

CONWY LEARNING PARTNERSHIP

# Conwy Learning 4 Recovery and Wellbeing



Your  
Learning  
Journey to  
Wellbeing

LEARNING BROCHURE  
OCTOBER - DECEMBER  
2018



# Welcome to the third Learning 4 Recovery and Wellbeing programme brochure!

These activities and courses are for people who live in Conwy (and their carers) and are affected by mental health. The Learning 4 Recovery and Wellbeing programme is designed to help you, or someone you care for, learn skills to manage mental health, build confidence, make new friends, find new interests and hobbies and help you recognise and make the most of your talents to lead a meaningful life. Where possible courses are **FREE** but please note where they are provided by other organisations there may be a small charge.

## How to use the brochure:

The brochure is split into four categories, or sections of the tree, so that you can easily find the types of courses that are available. You are not restricted in any way – choose as many as you wish to create your own recovery journey; there is no limit to what you participate in or what you can achieve!

Front cover: Designed by Service Users of Recovery Compass

The Learning Partnership would like to thank and acknowledge the support given from all the organisations with this development, including Aberconwy Mind, OPUS, Adult Learning Wales, CAB, Hafal, CVSC and Cartrefi Conwy. Special thanks to Communities for Work Plus in Conwy for their sponsorship of the Self-Advocacy for Empowerment courses.

We would also like to thank the Workforce Development Team at Conwy County Borough Council for their support in the funding of the brochure.



# Contents

|  | Page No. |
|--|----------|
| <b>SECTION 1 Understanding my mental health (Roots)</b>          |          |
| • Building blocks for confidence                                 | 4        |
| • Understanding Mental Health 'The Thief and ME'                 | 4        |
| • Understanding the WHAT and the WHY of Anxiety                  | 4        |
| • Mind support groups:   | 5        |
| o Dealing with Anxiety   | 5        |
| o Assertiveness  | 5        |
| o Building self-esteem   | 5        |
| o All about me (general wellbeing)                               | 5        |
| • Chronic disease and self-management (CDSMP)                    | 6        |
| • Basic Understanding of Psychosis for Carers                    | 6        |
| <b>SECTION 2 Life Skills (Trunk)</b>                             |          |
| • Basic home cooking   | 7        |
| <b>SECTION 3 Social Network and Healthy Lifestyle (Branches)</b> |          |
| • Mindful movement and meditation                                | 8        |
| • Walking Higher programme                                       | 8        |
| • Tai Chi  | 8        |
| • Women's Art Group  | 9        |
| • Art Class with Bob   | 9        |
| • Singing Group  | 9        |
| • Creative Writing Group   | 9        |
| • Drama Workshop   | 9        |
| • Arts and Crafts Group  | 10       |
| • Friendship Group   | 10       |
| • Down to Earth  | 10       |
| • Shared Reading   | 10       |
| • Sit and Stew Community Café                                    | 11       |
| • Youth Shedz  | 11       |
| • Young Person's Social Group                                    | 11       |
| <b>SECTION 4 Moving Forward (Fruit)</b>                          |          |
| • Community Voluntary Support Conwy (CVSC)                       | 12       |
| • Job Clubs  | 12       |
| • Communities for Work and Communities for Work Plus             | 13       |
| <b>SECTION 5 Additional Information and useful contacts</b>      |          |
|  | 15       |

## SECTION 1 UNDERSTANDING MY MENTAL HEALTH (ROOTS)

## Self-advocacy for empowerment (SAFE) courses

## Building Blocks for Confidence – 2-week course

A very gentle confidence building course with lots of support. There will be interesting conversation and an opportunity for you to feel comfortable being with other people and build on your strengths and interests.

The course is relaxed, fun .... and will help you find ways to build your confidence!

**Dates:** 9th November and 16th November 2018  
**Time:** 12 – 2.30pm  
**Venue:** Communities for Work, Douglas Road, Colwyn Bay LL29 7PE  
**Provider:** Advocacy Services North East Wales (ASNEW)  
**To book:** Contact Clive Rowland on 01352 759332 or clive@asnew.org.uk

## Understanding Mental Health - 'The Thief and ME'

Mental ill-health can be overwhelming.. it's like a thief that gradually steals away from you things like, your confidence and self-esteem, your energy and enthusiasm. This useful workshop will look at the thief in all its forms and help you to improve your strategies to keep it at bay.

