog, cymdeithasol?

Rhifedd Byw - Lluosi Rhaglen newydd ydy Lluosi gyda'r nod o helpu oedolion ledled gogledd Cymru i fod yn fwy hyderus wrth ddefnyddio rhifau. Mae pob un o'r cyrsiau yn rhad am ddim a gellir teilwra cyrsiau i gyd-fynd ag anghenion unigolion a sefydliadau, mewn lleoliadau ac yn ystod oriau sydd fwyaf cyfleus i'r dysgwr. Gellir cynnal cyrsiau ar sail un-i-un, ar-lein neu wyneb yn wyneb. Dyma rai o'r cyrsiau rydym eisoes cynnal yng ngogledd Cymru:

- Cyllidebu a Chynilo
- Rhifedd yn y gweithle
- Gwasanaeth i Gwsmeriaid a Manwerthu
- Helpu'ch Plentyn gyda mathemateg
- Rhedeg eich Busnes eich Hun

**SGILIAU  
AM OES  
LLUOSI**

Gallwn hefyd gynnig sesiynau tiwtora i unigolion sy'n dymuno sefyll arholiad mathemateg ffurfiol, fel arholiad TGAU neu gymhwyster Sgiliau Hanfodol Cymru 'Cymhwyso Rhif'. I gael gwybod rhagor am y prosiect a chofrestru ar gwrs ffoniwch 01492 542 338.



## Cynllun Datblygu Lleol Newydd

Fe wnaeth y Cyngor fabwysiadu'r Cynllun cyfredol ym mis Hydref 2013. Rydym wedi cynnal adolygiad llawn o'r Cynllun ac rydym bellach yn gweithio ar Gynllun Datblygu Lleol Newydd (CDLIN). Mae llawer o newid wedi bod ers 2019. Mae cartrefi newydd wedi eu hadeiladu ac mae caniatâd cynllunio ar gyfer mwy. Rydym bellach yn awgrymu llai o gartrefi newydd ar gyfer y dyraniadau Safleoedd Strategol o'r Strategaeth a Ffefrir (cam 4):

1. Cae'r Ffynnon, Llanfairfechan - 400 o dai yn y Strategaeth a Ffefrir, 100-150 o dai yn cael eu hawgrymu bellach
2. Llanrhos - 250 o dai yn y Strategaeth a Ffefrir, 100-150 o dai yn cael eu hawgrymu bellach
3. Fferm Peulwys, Hen Golwyn - 450 o dai yn y Strategaeth a Ffefrir, 200-300 o dai yn cael eu hawgrymu bellach
4. Penloyn, Llanrwst - 200 o dai yn y Strategaeth a Ffefrir, 80-120 o dai yn cael eu hawgrymu bellach

Rydym yn edrych ar fwy o wybodaeth ar y safleoedd a faint o gartrefi newydd a thir ar gyfer swyddi newydd dros y misoedd nesaf. Mae hyn yn golygu y gall y nifer o gartrefi newydd a faint o dir rydym ei angen newid.

I siarad â swyddog sy'n gweithio ar y Cynllun Datblygu Lleol Newydd ffoniwch y Gwasanaeth Polisi Cynllunio Strategol (01492) 575181 / 575445 / 575124 / 574232.

## Cynllunio'r Cyngor a Rhifau Adeiladau

**Rheoli adeiladu:** (01492) 574172 / rheoli.adeiladu@conwy.gov.uk

**Pridiannau Tir Lleol:** (01492) 576095 / **Chwiliadau Awdurdod Lleol**  
- pridiannautirllleol@conwy.gov.uk

**Ymholiadau am hanes cynllunio:** 01492 575228 /hanescynllunio@conwy.gov.uk

**Cadwraeth:** (01492) 575317 /cynllunioplanning@conwy.gov.uk

**Cyngor am goed:** (01492) 575186 /cynllunioplanning@conwy.gov.uk

**Gorfodaeth Cynllunio:** (01492) 575272 /cynllunioplanning@conwy.gov.uk

**Gorfodaeth Cynllunio:** (01492) 575272 /cynllunioplanning@conwy.gov.uk

**Ceisiadau cynllunio ac ymholiadau:** (01492) 575247 /cynllunioplanning@conwy.gov.uk

## Newid i Llais Digidol – mae llinellau tir yn symud i'r rhyngryd.

Mae BT yn darparu digwyddiadau wyneb yn wyneb i siarad am y broses newid Llais Digidol lle bydd llinellau tir safonol yn dod i ben yn 2025, a chyfwerth digidol newydd drwy'r llinellau band eang yn cymryd eu lle. Bydd y digwyddiadau hyn yn rhoi cyfle i chi siarad â BT wyneb yn wyneb, gofyn cwestiynau a chael y cymorth sydd ei angen arnoch ar gyfer y broses hon.

