

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

Mae llawer o drafodaeth mewn fforymau am y diffyg cymorth sy'n cael ei ddarparu ar ôl i gleifion gael eu rhyddhau o'r ysbyty. Pobl yn cael eu hanfon adref heb neb i ofalu amdanynt, a dim ymweliadau gan nyrsys ardal hyd yn oed! Mae gennych chi'r hawl i gael cymorth gartref i gael gwella gartref. Rwy'n rhoi gwybod i'r Grŵp Iechyd a Gwasanaethau Cymdeithasol a Changen Hawliau Pobl Hŷn Llywodraeth Cymru am yr achosion hyn. Bydd rhagor o wybodaeth am y pwnc hwn i ddod.

A yw meysydd parcio yn newid i daliadau drwy alwadau ffôn neu apiau ffôn, a'i gwneud yn amhosibl i chi barcio? Mae unrhyw un heb ffôn clyfar, profiad o'r rhyngwrwd, neu heb lawer o ddata ffôn symudol yn cael eu cloi allan o fannau parcio cyhoeddus. Erbyn hyn, mae maes parcio Gorsaf Llandudno wedi ailosod taliadau arian parod, a gobeithio y bydd meysydd parcio eraill yn dilyn eu trywydd. Rhowch wybod i mi os ydych chi wedi wynebu hyn yn unrhyw le yng Nghonwy.

Newidiadau fforwm:

Abergele Gorffennaf 11eg i Awst 1af.

Cynghorwyr, barddoniaeth a mwy o dud. 10.

Older People's Forums

Lots of talk at forums about the lack of support being provided after being discharged from hospital. Folks being sent home with no one to look after them, and not even district nurse visits! It's your right to be given a support package with the help you need to recover at home. I am reporting these incidences to the Welsh Governments Older People's Rights Branch & Health and Social Services Group. More on this topic to come.

Are car parks switching to phone call or phone app payments making it impossible for you to park? Anyone without a smart phone, internet experience, or with little mobile data, are being locked out of public parking. The Llandudno Station car park has now re-instated coin payments, and hopefully all other car parks will follow suit. No one should be excluded from paying and parking. Let me know if you have faced this anywhere in Conwy.

Forum Date Changes:

Abergele July 11th moved to August 1st.

English starts on page 6.

Councillors, poetry & more from pg. 10.

Twyll Ailgylchu Plastig

Mae'r Center for Climate Integrity (CCI) yn sefydliad Americanaidd sy'n helpu cymunedau i ddal corfforaethau o fewn a phetrol i gyfrif. Drwy ymchwil newydd a chyfredol, mae'r Adroddiad "Twyll Ailgylchu Plastig", a gyhoeddwyd gan CCI ym mis Chwefror 2024, yn esbonio sut mae cwmnïau wedi gwybod ers degawdau nad oedd ailgylchu plastigau'n ymarferol. Er gwaethaf degawdau o addewidion gan y diwydiant, mae ailgylchu plastig wedi methu oherwydd cyfyngiadau hysbys yn economaidd ac yn dechnegol.

Dyma beth mae'r adroddiad yn ei gynnwys:

- trosolwg o gyfyngiadau technegol ac economaidd.
- Sut mae'r diwydiant plastigau wedi hyrwyddo'r syniad o ailgylchu plastig, i ymateb i adlach gyhoeddus a'r ofn o reoleiddio.
- tystiolaeth o ymgyrchoedd ailgylchu camarweiniol y diwydiant plastigau.

Mae'r adroddiad yn egluro bod y diwydiant petrocemegol wedi cymryd rhan mewn ymgyrchoedd marchnata ac addysg gyhoeddus sydd wedi'u dylunio i gamarwain y cyhoedd ynghylch hyfywedd ailgylchu, er eu bod yn gwybod ers tro nad yw ailgylchu plastig yn hyfyw yn dechnegol nac yn economaidd. Er gwaethaf yr wybodaeth hon, mae'r diwydiant plastigau wedi parhau i gynhyrchu mwy o blastig.

Mae ailgylchu'n cael ei gyfyngu oherwydd y gwahanol fathau o blastigau sy'n cael eu cylchredeg. Rhaid i gyfleuster ailgylchu wahanu darnau o blastig yn ôl math er mwyn cynnal y lefel uchel o burdeb yn y deunydd sy'n cael ei ailgylchu. Er bod modd ailgylchu'r plastig, mae hyn yn golygu nad yw rhai plastigau'n cael eu hailgylchu'n ymarferol. Mae llawer o blastigau untro wedi'u gwneud o wahanol fathau o blastig a deunyddiau eraill, fel papur, metelau neu adlynon. Mae hyn yn ei gwneud yn anymarferol, os nad yn amhosibl, i wahanu'r cydrannau gwahanol hyn i'w hailgylchu.

Does dim modd ailgylchu'r rhan fwyaf o gynhyrchion plastig yn becynnau gradd bwyd oherwydd gwenwynnau. Mae llawer o'r plastigau'n cynnwys ychwanegion gwenwynig, ac mae perygl y byddant yn cael eu halogi ymhellach drwy gasglu sbwriel fel cynwysyddion glanhau ac eitemau eraill yn y cartref yn rheolaidd.

Nid oes gan rai mathau o blastigau farchnadoedd terfynol (h.y. busnesau sy'n prynu ac yn defnyddio deunyddiau y gellir eu hailgylchu i wneud cynhyrchion newydd), oherwydd bod ansawdd y plastig yn dirywio wrth iddo gael ei ailgylchu. Mae hyn yn golygu y bydd llai o ddefnydd o blastigau wedi'u hailgylchu, ac na fyddant yn cael eu hailgylchu'n barhaus.