**Date:** 23rd November 2018  
**Time:** 12 – 2.30pm  
**Venue:** Communities for Work, Douglas Road, Colwyn Bay LL29 7PE  
**Provider:** Advocacy Services North East Wales (ASNEW)  
**To book:** Contact Clive Rowland – 01352 759 332 clive@asnew.org.uk

## Understanding the WHAT and WHY of Anxiety - 2 week course

Living with anxiety is crippling... learning to manage it is liberating. Anxiety affects how we feel, think, behave and how our body works. Other symptoms can include sleeping problems, loss of appetite and difficulty concentrating. These two sessions will be really informative and USEFUL. They will help you to understand WHAT happens when we are anxious, WHY we have certain symptoms and HOW to manage them. These skills are invaluable and will help you to have more options when anxiety strikes.

**Date:** 30th November and 14th December 2018  
**Time:** 12 – 2.30pm  
**Venue:** Communities for Work, Douglas Road, Colwyn Bay LL29 7PE  
**Provider:** Advocacy Services North East Wales (ASNEW)  
**To book:** Contact Clive Rowland – 01352 759 332 clive@asnew.org.uk

## Aberconwy Mind Support Groups

NB: The following support groups are being trialled by Aberconwy Mind and will be part of a Social Value Cymru project supported by CVSC.

## Dealing with Anxiety

✓ Defining anxiety ✓ Signs and symptoms ✓ Fight or flight ✓ Negative thinking  
 ✓ Unhelpful vs helpful coping strategies

**Date:** Mondays  
**Time:** 10.30am – 12.30pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

## Assertiveness

✓ Defining assertiveness ✓ How assertive are you? ✓ Why do people lack assertiveness? ✓ How to speak up for yourself

**Date:** Tuesdays  
**Time:** 10.30am – 12.30pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

## Building Self-Esteem

✓ Intro to self-esteem and self-confidence ✓ Causes of low self-esteem  
 ✓ Consequences of low self-esteem ✓ Developing self-esteem

**Date:** Wednesdays  
**Time:** 10.30am – 12.30pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**Provider:** Aberconwy Mind  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

## All About Me! (general wellbeing support group)

✓ Introduction to wellbeing and resilience ✓ Food and mood ✓ Sleep ✓ Being active ✓ Mindfulness ✓ How can you support yourself and others?

**Date:** Thursdays  
**Time:** 10.30am – 12.30pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**Provider:** Aberconwy Mind  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

## Information Surgery

For advice on mental health and wellbeing call in to see us for information on our range of services and chat with the people who deliver them to see what's right for you.

**Date:** Friday mornings  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email info@aberconwymind.co.uk

## Betsi Cadwaladr Health Board Self-Care courses

### Chronic disease and self-management (CDSMP)

The CDSMP is a free course to help people who live with a long term health condition to maintain and improve their quality of life through self-management. What does the course involve? Six weekly sessions, each lasting two and half hours (including breaks and refreshments). They are very varied. There are brief talks, discussions and freethinking sessions.

The course is about learning important skills, including managing your symptoms, dealing with stress, depression and low self-image, managing pain, developing coping skills, learning ways to relax and eating healthily, working more closely with those caring for you, and planning for the future.

**Date:** Every Thursday 8th Nov - 13 Dec  
**Time:** 1.30 - 4pm  
**Venue:** St Mary's Church, Betws y Coed  
**Provider:** Self Care Office, Betsi Cadwaladr University Health Board  
**To book:** Contact Self Care Office directly on 01286 674236 or email: eppcymru.bcuhb@wales.nhs.uk

**Date:** Every Friday 11th January to 15th February 2019  
**Time:** 10am – 12.30pm  
**Venue:** Craig y Don Community Centre, Llandudno

---

### Basic Understanding of Psychosis for Carers

To provide carers with an understanding of psychosis: what is psychosis; causes of psychosis; what can help; what can we do differently.