22 - 23 Ebrill	Llanrwst, Co-op Llanrwst, Plough Street, LL26 0AG	10 till 4pm
24 - 25 Ebrill	Colwyn Bay - Bayview Shopping Centre, Sea View Rd, LL29 8DG	10 till 4pm

## Council Tax Reductions for People Living with Dementia

The 'severely mentally impaired' (SMI) council tax discount is a reduction off a household's council tax bill, worth at least 25%, and in some cases up to 100%. The payments can be backdated, as well as receiving future discounts.

SMI is a medical diagnosis, but the underlying cause could be a condition such as dementia (or Alzheimer's), Parkinson's, severe learning difficulties or having had a stroke. It will depend on each individual case and simply having been diagnosed as SMI doesn't automatically mean they qualify for the discount. A doctor must also certify they are severely mentally impaired. GPs are not allowed to charge you for this certification.

There are two steps to qualify.

1. Someone must be medically certified as being SMI – defined as having "a permanent severe impairment of intelligence and social functioning (however caused).
2. In Wales, the person must also be receiving at least one of several benefits.

The application form for the discount has been standardised across the Wales, and backdating is allowed by EVERY council in a standardised way, including Conwy.

The Welsh Government has a dedicated webpage with details of the discount and how to claim it. ([gov.wales/council-tax-discounts-and-reduction/severely-mentally-impaired](http://gov.wales/council-tax-discounts-and-reduction/severely-mentally-impaired)).

For more information call Conwy County's **Council Tax Discounts & Exemptions** on 01492 576607

## The Multiply Project

Do you want to improve your numeracy skills and take part in fun, social courses?

**Numeracy for Living – Multiply** is a new project, across North Wales, aimed at helping adults improve their confidence with numbers. All courses are **free**, can be tailored to the needs of individuals, and be delivered at locations, times, and dates most convenient to the learner. Courses can also be delivered in 1:1 setting, both online and in person.

Some of the courses delivered across North Wales include:

- Budgeting and saving money
- Numbers in the workplace
- Customer service and retail
- Helping your child with maths
- Running your own business



Also being offered is tutoring for those who wish to take a formal mathematics exam, such as a GCSE or the Essential Skills Wales Application of Number.

To learn more about the project and sign-up for a course, please call 01492 542 338.

## Single Point of Access (SPoA) – Conwy County Social Services

**SPoA** is provided by the social services department of Conwy County Borough Council. It is the first port of call for anything that may be about social and care issues, such as:

- Housing Adaptations
- Older People
- Physical disabilities and sensory impairment
- Learning disabilities
- Occupational therapy
- Carers

This is a confidential service, and you will be asked questions about yourself, or the person you are ringing about, to understand which services best fit your needs. SPoA work with other agencies and local voluntary organisations, and will refer you if this is the best way to help. Call **SPoA on 0300 456 1111**.

## Closing Public Toilets in Wales

In a bid to save money, many local authorities are considering closing more public toilets. A lack of public toilets creates a barrier for many people being able to go walking and get out of their homes to reach services, socialise, and exercise. Whilst older people would be impacted the most, people with disabilities, and parents with young children will find themselves being blocked from going out because they cannot access public amenities.

If the Welsh Government is asking local authorities to make their areas more Age-Friendly for older people, surely closing public amenities will have the opposite effect. Most people would start limiting when they leave home, and how long they spend away, and for some it could be distressing to find themselves stuck without access to public amenities.

Clwyd West MS Darren Millar, recently called on the Welsh Government to take action to help ensure public toilets are maintained, and to place statutory obligations on local authorities. More than half of Wales' public amenities have closed since the 2010s, but there still isn't a legal obligation on local authorities to ensure they have a sufficient network of amenities.

If you feel the further closure of public amenities in Conwy could reduce your quality of life, then send me your comments or call your MP, MS, Council Councillor, and Town Councillors.