Yn olaf, mae'r gost o gynhyrchu plastig wedi'i ailgylchu yn llawer uwch na'r gost o gynhyrchu plastig newydd, ac felly nid yw ailgylchu plastig yn ymarferol yn economaidd. Mae'r broses ailgylchu - o gasglu i ddidoli i brosesu - yn cymryd mwy o amser, llafur ac offer i gyflawni plastig o ansawdd is, na'r broses o wneud plastig newydd o danwydd ffosil.

Mae'r adroddiad llawn ar gael yn <https://climateintegrity.org/plastics-fraud>

I gael rhagor o wybodaeth e-bostiwch plastics@climateintegrity.org.

Y Gwasanaeth Presgripsiynau Electronig (EPS) yn cael ei gyflwyno ar ail safle yng Nghymru

Cleifion yng Nghonwy yw'r ail gymuned yng Nghymru i ddefnyddio'r gwasanaeth presgripsiynau electronig (EPS) newydd cyffrous.



Mae presgripsiynau electronig bellach yn cael eu hanfon o Feddygfa Plas Menai Llanfairfechan i ddwy fferyllfa leol, sef Boots yn Llanfairfechan a Gwynan Edwards ym Mhenmaenmawr.

Mae EPS yn caniatáu i feddygon teulu a phresgripsiynwyr gofal iechyd eraill anfon presgripsiynau'n ddiogel ar-lein i fferyllfa gymunedol a ddewisir gan y claf.

Nid oes rhaid i glinigwyr bellach argraffu a llofnodi'r ffurflen bresgripsiwn ar bapur gwyrdd gyfarwydd, sydd wedi'i defnyddio i ddsbarthu meddyginiaethau yng Nghymru ers dros 60 mlynedd. Nid oes angen ychwaith i gleifion na staff fferyllfa gasglu presgripsiynau o'r feddygfa - yn lle hynny, mae'r meddyg teulu yn eu hanfon yn uniongyrchol i'r fferyllfa trwy gyfrifiadur.

Dyweddodd Sarah Michaelson, Rheolwr Meddygfa Plas Menai:

"Gydag ychydig o addasiadau a phroblemau i'w datrys, roedd symud i brofi byw yn llwyddiant ar y cyfan. Rydym nawr yn edrych ymlaen at fanteision llawn EPS. Mae'r manteision yn cynnwys gwasanaeth diffwdan i gleifion gan y byddwn nawr yn gallu dilyn eu presgripsiwn trwy gydol ei daith electronig."

Unwaith y bydd fferyllfa yn gallu cynnig rhagnodi electronig, mae cleifion yn cofrestru trwy ddweud wrth staff yn y fferyllfa neu'r practis meddyg teulu eu bod am ddefnyddio'r gwasanaeth presgripsiynau electronig. **Nid oes angen i'r claf ddefnyddio cyfrifiadur, ffôn clyfar neu liniadur gan y bydd staff yn gallu trefnu hyn ar eich rhan.**

Mae darparu Gwasanaeth Presgripsiynau Electronig (EPS) yng Nghymru yn rhan allweddol o'r Portffolio Trawsnewid Gweinyddu Meddyginiaethau'n Ddigidol, sydd ar ran Llywodraeth Cymru wedi dwyn ynghyd y rhaglenni a'r prosiectau a fydd yn sicrhau manteision dull presgripsiynu digidol llawn ym mhob lleoliad gofal iechyd yng Nghymru.

Meddygfa Betws y Coed

Mae Bwrdd Iechyd Betsi Cadwaladr yn falch o gyhoeddi ein bod wedi penodi partneriaeth newydd i arwain y feddygfa ym Metws y Coed. Y bartneriaeth lwyddiannus yw Dr Raj Britto, Dr Owen Pooley a Mena Thamburatnam (partner anghlinigol). Byddant yn cymryd drosodd y feddygfa o'r 1af Fai 2024. Mae'r bartneriaeth eisoes yn rhedeg meddygfa yng Ngwynedd ac mae ganddynt brofiad blaenorol o reoli contractau meddygol newydd gyda gwasanaethau fferyllol. Yn ymuno â'r partneriaid mae Dr Anne Hoffman sy'n feddyg teulu profiadol, hyfforddodd Dr Hoffman yng Ngogledd Cymru ac wedi bod yn gweithio yn yr ardal fel partner a locwm ers 2017. Bydd Dr Lauren Beadle ac aelodau eraill y tîm presennol, clinigol ac anghlinigol, yn parhau yn y practis. Bydd y Bwrdd Iechyd, y partneriaid presennol Dr Keep a Dr Sion ac oll dim y feddygfa yn parhau i weithio gyda'r partneriaid newydd i sicrhau bod gwasanaethau'n cael eu trosglwyddo'n esmwyth.

Beth yw Presgripsiynu Cymdeithasol a pham ei fod yn bwysig?

Mae Presgripsiynu Cymdeithasol yn ffordd o gysylltu pobl â chefnogaeth gymunedol anfeddygol i'w helpu i wella ansawdd eu bywyd. Mae presgripsiynau cymdeithasol yn ymwneud ag annog ffocws ar lesiant ac atal. Gall unigolion gael eu hatgyfeirio gan eu meddyg teulu neu weithwyr iechyd proffesiynol eraill at amrywiaeth o wasanaethau lleol, anfeddygol sy'n cael eu harwain gan weithiwr cyswllt neu **swyddog llywio cymunedol**.