**Date:** Tuesdays 20, 27 November  
**Time:** 1.30-3.30pm  
**Venue:** Hafal, 5 Rhiw Road, Colwyn Bay LL29 7TF  
**To book:** Contact Heather Russell Hughes on 01492 531485

## SECTION 2 LIFE SKILLS (TRUNK)

### Basic Home Cooking

**Date:** Every Tuesday afternoon  
**Venue:** Golygfa Gwydyr, Plough Field, Llanrwst LL26 0AG  
**Provider:** Golygfa Gwydir  
**To book:** Please phone Rosie Evans on either 01492 642110 or 07843 766 054

## SECTION 3 SOCIAL NETWORK AND HEALTHY LIFESTYLE (BRANCHES)

### Mindful Movement and Meditation - Tools and techniques for mental wellbeing

**Dates:** For dates, contact Lydia Watson.  
**To book:** Contact Lydia Watson on 07733012521 or 0300 124 0040  
 e-mail: Lydia.watson@cartreficonwy.org

### Walking Higher programme\*

We are looking for individuals from Gwynedd, Conwy and Anglesey who are unemployed and over 25.

What is the programme?

Access the hills and mountains of The Snowdonia National Park under the guidance of a qualified Mountain Leader.

Improve your fitness, health and wellbeing.

Learn how to navigate, essential safety gear, climbing skills and rope work.

Access to outdoor qualifications.

**Dates:** Contact for dates  
**Provider:** Outdoor Partnership  
**To book:** Contact Owain.williams@outdoorpartnership.co.uk – 01690 720166  
 or 07889117142

NB: \*The eligibility for this programme is for those who are long-term unemployed (12 months+)

### Tai Chi

Finding balance through gentle relaxing exercise and movement.

**Date:** Mondays  
**Time:** 2pm – 3pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Conwy, Llandudno LL30 2PY  
**Provider:** Tutor is Peter Newton  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

### Women's Group

The ladies get together and create! They have made greetings cards for all occasions along with other art projects (they take suggestions). Often starts with some gentle exercises.

**Date:** Tuesdays  
**Time:** 1.30pm – 4pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

### Art Class with Bob

Have fun through designing and creating various artistic styles with guidance from Bob who will encourage and inspire.

**Date:** Wednesdays  
**Time:** 10.30am – 12 noon  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

### Singing Group

Singing for happiness! Come along and recreate pop hits from the last few decades... no instruments, just voices.

**Date:** Thursdays  
**Time:** 2pm – 3pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

### Creative Writing Group

Get together and share through language. Write poetry, fiction or autobiographical pieces. These can then be shared with the rest of the group.

**Date:** Fridays  
**Times:** 2pm – 4pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

### Drama workshop

This group will aim to reduce the effects of anxiety and depression as well as building confidence through a series of drama based activities. Please book in advance as there is a maximum of 10 participants.

**Date:** Wednesdays  
**Time:** 1.00pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** 01492 879907

**Arts & Crafts Group**

Designing and creating various types of art projects. Collage, paint, model, letting creativity flow.

**Date:** Thursdays  
**Time:** 11.00am – 12.30pm  
**Venue:** Aberconwy Mind, 3 Trinity Square, Llandudno LL30 2PY  
**To book:** Phone 01492 879907 or email: info@aberconwymind.co.uk

**Friendship Group**

**Date:** Fridays  
**Time:** 1.30pm - 3.30pm  
**Venue:** Golygfa Gwydyr, Plough Field, Llanrwst LL26 0AG  
**To book:** Phone Rosie Evans on either 01492 642110 or 07843 766 054

**Down to Earth**

Grow your own wellbeing project run by the Conwy Council Vulnerable People service. Learn new skills, get some fresh air and exercise and grow your own. No referral required.

**Date:** Every Thursday  
**Time:** 1pm  
**Venue:** The Allotments, Dinerth Road, Colwyn Bay  
**Contact:** Peter Duckett on 01492 575659 or Peter Davies on 01492 574523

**Shared reading**

Our Shared Reading group is a place to relax, make new friends and share stories with others every week. You can just drop in, sit down and enjoy listening to a great story or poem – there's no pressure to talk or read. Readers have found these sessions beneficial for their mental wellbeing.