**Llanfairfechan – Dementia Listening Campaign:** Following on from the successful Dementia Listening Campaign, a Feedback Event is being held to advise the community of the results and share the report. Speakers will include Teresa Davies, who has lived experience of dementia, and workers in social care and voluntary organisations. Free refreshments will be available. Council Chamber, Town Hall, Llanfairfechan - Thursday 21st March 2024, 2pm – 4pm.





## Waverley Steaming to North Wales this Summer!



# WAVERLEY

SEE BRITAIN'S COASTLINE BY PADDLE STEAMER

THE WORLD'S  
LAST SEAGOING  
PADDLE STEAMER

WAVERLEYEXCURSIONS.CO.UK

NORTH WALES  
& THE MERSEY  
CRUISES 2024

**Waverley is the world's last seagoing paddle steamer.** Her maiden voyage was on June 16, 1947, and she steamed along the route up Loch Long and Loch Goil.

From 1952 to 1972 Waverley was part of British Railways Caledonian Steam coast fleet.

In 1974 Waverley was famously gifted to the Paddle Steamer Preservation Society, and she circumnavigated Great Britain from 1981 to 1983.

In 2015, after a heritage rebuild, Waverley came to visit Liverpool and North Wales. In 2024, the Waverley is extending her Welsh calling points this season, with another unique sailing from Holyhead on Monday 24th June to Llandudno.

The world's last sea-going paddle steamer will now be seen docking at Llandudno Pier

for three days, from June 24 until June 26. Passengers joining at Llandudno can enjoy afternoon cruises and can enjoy an evening cruise to the Mersey on Monday the 24<sup>th</sup> of June.

Advance booking is strongly recommended. For timetables and booking call Waverley Excursions on 01412 432 224.

**A Postal Vote** means that ballot papers are sent to you before the election. You will need to complete the ballot and send it back in the freepost envelope provided before election day. Anyone can apply without having to give a reason. To apply for a postal vote, call the **Electoral Registration office on 01492 576051** and request a form.

**Latest Phone Scam Hitting the UK:** There is a telephone scam currently going around, where someone calls a household and an operator asks, "Can you hear me?".

If you answer 'Yes', the caller can use this as evidence that you have said 'yes' to other questions. If you answer differently saying something such as 'not very clearly' or 'just about', you are then pressed to answer with a 'Yes'.

The callers are usually offering services, or in some instances prizes, but the result is always the same, and leads to some cost to the householder.

**Be aware**, and always ask who is calling and best to hang up unless it's someone you were expecting to call you or someone you know.

## Conwy Library Service Opening Hours Cut by 25%

A public consultation on proposals to cut library opening hours by 25% is now open. The council is asking for your view on changes to library opening hours in a bid to save money. The consultation runs for six weeks, and a decision will be announced in June before any changes are introduced later in the summer.

The Council is proposing the reduction in opening hours to avoid library closures and offers residents the chance to say how the hours should be cut and not whether they should be cut.

The proposal would lead to staff redundancies, allowing Conwy to claw back £157,126 annually, but no savings would be made until 2025/2026 because of the cost of redundancy payments.

The Conwy library service has 28,000 members and helped more than 235,000 customers in 2022/23. It is considered especially valuable to older people and the more vulnerable in society. Libraries provide a safe, warm space where access to computers, help with online applications, and Wi-Fi provide a lifeline to many.

Conwy's post-lockdown library service has seen between 50% and 60% more visits in 2023 than the previous year. The council also acknowledges these increases have occurred concurrently with steady increases in book loans and customer enquiries.

The consultation survey can be completed online via the Council website or go to your local library for a paper copy or for help completing the survey online.

Alternatively, Paper copies can be collected from your local library and completed paper surveys can be dropped off at any library or posted to: Conwy Library Service, CCBC, PO Box 1, Conwy LL30 9GN.

Make your concerns known, complete the survey, contact your County Councillor, MS, and MP.

## Digital Voice switchover – landlines are moving to the internet.

BT are providing in-person events to talk about the Digital Voice switchover process where standard landlines will end in 2025, and a new digital equivalent through the broadband lines will replace them. These events will give you the opportunity to speak to BT face to face, ask questions and get the support you need for this process.

22 - 23 April	Llanrwst, Co-op Llanrwst, Plough Street, Conwy LL26 0AG	10 till 4pm
24 - 25 April	Colwyn Bay - Bayview Shopping Centre (outside Costa), Sea View Rd, Colwyn Bay LL29 8DG	10 till 4pm

## Conwy Council's Replacement Local Development Plan

The 2007-2022 Conwy Local Development Plan (LDP) covers that part of the Conwy County Borough outside Snowdonia National Park. It looks at where local housing and infrastructures need to be developed to provide for growing and changing demographics.