Bydd y swyddogion llywio hyn wedyn yn treulio amser yn dod i adnabod anghenion a dymuniadau'r unigolyn, ac yn darparu cymorth sy'n canolbwyntio ar yr unigolyn, ac wrth wneud hynny, byddant yn ceisio mynd i'r afael ag anghenion unigolyn mewn ffordd gyfannol. Mae'r swyddogion llywio yn cysylltu pobl â'r gefnogaeth, y gweithgareddau a'r gwasanaethau sydd ar gael a fydd yn darparu ar gyfer eu holl anghenion a'u dymuniadau. Gall hyn gynnwys popeth ac unrhyw beth fel rhaglenni dysgu a sgiliau, cymorth â chyflogaeth, ac amrywiaeth eang o weithgareddau i wella hyder, rhwydweithiau cymdeithasol a llesiant. Er enghraifft, cysylltu rhywun â grŵp cymorth ffibromyalgia, dod o hyd i ddsbarth ioga i rywun neu eu cael i gymryd rhan mewn clwb hanes lleol. Fel hyn, mae prosiectau presgripsiynu cymdeithasol hefyd yn cyfrannu at feysydd fel tai, cyflogaeth, gwirfoddoli a dysgu.

Manteisio ar Credyd Pensiwn - Peidiwch â Choli'r Cyfle

Mae miloedd o bobl hŷn yng Nghymru yn colli miliynau o bunnoedd o gymorth ariannol am nad ydynt yn hawlio Credyd Pensiwn er bod ganddynt hawl iddo. Nid yw oddeutu 60% o bobl sy'n gymwys i gael Credyd Pensiwn yn ei hawlio. **Ydych chi'n un ohonyn nhw?** Mae Credyd Pensiwn yn werth £58 yr wythnos ar gyfartaledd ac mae hefyd yn cynnig nifer o fanteision ariannol fel gostyngiadau yn y dreth gyngor, gofal deintyddol am ddim, taliadau tywydd oer, cymorth gyda chostau tai, a Thrwyddedau Teledu am ddim.

- Mae **Credyd Gwarant** yn codi'ch incwm wythnosol at isafswm gwarantedig o £173.75 os ydych chi'n sengl neu £265.20 os ydych chi'n rhan o gwpl.
- Mae **Credyd Cynilion** yn arian ychwanegol os oes gennych rywfaint o gynilion neu os ydy eich incwm yn uwch na Phensiwn sylfaenol y Wladwriaeth. Dim ond i bobl a gyrhaeddodd oed Pensiwn y Wladwriaeth cyn 6 Ebrill 2016 mae'r rhain. Gallech chi hawlio hyd at £13.97 yn ychwanegol bob wythnos os ydych chi'n sengl neu £15.62 os ydych chi'n rhan o gwpl.
- Os oes gennych anabledd difrifol, gallech gael £76.40 ychwanegol yr wythnos.
- Os ydych yn gofalu am oedolyn arall, gallech gael £42.75 yn ychwanegol.
- Os ydych yn gyfrifol am blant, gallech gael £61.88 ychwanegol yr wythnos am bob plenty.

Os nad ydych yn hawlio Credyd Pensiwn, cysylltwch ag unrhyw un o'r gwasanaethau isod am gyngor a chymorth, hyd yn oed os cawsoch eich gwrthod yn flaenorol, mae bob amser yn werth gwneud cais newydd bob blwyddyn. **Mae cyfraddau budd-daliadau'n newid bob blwyddyn, yn yr un modd â'ch sefyllfa ariannol.**

- Cyngor ar Bopeth Ardal Conwy – 01745 828705
- Hawliau Lles Cyngor Bwrdeistref Sirol Conwy – Ffôn: 01492 576605
- Llinell Hawlio Credyd Pensiwn – Ffôn: 0800 99 1234 Dyddiau'r wythnos, 9.30am i 7.30pm
- Llinell gymorth pensiwn – Ffôn: 0800 731 0469 or Text Ffôn: 0800 169 0133

Canllaw ar 'Digital Voice' Yw Gwasanaeth Ffôn Cartref Newydd BT, Sy'n Cael ei Bweru gan eich Cysylltiad Band Eang.



I'r rhan fwyaf o gwsmeriaid, bydd y newid i 'Digital Voice' yn golygu'n syml cysylltu'ch ffôn cartref i'ch llwybrydd (router), yn hytrach na'r soced ffôn ar y wal. Ni fydd newid i Llais Digidol yn costio dim, ac ni fyddwch yn talu mwy na'ch cynllun ffôn cartref presennol, oni bai eich bod wedi dewis uwchraddio i Llais Digidol tra'n adnewyddu eich cynllun band eang cartref.

Pan fyddwch yn newid i linell ffôn ddigidol gallwch barhau i ddefnyddio eich ffôn cartref presennol trwy ei blygio i gefn eich hwb. Mae 'Digital Voice' yn atal y mwyafrif o alwadau sgam, yn darparu ansawdd galwadau cliriach ac yn galluogi defnyddwyr i ddargyfeirio galwadau i'w ffôn symudol yn hawdd os ydyn nhw allan o'r tŷ.