**Date:** Wednesdays  
**Time:** 10.30-12pm  
**Venue:** Colwyn Bay Library, Colwyn Bay  
**Contact:** Phil East; e-mail: phil.east@aberconwymind.org.uk; Tel: 01492 879907 or 07884887099

**Sit and Stew Community Cafés**

Open 50 weeks a year to anyone who is lonely, bored, needs to connect or just fancies a chat. We don't care who you are or where you're from, held in a variety of locations – all welcome.

**Pensarn:**

**Date:** Every Monday  
**Time:** 1pm-2.30pm  
**Venue:** Canolfan Dewi Sant Centre, South Parade, Pensarn, LL22 7RG  
**Provider:** Communities for Work Plus  
**To book:** Pop in any time between 1pm and 2.30pm to meet new friends over a bowl of warm food, at no cost. Food served between 1pm-2pm.

**Colwyn Bay:**

**Date:** Every Wednesday  
**Time:** 12.30pm-2.00pm  
**Venue:** Princes Drive Baptist Church, Princes Drive, Colwyn Bay, LL29 8NA  
**Provider:** Communities for Work Plus  
**To book:** Pop in any time between 12.30pm and 2.00pm to meet new friends over a bowl of warm food, at no cost. Food served 1pm-2pm.

**Colwyn Bay Youth Shedz**

Provides a safe place for young people to explore who they are, develop positive relationships with suitable role models and to learn new skills.

**Date:** Every Thursday  
**Time:** 1pm-4pm  
**Venue:** Youth Centre, Douglas Road, Colwyn Bay, Conwy, LL29 7PE  
**Provider:** Communities for Work Plus/4:28 Training

To find out more contact Scott Jenkinson on 07766 836067 or email colwynbayyouthshed@gmail.com or visit www.youthshedz.com

**Aberconwy Mind 'Young Person's Social Group'**

If you're aged between 18 to 25 and want to talk about topics affecting your life, why not come along for a chat and a cuppa.

**Date:** Every Thursday  
**Time:** 1pm-3pm  
**Venue:** The Rabbit Hole Café, Trinity Square, Llandudno LL30 2PY  
**Provider:** Aberconwy Mind

## SECTION 4 MOVING FORWARD

**Community Voluntary Support Conwy (CVSC)**

Volunteering is for everyone.

- Want to socialise, build your confidence and have some fun?
- Want to try new things?
- Not sure what work you want to do?
- Want relevant experience for your cv?
- Need extra skills?
- Want to make a difference to your community?

Volunteering could be the answer to all these situations.

For more information, contact CVSC Volunteering

**Location:** 7 Rhiw Road, Colwyn Bay, LL29 7TG

**Telephone:** (01492) 534091

**Email:** volunteering@cvsc.org.uk

**Opening hours:**

Monday to Thursday – 9am to 5pm

Friday – 9am to 4pm

**JOB CLUBS****Llanrwst**

**Date:** Every Monday

**Time:** 10am – 4.00pm

**Venue:** Golygfa Gwydyr, Plough Field, Llanrwst LL26 0AG

**To book:** Phone Rosie Evans on either 01492 642110 or 07843 766 054

**Communities for Work Plus Job Clubs**

Help with CVs, job searches and applications, access to a computer, free tea and coffee, friendly staff.

**Colwyn Bay**

**Date:** Every Tuesday

**Time:** 10am-4pm

**Venue:** The Youth Centre, Douglas Road, Colwyn Bay, Conwy, LL29 7PE

**Provider:** Communities for Work Plus

**To Book:** To book a CV appointment, email colwynbayjobclub@gmail.com  
For help with general employment support pop in any time between 10am and 4pm or call 01492 575578 / 07711567191.

**Pensarn**

**Date:** Every Wednesday

**Time:** 10am-4pm

**Venue:** Canolfan Dewi Sant Centre, South Parade, Pensarn, LL22 7RG

**Provider:** Communities for Work Plus

**To Book:** To book a CV appointment, email colwynbayjobclub@gmail.com  
For help with more general employment support pop in any time between 10am and 4pm or call 01492 575578 / 07711567191.

**Llandudno**

**Date:** Every Thursday

**Time:** 10am-4pm

**Venue:** Ty Llywelyn Community Centre, Ffordd Yr Orsedd, Llandudno, LL30 1LA

**Provider:** Communities for Work Plus

**To Book:** To book a CV appointment, email colwynbayjobclub@gmail.com  
For help with more general employment support pop in any time between 10am and 4pm or call 01492 575578 / 07711567191.