The Council carried out a full review of the Plan and are now working on a new one, which they're calling the Replacement Local Development Plan (LDP). A lot has changed in the past few years, new homes have been built and more have planning permission. The Council is now advising fewer new homes need to be built at the Strategic Site allocations in the plan previously planned.

**Cae'r Ffynnon, Llanfairfechan:** decreased from 400 houses to between 100-150.

**Llanrhos:** decreased from 250 houses to between 100-150.

**Peulwys Farm, Old Colwyn:** decreased from 450 houses to between 200-300.

**Penloyn, Llanrwst:** decreased from 200 houses to between 80-120.

**Abergele Strategic employment site:** will NOT be built before 2033 and a new site is being sought to replace it:

The number of new homes and how much land will be required could change. The Council must approve the Deposit Plan before going out to consultation.

To hear more from residents, the Council have engaged Planning Aid Wales (PAW) to hold Placemaking workshops. Officers are using the information from these to plan an extra stage.

If you would like to talk to a planning officer working on the Replacement Local Development Plan, call the Strategic Planning Policy Service on (01492) 575181 / 575445 / 575124 / 574232.

## Useful Council Planning & Building Numbers

**Building Control:** (01492) 574172 / [building.control@conwy.gov.uk](mailto:building.control@conwy.gov.uk)

**Local Land Charges:** (01492) 576095

**Planning history enquires:** 01492 575228 / [planninghistory@conwy.gov.uk](mailto:planninghistory@conwy.gov.uk)

**Conservation:** (01492) 575317 / [cynllunioplanning@conwy.gov.uk](mailto:cynllunioplanning@conwy.gov.uk)

**Tree advice:** (01492) 575186 / [cynllunioplanning@conwy.gov.uk](mailto:cynllunioplanning@conwy.gov.uk)

**Planning Enforcement:** (01492) 575272 / [cynllunioplanning@conwy.gov.uk](mailto:cynllunioplanning@conwy.gov.uk)

**Planning applications and enquiries:** (01492) 575247 / [cynllunioplanning@conwy.gov.uk](mailto:cynllunioplanning@conwy.gov.uk)






RE-SET YOUR MIND,  
RE-ADJUST YOUR THOUGHTS,  
RE-START YOUR LIFE,  
RE-FOCUS YOUR DREAMS,  
AS MANY TIMES AS YOU NEED TO  
-HAIZE HAWKE

## Conwy's County Councillors | Cynghorwyr Sir Conwy

Series began in September 2023 issue. County Councillors will appear in each issue. Dechreuodd y gyfres yn rhifyn Medi 2023. Bydd mwy o Gynghorwyr Sir yn ymddangos ym mhob rhifyn.

Conwy's County Councillors   Cynghorwyr Sir Conwy		
	<p><b>Councillor Stephen Anthony Price</b>            Conwy and Denbighshire Public Services Board Joint            Overview and Scrutiny Committee            Finance and Resources Overview and Scrutiny            Committee            General Licensing Committee            Governance and Audit Committee (Vice-Chair)            Planning Committee            Statutory Licensing Committee            Work: 07759718413            Work: <a href="mailto:cllr.stephen.price@conwy.gov.uk">cllr.stephen.price@conwy.gov.uk</a></p>	<p>Mochdre             Welsh Labour</p>
	<p><b>Councillor Penny Andow</b>            Cabinet Member for Integrated Adult and Community            Services            Poverty Champion            Work mobile: 07413 134332            Work: <a href="mailto:cllr.penny.andow@conwy.gov.uk">cllr.penny.andow@conwy.gov.uk</a></p>	<p>Pandy             Welsh Labour</p>
	<p><b>Councillor Alan Hunter</b>            Economy and Place Overview and Scrutiny Committee            General Licensing Committee            North Wales Police and Crime Panel            Planning Committee            Statutory Licensing Committee            Home: 07393 761664            Home: <a href="mailto:cllr.alan.hunter@conwy.gov.uk">cllr.alan.hunter@conwy.gov.uk</a></p>	<p>Pen-sarn Pentre            Mawr             Conwy First            Independent            Group</p>
	<p><b>Councillor Paul Edwin Luckock</b>            Democratic Services Committee            Finance and Resources Overview and Scrutiny            Committee            Governance and Audit Committee            Social Care and Health Overview and Scrutiny            Committee            Work: 07554122976            Work: <a href="mailto:cllr.paul.luckock@conwy.gov.uk">cllr.paul.luckock@conwy.gov.uk</a></p>	<p>Pen-sarn Pentre            Mawr             Conwy First            Independent            Group</p>