Beth am gwsmeriaid ag anghenion ychwanegol? I ddechrau, ni fyddwn yn mynd ati i drosglwyddo cwsmeriaid (lle mae'r wybodaeth hon ar gael):

- gyda larwm personol gofal iechyd
- sy'n defnyddio llinellau tir (landline) yn unig
- heb signal ffôn symudol
- sydd wedi datgelu unrhyw anghenion ychwanegol

Bydd BT yn cymryd amser ychwanegol ac yn rhoi cymorth ychwanegol i gwsmeriaid sydd dros 70 oed ac yn barod i newid. Os yw cwsmeriaid am newid i 'Digital Voice', gallant gysylltu â BT unrhyw bryd i wneud hynny.

Beth os oes toriad trydan? Rydym wedi bod yn gweithio i sicrhau bod unedau batri wrth-gefn ar gael i'r rhai sydd eu hangen. Gall cwsmeriaid ag anghenion ychwanegol fel larymau iechyd personol neu heb signal ffôn symudol fanteisio ar gymorth ychwanegol am ddim.

Am ragor o wybodaeth, ewch i: www.bt.com/digital-voice

SYLWCH: Byddwch yn ymwybodol o fasnachwyr twyllodrus sy'n ceisio manteisio ar y newid. Os bydd rhywun yn cynnig gwneud gwaith sy'n ymwneud â'r newid i'r digidol, yn gyfnewid am ryw fath o daliad, mae'n sgam y dylid ei riportio i Action Fraud ar 0300 123 2040. Gallwch hefyd wirio gyda'ch darparwr ffôn pa waith sydd neu nad yw' t yn digwydd yn eich ardal. Os ydych yn teimlo dan fygythiad neu gan fasnachwr twyllodrus ffoniwch yr heddlu



GIG 111 Cymru yw'r ffordd newydd, hollol rhad ac am ddim i gysylltu â'r GIG o linellau tir a ffonau symudol. Mae'r gwasanaeth yn gyfuniad o wasanaethau GIG 111 Cymru a'r meddyg y tu allan i oriau arferol. Mae'r gwasanaeth 111 ar gael 24 awr y dydd, saith diwrnod yr wythnos, a gallwch ei ddefnyddio ar gyfer gwybodaeth a chynngor iechyd ac i gael mynediad at ofal sylfaenol brys. Mae'r gwasanaeth yn gyfuniad o Galw Iechyd Cymru a'r gwasanaethau meddygon teulu y tu allan i oriau.

A Guide to Digital Voice BT's New Home Phone Service, Powered by Your Broadband Connection.



For most customers, the switch to Digital Voice will be as simple as connecting your home phone handset to a router rather than the phone socket on the wall.

Switching to Digital Voice won't cost anything, and you won't pay more than your current home phone plan, unless you've chosen to upgrade to Digital Voice while re-contracting your home broadband plan.

When you switch to a digital phone line you can still use your current home phone by plugging it into the back of your hub. If you need an adaptor, you can order one for free.

Digital Voice prevents most scam calls, provides clearer call quality, and allows users to easily divert calls to their mobile if they're out of the house.

What about customers with additional needs? Initially, we won't be proactively switching over customers (where this information is available):

- with a healthcare pendant
- who only use landlines
- with no mobile signal
- who have disclosed any additional needs

BT will take extra time and will provide additional support to customers who are over 70 and are ready to make the switch. If customers want to make the switch to Digital Voice, they can contact BT at any time to do so.

What if there's a power cut? We've been working to make battery back-up units available to those that need them. Customers with additional needs such as health pendants or without mobile signal, can take advantage of free additional support, on request.

For more information, visit www.bt.com/digital-voice.

NOTE: Be aware of rogue traders trying to take advantage of the switchover. If somebody offers to carry out work relating to the switchover, in return for some form of payment, it's a scam that should be reported to Action Fraud on 0300 123 2040. You can also check with your telephone provider about what work is or isn't taking place in your area. If you feel threatened by a rogue trader, call the police as soon as possible.



If you're worried about an urgent medical concern, and need help or advice, call 111 and speak to a fully trained adviser. 111 is available 24 hours a day, 7 days a week, and you can use it both for health information and advice and to access urgent primary care. NHS 111 Wales is a completely free way to contact the NHS. The service is a merger of NHS Direct Wales and the GP out-of-hours services.

The Fraud of Plastic Recycling: How the oil and the plastics industry deceived the public for decades.

The Centre for Climate Integrity (CCI) is an American organisation that helps communities hold oil and petrol corporations accountable. Through new and existing research, “The Fraud of Plastic Recycling” Report, published by CCI in February 2024, explains how companies have known for decades that recycling plastics was not viable. Despite decades of industry promises, plastic recycling has failed to become a reality due to long-known technical and economic limitations.

The report includes:

- an overview of established technical and economic limitations of plastic recycling.
- How, in response to public backlash and fear of regulation, the plastics industry has promoted the idea of plastic recycling.
- evidence of the plastics industry’s misleading recycling campaigns.

The report explains that despite their long-standing knowledge that recycling plastic is neither technically nor economically viable, the petrochemical industry and their trade associations, have engaged in marketing and public education campaigns designed to mislead the public about the viability of recycling. Despite this knowledge, the plastics industry has continued to increase plastic production.

Recycling is largely limited by the thousands of different types and variations of plastics circulating. A recycling facility must separate pieces of plastic by type to maintain a high degree of purity in the recycled material. This means that although recyclable, some plastics are not recycled in practice. Many single-use plastics are made of different types of plastic polymers as well as other materials, such as paper, metals, or adhesives, making it impractical, if not impossible, to separate these different components for recycling.

Most plastic products cannot be recycled into food-grade packaging, or other high-contact products because of toxicity. Many contain toxic additives and can be further contaminated through regular rubbish collections of containers for pesticides, cleaning solvents, and other household items.

Certain types of plastics have no end markets (i.e., businesses that buy and use recyclable materials to make new products), because the quality of plastic degrades as it is recycled, limiting both the use of recycled plastic and its continued recyclability.

Finally, the cost of producing recycled plastic is much higher than producing virgin plastic, and therefore plastic recycling is not economically viable. The recycling process, from collection to sorting to processing to transport, requires more time, labour, and equipment to achieve a lower quality plastic, than the process of making virgin plastic from fossil fuels.

Perhaps it’s time to return to glass bottles and old school butcher’s paper.

The full report is available at <https://climateintegrity.org/plastics-fraud>

For more information email plastics@climateintegrity.org.

Electronic Prescription Service rolls out at 2nd site in Wales.

Patients in Conwy are the second community in Wales to use the new electronic prescription service (EPS). Electronic prescriptions are now being sent from Llanfairfechan's Plas Menai Surgery to two local pharmacies, Boots in Llanfairfechan and Gwynan Edwards in Penmaenmawr.



EPS allows GPs and other healthcare prescribers to send prescriptions securely online to a community pharmacy chosen by the patient.

Clinicians no longer have to print and sign the familiar green paper prescription form, which has been used to dispense medicines in Wales for more than 60 years. There is also no need for patients or pharmacy staff to pick up their prescriptions from the surgery – instead, the GP sends it directly to the pharmacy by computer.

Sarah Michaelson, Plas Menai Surgery Practice Manager, said:

“With a few tweaks and issues to resolve, the move to live testing was a success overall. We are now looking forward to the full benefits of EPS, including a smoother service for patients as we will now be able to follow their prescription throughout its electronic journey.”

Once a pharmacy is live with electronic prescribing, patients register simply by telling pharmacy or GP staff they want to use electronic prescriptions. **The patient does not need to use a computer, smartphone or laptop as staff will be able to arrange this for you.**

The delivery of an EPS in Wales is a key part of the Digital Medicines Transformation Portfolio, which on behalf of Welsh Government has brought together the programmes and projects that will deliver the benefits of a fully digital prescribing approach in all healthcare settings in Wales.

Betws y Coed GP Practice

Betsi Cadwaladr Health Board is pleased to announce it has appointed a new partnership to lead the GP Practice in Betws y Coed.

The successful partners are Dr Raj Britto, Dr Owen Pooley and Mena Thamburatnam (non-clinical partner). They will take over the practice from 1st May 2024.

The partnership already runs a practice in Gwynedd and has previous experience of managing new practice contracts with dispensing services. The partners are joined by Dr Anne Hoffman, who is an experienced GP and, having trained in North Wales, has been working in the area both as a partner and locum since 2017.

Dr Lauren Beadle and the other members of the existing team, clinical and non-clinical, will remain at the practice.

The Health Board, current partners Dr Keep and Dr Sion and the practice team will work together with the new partners to ensure a smooth hand over.

What is Social Prescribing and Why is it Important?

Social Prescribing is a way of linking people into non-medical, community support to help them improve their quality of life. Social prescribing is a person-centred way of looking at people's needs and wishes, and about encouraging a focus on well-being and prevention.

Individuals can be referred by their GPs or other health professionals to a range of local, non-medical services guided by a link worker or **community navigator**. The community navigators then spend time getting to know you, and understanding what's happening in your life. They can help you get started or link you in with support, activities, and services available that fit your circumstances.

This can include everything and anything such as learning a new skill, employment support, a wide range of activities to improve confidence, social networks and wellbeing. For example, linking to a fibromyalgia support group, a fitness class, a volunteer scheme, a local walking group or a befriending service. In this way, social prescribing also contributes to areas such as housing, employment, volunteering, and learning.

Taking-Up Pension Credit – Do Not Miss Out

Thousands of older people in Wales are missing out on millions of pounds of financial support because they are not claiming Pension Credits even though they are entitled. About 60% of people eligible for Pension Credit are not claiming. **Could this include you?**

Pension Credit is worth an average of £58 per week and provides several financial advantages such as council tax discounts, free dental care, cold weather payments, help with housing costs, and free TV Licenses.


- **Guarantee Credit** tops up your weekly income to a guaranteed minimum level of £201.05 if you're single or £306.85 if you're a couple.
- **Savings Credit** is extra money if you have some savings, or your income is higher than the basic State Pension. It's only available to people who reached State Pension age before 6 April 2016. You could get up to £15.94 extra per week if you are single or £17.84 if you are a couple.
- If you have a severe disability, you could get an extra £76.40 a week.
- If you care for another adult, you could get an extra £42.75.
- If you're responsible for children, you could get an extra £61.88 a week for each child.

If you are not claiming Pension Credit, please contact any one of the services below for advice and help, even if you have previously been turned down, it's always worth making a new claim every year. **Benefit rates change every year, as can your finances.**

- Conwy District Citizens Advice – free and impartial advice Tel: 01745 828705
- Conwy County Borough Council Welfare Rights – Tel: 01492 576605
- Pension Credit Claim Line – Tel: 0800 99 1234 Monday to Friday, 9.30am to 7.30pm
- Pension Service helpline – Tel: 0800 731 0469 or Textphone: 0800 169 0133

Conwy's County Councillors | Cyngorwyr Sir Conwy

Series began in September 2023 issue, and this is the last in the series. Dechreuodd y gyfres yn rhifyn Medi 2023, a dyma'r olaf yn y gyfres.