## Conwy's County Councillors | Cyngorwyr Sir Conwy

	<p><b>Councillor Charlie McCoubrey - Leader</b>  Ethical Employment in Supply Chain and Anti-Slavery  Champion  Leader of the Council  Home mobile: 07545597823  Home: <a href="mailto:cllr.charlie.mccoubrey@conwy.gov.uk">cllr.charlie.mccoubrey@conwy.gov.uk</a></p>	<p>Pen-sarn Pentre  Mawr   Conwy First  Independent  Group</p>
	<p><b>Councillor Cathy Augustine</b>  Democratic Services Committee (Vice-Chair)  Economy and Place Overview and Scrutiny  Committee (Vice-Chair)  Work: 07980 597408  Work: <a href="mailto:cyng.cathy.augustine@conwy.gov.uk">cyng.cathy.augustine@conwy.gov.uk</a></p>	<p>Penmaenmawr   Welsh Labour</p>
	<p><b>Councillor Anne McCaffrey</b>  Democratic Services Committee  Education and Skills Overview and Scrutiny Committee  Finance and Resources Overview and Scrutiny  Committee  Home: 01492 623373  Work: <a href="mailto:cllr.anne.mccaffrey@conwy.gov.uk">cllr.anne.mccaffrey@conwy.gov.uk</a></p>	<p>Penmaenmawr   Allied  Independents</p>
	<p><b>Councillor Carol Beard</b>  Economy and Place Overview and Scrutiny Committee  Education and Skills Overview and Scrutiny Committee  Home mobile: 07864993000  Home: <a href="mailto:cllr.carol.beard@conwy.gov.uk">cllr.carol.beard@conwy.gov.uk</a></p>	<p>Penrhyn   Conwy First  Independent  Group</p>
	<p><b>Councillor Chris Cater</b>  Cabinet Member for Democracy &amp; Governance  Cabinet  Democratic Services Committee  Planning Committee  Senior Employment Committee (Vice-Chair)  Home: 01492 548106  Home: <a href="mailto:cllr.christopher.cater@conwy.gov.uk">cllr.christopher.cater@conwy.gov.uk</a></p>	<p>Penrhyn  Conwy First  Independent  Group</p>



**Barely the day started** and... it's already six in the evening.

Barely arrived on Monday and it's already Friday.

... and the month is already over.

... and the year is almost over.

... and already 40, 50 or 60 years of our lives have passed.

... and we realize that we lost our parents, friends.

and we realize it's too late to go back...

So... Let's try, despite everything, to enjoy the remaining time...

Let's keep looking for activities that we like...

Let's put some colour in our grey...

Let's smile at the little things in life that put balm in our hearts.

And despite everything, we must continue to enjoy with serenity this time we have left. Let's try to eliminate the afters...

I'm doing it after...

I'll say after...

I'll think about it after...

We leave everything for later like " after " is ours.

Because what we don't understand is that:

Afterwards, the coffee gets cold...

afterwards, priorities change...

Afterwards, the charm is broken...

afterwards, health passes...

Afterwards, the kids grow up...

Afterwards parents get old...

Afterwards, promises are forgotten...

afterwards, the day becomes the night...

afterwards life ends...

And then it's often too late....

So... Let's leave nothing for later...

Because still waiting see you later, we can lose the best moments,

the best experiences,

best friends,

the best family...

The day is today...

The moment is now.

**Caitriona Loughrey**

A banner for the Wales Dementia Helpline. The background is light blue with a green hill at the bottom. On the left, an elderly man and woman are sitting on a wooden bench. The man is wearing a dark blue jacket and the woman is wearing a light blue top. The text on the banner reads: "Wales Dementia Helpline" in large blue letters, with a telephone handset icon integrated into the word "Helpline". Below this is the phone number "0808 808 2235". Further down, it says "Providing support, information and free literature to anyone in Wales." and "We are open 24/7." at the bottom right.