Conwy's County Councillors Cyngorwyr Sir Conwy	
	<p>Councillor Simon Croft – Rhiw (Welsh Liberal Democrats) Economy and Place Overview and Scrutiny Committee Education and Skills Overview and Scrutiny Committee Work: 07759718388 Work: cllr.simon.croft@conwy.gov.uk</p>
	<p>Councillor John Roberts – Rhiw (Welsh Liberal Democrats) Conwy & Denbighshire PSB Joint Overview and Scrutiny Committee Finance and Resources Overview and Scrutiny Committee General Licensing Committee (Chair) Governance and Audit Committee Senior Employment Committee Statutory Licensing Committee (Chair) Work mobile: 07717543328 Work: cllr.john.roberts@conwy.gov.uk</p>
	<p>Councillor Trevor Stott – Rhiw (Welsh Liberal Democrats) Democratic Services Committee Planning Committee Home: 01492 531783 Home: cllr.trevor.stott@conwy.gov.uk</p>
	<p>Councillor Thomas Montgomery – Tudno (Welsh Conservatives) Democratic Services Committee Economy and Place Overview and Scrutiny Committee General Licensing Committee Governance and Audit Committee Statutory Licensing Committee Work: 07759718419 / cllr.tom.montgomery@conwy.gov.uk</p>
	<p>Councillor Angie O`Grady – Tudno (Welsh Labour) Conwy and Denbighshire Public Services Board Joint Overview and Scrutiny Committee Conwy SACRE Meeting Social Care and Health Overview and Scrutiny Committee Work: 07759718420 / cllr.angie.ogrady@conwy.gov.uk</p>

Conwy's County Councillors | Cyngorwyr Sir Conwy



Councillor Bernice McLoughlin – Towyn (Allied Independents)
 Conwy and Denbighshire Public Services Board Joint Overview and Scrutiny Committee
 Economy and Place Overview and Scrutiny Committee
 Social Care and Health Overview and Scrutiny Committee
 Work: 01745 361318
 Work: cllr.bernice.mcloughlin@conwy.gov.uk



Councillor Gwennol Ellis – Uwch Aled (Plaid Cymru)
 Democratic Services Committee
 Education and Skills Overview and Scrutiny Committee (Vice-Chair)
 Planning Committee
 Work: 07759718396
 Work: c yng.gwennol.ellis@conwy.gov.uk



Councillor Dilwyn Owain Roberts – Uwch Conwy (Plaid Cymru)
 Education and Skills Overview and Scrutiny Committee
 Finance and Resources Overview and Scrutiny Committee (Vice-Chair)
 Governance and Audit Committee
 Senior Employment Committee
 Work: c yng.dilwyn.roberts@conwy.gov.uk

Digital Open Day – May 30th, Llandudno

Help, support and information on accessing the internet, Alexa, cybercrime and more about the digital world. Browse the stands at your leisure. Digital Wales, Creating Enterprise, Vision Support, North Wales Police and more.

Take the challenge and try to escape from the North Wales Police Cyber Escape Room!

Take a seat and listen to presentations by the Northwest Regional Organised Crime Unit Fraud Prevention team, and the North Wales Police Cybercrime Team Talk.

May 30th from 10am to 4pm. Trinity Community Centre, Trinity Avenue, Llandudno LL30 2TQ.

Abergele Town Council Events for 2024

D-Day Celebration Thursday 6th June – Beacon Lighting on Pensarn Promenade	Remembrance Sunday Parade & Church Service - Sunday 10th November
Abergele Fireworks – Saturday November 2 nd	Christmas Concert – Friday 6th December

Colwyn Bay Horticultural Society

Plant Sale, Saturday 11th May 2024, 11-1pm, So many plants to put out!	Autumn Show, Saturday 7th September 2024, 2-4.30, prizes awarded at 4.
Venue for all indoor events - United Reformed Church, Colwyn Ave, Rhos on Sea	

Time for the Year Ahead

My body says I've done enough
The digging hard, the weeds are tough.
But I really want to plant some pots
Although I've got forget-me-nots
And other plants which have survived
Some favourites though, have sadly died.

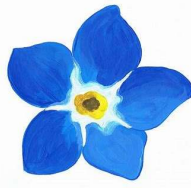
And now the garden centre beckons
Compost is needed, so I reckon.
And flowers that withstand our weather
Colour that look good together.
All will bloom throughout the season.
Low in maintenance, the obvious reason.

As age is catching up on me
And sadly have a gammy knee.
But I love my garden with fruit and veg
Clematis clinging to the hedge.
And Queen Mother's rose of purest white
Really is a lovely sight.

And blossom from my apple tree
Producing fruit just for me.
And strawberry plants under netting
To stop the birds from duly pecking.
Yes, now it's time for a cup of tea
A sit down and rest my painful knee.

But it's worth it, that's for sure.
With Nature's gifts outside my door.

Patricia Parker, March 2024



AGE CYMRU ADVICE offers support and friendship for older people, call 0300 303 44 98.

CALL COMPANIONS REENGAGE - companionship calls for those aged 75+, call 0800 716 543

CARE & REPAIR (Conwy and Denbighshire) – assists older & vulnerable people living in their own home or the private sector housing to live independently in comfort, safety, warmth, and security. They sort problems like damp, water leaks, loose carpet, broken windows, cracked gutters, loose steps, and more. Install handrails, stairlifts, access ramps, wet rooms, key safes, lights, smoke alarms and more. Technical guidance and support on building work, and sign post safe contractors to use. A **Handyperson Service** for help with simple repairs and odd jobs. Call 0300 111 2120

CITIZENS ADVICE CONWY – Help with housing, benefits, work, family, Law & Courts, health, debt & immigration. Call 01745 828705 or email advicecyngor@caconwy.org.uk. Phone hours are 09:30-12:30, weekdays. Friday. If you are unable to get through to please leave a voicemail with your contact details.

COMPANIONSHIP AT HOME – befriending scheme, volunteers make social visits or call older people. Available from Old Colwyn to Rhos on Sea. Call Ann 07580 545 601

HOURGLASS CYMRU LIVE FEAR HELPLINE provides help to older people experiencing abuse, and those who are concerned about others. 24 hours a day, 7 days a week. Tel: 0808 8010 800 or Text: 07860 077333

HOURGLASS CYMRU offers support and information for older people, whether you are experiencing abuse or calling about someone else. Tel: 0808 808 8141 or Text: 07860 052906

999 SILENT SOLUTION – to call the police in an emergency but when speaking to a 999 operator may put you in greater danger. When you need help but are unable to talk, **dial 999 and press 5 5** when prompted by the operator. Help will be sent to your location.

NON-EMERGENCY PATIENT TRANSPORT SERVICE (NEPTS) - available for patients in Wales needing to get to appointments who have a specific medical need, mobility issues and no one who can provide transport to and from the appointment. Available for Outpatients appointments; Dialysis/Oncology treatment; Day centre clinics; and Planned admissions and discharges including inter-hospitals transfers. To book call 0300 123 2303.

NORTH WALES PHONE BEFRIENDING provides clear, free, and impartial advice for older people including care, money, benefits, health, and mobility. **Tel: 0800 319 6789.**

PATIENT ADVICE AND LIAISON SUPPORT SERVICE offers confidential advice, support, and information on health-related matters. They provide a point of contact for patients, their families, and their carers. Call 03000 851 234

STRUGGLING TO PAY FOR A TV LICENCE? Call **0300 700 6151** to speak with a TV licensing advisor to discuss payment options.

THE SILVER LINE is a free, confidential phone service for older people. Friendship, conversation, and support 24 hours a day, 7 days a week. Tel: 0800 470 8090

WARM WALES – Provide energy advice, support and education, money maximisation, home safety, access to grants and basic needs. Making sure no one is living in cold and unsafe homes. Call 01352 711 751.

Ballroom Dancing – 2-4pm, Mondays, Towyn Community Centre, Tyn-Y-Coed, Towyn Rd, Abergele £3 Call Mrs Bloomfield - 01745 338 330	BOCCIA seated bowls – Wednesday, 1-2.30pm, Morfa Leisure Centre, Cader Ave, Kinmel Bay £4 Call Gary 07841 432 33	BOCCIA seated bowls – Mondays, 2-4pm, Trinity Community Centre, Trinity Ave, Llandudno. Just turn up. £4 Call Gary 07841 432 33
Mix and Mingle 2-4pm , 3 rd Tuesday of the month. Jigsaws, dominoes, cake, and smiles. Bring a friend. United Reformed Church, Colwyn Ave, Rhos-on-Sea.	Allotments Llanfairfechan and Penmaenmawr Rotary Club 10-12pm. Raised beds for wheelchair. Shore Rd West, past the station. FREE Call Sylvia 01248680767	Dewi Sant Drop in – 9.30-12pm Thursdays, Pop along for a cuppa and a chat. All are welcome. Dewi Sant Centre, South Pde, Pensarn. Call Theresa 07975 543 020
BINGO – Fridays, 6.45pm - game starts at 8pm Memorial Hall, Penrhos Ave, Llandudno Junction. Tickets from £1.30 Call Rowena 07919 051 809	BINGO and Brew – Tuesdays, 1-3pm, Royal British Legion, Abergele Rd, Llanddulas. £6 includes refreshments. Call Virginia - 07590 805 295	Coffee Morning 10.30-12, Wednesdays, Llansanffraid Glan Conwy Church, Church St, Glan Conwy. Call Roger 07766 547 146
Dwygyfylchi and District ART , Wednesdays, 1.30-4pm Maen Alaw Community Centre, Bangor Rd, Penmaenmawr. £25 annual subscription Call Jonathon 01492 596 374	Men's Shed - Wednesdays, 11am - 3pm, Colwyn Bay Town Hall rear annexe, Rhiw Rd. £2.50 – Includes tuition and refreshments Call Malcolm 07986 315 853	She Shed – Thursdays, 10-1pm, – 1pm, Colwyn Bay Town Hall rear annexe, Rhiw Rd. £2.50 – Includes tuition and refreshments Call Sue 07986 315 853
Line Dancing –10-12pm Mondays, All abilities. St Joseph's Community Centre, Brackley Lane, Colwyn Bay. £4 Call Leanne 01492 532670	Ffit 66+ on Tuesdays, 3.30pm The Old Surgery, Church Street, Dolwyddelan. £35 for 6 sessions Contact: Alison - 07780 165 844	Knitting & Crochet Group Mondays, 10-12pm Caffi Llan, Church St. Glan Conwy. Pay for your drink Call Sylvia 07775 607 070
BINGO – Fridays 1-3pm, Prizes & Refreshments. Trinity Centre, Trinity Ave, Llandudno Tel: 01492 875686	Tai Chi – Wednesdays 12.30pm Body Studio, Conway Rd, Mochdre. £7 Call Eirian 07748 582 380	Coffee Morning 10.30-12pm Wednesdays, Eglwys S. Tudclud, Penmachno, Call Rachel 07887 813 848
Towyn Art Group – Fridays, 10-12pm Towyn Community Centre, Tyn-Y-Coed, Towyn Rd, £3 Call Mrs Bloomfield - 01745 338 330	Craft Group - 9.30-11.30am Mondays, Rowen Chapel, Seion Chapel, Gwynant, Rowen. £2 Call Dilys 01492 650003	IT Classes for beginners - Tuesdays, 12-4pm Conwy Culture Centre, Town Ditch Rd, Conwy. FREE Call 01492 542 338
Young At Heart – fortnightly Fridays. Tea, cake, games. £1 1.30-3.30pm Next on April 26 Pentre Newydd Community Ctr, Llanellian Rd, Old Colwyn.	Crafternoon - Mondays, 10-12 Conwy Culture Centre, Town Ditch Rd, Conwy. Informal crafters. FREE Call 01492 577 550	Oasis Luncheon Club – Tuesdays, 11.45-2pm Festival Church, 87 Gors Road, Towyn £3.50 includes soup & cake Call 01745 343 781
Saturday Café , 10.30-12.30 1st Saturday of the month Shiloh Community Centre, Cwm Penmachno. FREE	Art Classes – Mondays, 9-12, Trinity Community Centre, Trinity Ave, Llandudno. Just turn up.	WHIST – Tuesdays, 2-4pm, Trinity Community Centre, Trinity Ave, Llandudno. Just turn up.