**Wales Dementia  
Helpline**  
0808 808 2235  
Providing support, information and free  
literature to anyone in Wales.  
We are open 24/7.



# Home Life

Do you need support to maintain an independent life at home? Our Home Life team can help with that, we can support you to:

- Take you out shopping
- Take your list and shop for you
- Prepare a light meal
- Visit a local café or coffee shop
- Befriending and companionship
- Small loads of ironing, washing and folding
- hoovering, mopping and dusting
- Collect prescriptions
- Accompany you to appointments
- Assist you and point you in the right direction for external services.
- We will even take your dog for a short walk!

## CONTACT US

01745 508624

01745 421556

[sarah.walton@acnwc.org](mailto:sarah.walton@acnwc.org)

Age Connects NWC  
Eirianfa Community Centre  
Factory PLace  
Denbigh  
LL16 3TS

***All your requirements can be discussed and we will work with you to decide on the best approach!***

**ABERGELE MENS SHED** - is a place where men aged 18+, can get together to work on projects including gardening, woodwork, wood turning, designing, technology, computers. Choose which group project suits you or bring along a project of your own. It's also just a place to meet for a coffee and a bit of banter, meet new people and make some new friends.

Call 07734 085143 - Worsleyware Building, High St, Abergele LL22 7AR

## Activities

<p><b>Abergele</b> - Autumn Club, 10am-12pm, Fridays, Old People's Club, 3 Church St, Abergele. £6 annual fee. Call Ted 01745 825235</p>	<p><b>Llandudno</b> - Coffee Morning, Fridays, 10am to 12pm. Craig y Don Community Centre, Queens Rd, Llandudno. Call 01492 871067</p>	<p><b>Llanrwst</b> - Thursday Paned a Sgwrs, 10am Eglwys St Grwst, Llanrwst. Donations welcome. Call Jon 07936 973 476</p>
<p><b>Conwy</b> - Lunch &amp; Social, £7 Fridays, 8.30am-2.30pm Clwb Yr Efail, Berry Street, Conwy. Call Pat / Terry 01492 581371</p>	<p><b>Rowen</b> - Monday Craft Group 9.30am, Rowen Chapel, Seion Chapel, Gwynant, Rowen. £2 Call Dilys 01492 65000</p>	<p><b>Llanrwst</b> - Friendship group Chat, hot drinks, &amp; a good laugh 1.30-3.30pm. Drop by. Call 01492 642 110</p>
<p><b>Colwyn Bay</b> - Thursday Social Mornings, 10am-12pm. 10% off hot/soft drinks, cakes &amp; scones purchased during session. Sheldon's Café Bar, 8 Penrhyn Rd, T. 01492 702672</p>	<p><b>Llandudno</b> - Tai Chi, Qui Gong &amp; Breathwork. (seated or standing) Fridays, 10.30am, £5. Trinity Community Centre, Trinity Rd, LL30 2TQ. Call Amanda 07534262250</p>	<p><b>Llandudno</b> - WIST Tuesdays, 2pm-4pm, Trinity Community Centre, Trinity Rd, LL30 2TQ. Just drop by and join in. Small fee applies. Call 01492 875 686</p>
<p><b>Llanrwst</b> - Mixed ability swimming lessons. Mondays at Llanrwst swimming pool, Watling St. Call Ffit Conwy 03004569525 to book.</p>	<p><b>Llansannan</b> - Bingo, cuppa &amp; chat, 1.30pm, Mondays, next 1st April, Eglwys St. Sannan Church, £2 refreshments Call Eifion 07584 413 400</p>	<p><b>Colwyn Bay</b> - mixed ability swimming sessions. Every Saturday, 11.30am-12.30pm at Colwyn Leisure Centre, Eirias Road, Colwyn Bay.</p>
<p><b>Towyn</b> - Oasis Luncheon Club, 11.45am-2pm Festival Church, 87 Gors Road, £3.50 including homemade soup and cake Call Festival Church 01745 343 781</p>	<p><b>Abergele</b> - Table Tennis, 7-9pm, Tuesdays, Old Peoples Club, 3 Church St, £3 includes tea/coffee Call Eddie 01745 337 305</p>	<p><b>Penmachno</b> - Coffee Morning, 10.30am - 12pm Eglwys S. Tudclud, LL24 0UR. Donations welcome Call Rachel 07887 813 848</p>



**FREE EVENT IN CONWY, NORTH WALES - 8TH & 9TH JUNE 2024**

Experience the medieval town overrun by pirates and defended by red coats as the Pirate ship Vilma sails in to town with guns blazing. Smugglers Market, Themed Games, Music, and Entertainment.

Warning...Loud cannon fire. The battle is not suitable for dogs! Ear plugs recommended for sensitive ears during the battle.

**Fun for all ages and  
it's free.**

<b>Conwy &amp; Prestatyn Methodist Circuit Holy Week</b>			
Llanddulas	Tuesday 26th March	7pm	Reflection and prayers
St Johns Conwy	Maundy Thursday 28th March	12.00pm	HC and Frugal lunch
	Good Friday 29th March	10am	Good Friday reflective service
Old Colwyn	Maundy Thursday 28th March	7pm	Maundy Service
	Friday 29th March	7pm	Good Friday Reflections
St Paul's Abergele	Maundy Thursday 28th March	10.30am	Maundy Service
	Good Friday 29th March	10.30am	Good Friday Reflections
St John's Llandudno	Maundy Thursday 28th March	7pm	Joint service at St David's
	Good Friday 29th March	11am	Good Friday Reflections – open church until 3pm
St David's Craig y Don	Maundy Thursday 28th March	7pm	Maundy Thursday Service
	Good Friday 29th March	11am	Joint service at St John's
		7pm	Prayers around the cross
Happy Valley	Easter Day Sunday 9th April	6.30am	SONRISE Service with HC – then breakfast at St John's

**FREE Course for adults: Creative Writing** - Starting: 22/05/2024.

Free to anyone living in Wales, expect fun exercises and group discussion delivered in a relaxed environment. Using the free writing technique, participants will tap into their creative potential, experiment with ideas, and ultimately build up the confidence to share their work.

- 8 weeks with lessons for 2 hours a week from 12:30 to 14:30 on Wednesdays.
- Llandudno Museum and Gallery, 17-19 Gloddaeth Street, Llandudno, LL30 2DD

Call Adult Learning Wales on 03300 580845 or Llandudno Museum on 01492 701490.



**Volunteer Responders**

**Would you benefit from friendly phone calls or food shopping and prescription deliveries?**

**Our volunteers can help**

**Call us on 0808 196 3646 to register**

Service provided by:




## Older People's Forums - Fforymau Pobl Hŷn

<b>Abergele - 2pm to 4pm</b> Hafod y Parc, Computer Room, Kinmel Ave, Abergele LL22 7LX	14/03/2024	North Wales Police PCSO Will Jones
	16/05/2024	Cambrian Savings & Loans
	11/07/2024	Community Wellbeing Team
<b>Colwyn Bay - 2pm to 4pm</b> Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	21/03/2024	Alzheimer's Society Cymru
	23/05/2024	HOPE Advocacy
	18/07/2024	Warm Wales
<b>Colwyn Bay - 2pm to 3.30pm</b> Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	April 18 <sup>th</sup> , 2024	<b>Cartrefi Tenants Only</b> Cllr. Gareth Jones, NW Police, & Cartrefi
<b>Llandudno - 10.30am to 12.30pm</b> CYD Community Centre, Room 2 Queens Rd, Craig y Don LL30 1TE	12/04/2024	-
	12/07/2024	Warm Wales
<b>Llanfairfechan - 2pm to 4pm</b> Llys y Coed, Cae Ffynnon Rd, Llanfairfechan LL33 0HP	11/04/2024	-
	06/06/2024	Llais Cymru
	25/07/2024	Friends of Llanfairfechan Library <b>To Be Confirmed</b>
<b>Llanrwst - 1.30pm to 3pm</b> Golygfa Gwydyr, Plough Street, Llanrwst, LL26 0AG	09/05/2024	HOPE Advocacy



**Eirianfa Community Centre  
 Factory Plc, Denbigh LL16 3TS  
 Registered Charity N. 1154403  
 T. 0300 2345 007**

This newsletter is published monthly by Age Connects North Wales Central. To receive a copy, via post or email, contact 01745 421 567 or [alessandra.thomas@acnwc.org](mailto:alessandra.thomas@acnwc.org).

Cyhoeddir y cylchlythyr hwn yn fisol gan Age Connects Canol Gogledd Cymru. I dderbyn copi drwy'r post neu e-bost cysylltwch â 0300 2345 007 neu [enquiries@acnwc.org](mailto:enquiries@acnwc.org).



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