Llanrwst Craft Group – Llanrwst Library

Bring your own craft supplies and enjoy a hot drink and chat with other crafters. 10am-2pm
 May 10th, June 14th, July 12th, August 9th, September 13th, October 11th, November 8th &
 December 13th. Includes a bring & Take table for crafters to swap unwanted craft items, use
 them or take them home.



CostDdoeth: Yn galluogi cadernid ariannol drwy fyfnodau anodd
 Cyngor a Chymorth. Dim angen apwyntiad.

- Neuadd Gymuned Llanfairfechan, Dydd Iau 13:30 - 15:30
- Llyfrgell Penmaenmawr, Dydd Iau 9:30 - 12:30

CostWise: Empowering financial resilience through adversity Advice and Help No
 appointment required.

- Llanfairfechan Community Hall, Thursdays 13:30 - 15:30
- Penmaenmawr Library, Thursdays 9:30 - 12:30

 Conwy and Prestatyn METHODIST CIRCUIT	Circuit Prayer Gatherings
Friday 3rd May	St. Johns Llandudno 9.30am with breakfast
Sunday 12th May	St Davids Craig y Don 7.15pm
Saturday 1st June	Trinity Methodist Church 9.30am
Friday 5th July	St John's Llandudno 9.30am
Saturday 3rd August	Llanddulas 9.30am

Carers Outreach Events may be subject to change. Check first on 01248 370797 or
 email help@carersoutreach.org.uk

Llanrwst Group	Colwyn Bay Carers'	Colwyn Bay	Hospital Information Stands
on Fridays 11-12pm, Eagles Hotel, Llanrwst. May 10th, June 14 th & July 12 th . Join us for a bar snack after the June 14 th meeting.	Tuesdays 10.30- 12pm Metropole Basement Offices, Penrhyn Rd, Colwyn Bay. May 7th, June 4 & July 2 nd .	Tuesday, 10-12pm June 11 th . Meet other carers at Sheldon's Cafe Bar in Colwyn Bay	June 11 th - Llandudno & Glan Clwyd Hospitals June 12 th - Colwyn Bay hospital June 13 th - Abergele Hospital

Older People's Forums - Fforymau Pobl Hŷn

Abergele - 2pm to 4pm Hafod y Parc, Computer Room, Kinmel Ave, Abergele LL22 7LX	16/05/2024	Cambrian Savings & Loans
	01/08/2024	Community Wellbeing Team
	12/09/24	LLAIS - independent NHS & social care watchdog.
Colwyn Bay - 2pm to 4pm Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	23/05/2024	HOPE Advocacy
	18/07/2024	Warm Wales
	19/09/2024	Cambrian Credit Union
Colwyn Bay - 2pm to 3.30pm Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	April 18 th , 2024	Cartrefi Tenants Only Cllr. Gareth Jones, NW Police, & Cartrefi
Llandudno - 10.30am to 12.30pm CYD Community Centre, Room 2 Queens Rd, Craig y Don LL30 1TE	12/04/2024	Llais Cymru Cambrian Credit Union
	12/07/2024	Warm Wales
Llanfairfechan - 2pm to 4pm Llys y Coed, Cae Ffynnon Rd, Llanfairfechan LL33 0HP	06/06/2024	Llais Cymru
	25/07/2024	Friends of Llanfairfechan Library (to be confirmed)
Llanrwst - 1.30pm to 3pm 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 by Age Connects North Wales Central. To receive a copy, via post or email, contact 01745 421 567 or 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 01745 421 567 neu alessandra.thomas@acnwc.org.



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