**Communities for Work and Communities For Work Plus** – these are voluntary programmes which help people who have difficulty finding work. Our services are for people mainly living in Colwyn Bay, Llysfaen, Old Colwyn, Llandudno, Pensarn and Kimmel Bay.

We help people who are over 25 who have:

- few or no skills
- with health conditions which limit the work they can do,
- with caring responsibilities,
- from jobless households
- or who are from a Black Minority Ethnic group
- We also support young people, aged 16-24, who are not in education, employment or training.

We offer a wide range of individualised support and mentoring to support people back into work including:

- Interview skills
- CVs and job applications
- Confidence building
- 1 to 1 face to face support
- Access to 3 x weekly job clubs including access to a computer
- Help with IT/computers
- Help getting training and qualifications
- Volunteering
- Work placements
- Additional support for those who need it once they go into employment

For more information contact Gemma Donnellan-Thomas on 01492 575578 / 07711567191, email communitiesforwork@conwy.gov.uk, or drop in to see us at The Youth Centre, Douglas Road, Colwyn Bay, LL29 7PE.

**IT Skills For Work courses – Communities For Work Plus** will be running courses throughout the year. All courses are run in small, friendly groups within the community. For more information on dates and venues contact Gemma Donnellan-Thomas on 01492 575578 / 07711567191, email [communitiesforwork@conwy.gov.uk](mailto:communitiesforwork@conwy.gov.uk), or drop in to see us at The Youth Centre, Douglas Road, Colwyn Bay, LL29 7PE.

**Employment related courses and training - Communities For Work Plus** will be running a range of courses and qualifications throughout the year to help people with the skills and qualifications they need to find work. All courses are run in small, friendly groups within the community. To discuss your needs contact Gemma Donnellan-Thomas on 01492 575578 / 07711567191, email [communitiesforwork@conwy.gov.uk](mailto:communitiesforwork@conwy.gov.uk), or drop in to see us at The Youth Centre, Douglas Road, Colwyn Bay, LL29 7PE.

## ADDITIONAL INFORMATION

### ADTRAC

ADTRAC will support you into either work, education or training. This is delivered by local teams across North Wales; to provide a personalised support and engagement programme.

The teams will work with you to develop your understanding, and support you in the direction that you want to go, so that you can build your confidence in your ability and skills.

We will be able to support you if you are:

- Aged 16-24 and not in education, training or employment.
- Living in North Wales.
- Experiencing barriers which prevent you from progressing into either education, employment or training.

Contact ADTRAC Conwy on 01492 576679 or [letsgetworking@conwy.gov.uk](mailto:letsgetworking@conwy.gov.uk)

### North Wales Training

Employability Skills programme – offers help and training in key employability skills and advice matched to your needs, such as CV writing, interview skills, personal presentation, confidence building, using Universal Job Match and essential skills in numeracy and literacy. The programme also includes a suitable and relevant Work Trial with a local employer for a minimum of 120 hours (up to 240 hours) designed to match your skills and job goals and flexible to your needs.

NB: You will need to be aged 18 or over, living in Wales, unemployed and claiming a benefit via DWP and Jobcentre Plus. You may also be able to receive help for travel and childcare support.

Please contact North Wales Training for full eligibility details and to book your place on 01492 543431.

### Coleg Llandrillo Menai

Do you want to study to develop new skills, to achieve qualifications or for leisure? Adult, Community and Evening programmes include a wide range of learning activities and courses, which have transformed the lives of thousands of adults.

<https://www.gllm.ac.uk/adult-and-community/>

**Coleg Llandrillo, Llandudno Road, Rhos-on-Sea, Conwy LL28 4HZ  
01492 542 338**



## CONWY WELLBEING TEAM

Connecting with others, being active, helping someone, learning new things and taking time for yourself can help you stay well. The Community Wellbeing programme offers lots of groups and activities suitable for people over 50, including Pilates, walking football, crafts, gardening, luncheon clubs, dancing, walking, ukulele and many more in various venues across the County.

Don't miss out!

Contact the Community Wellbeing Team on 0300 456 1111 or email [stayingwell@conwy.gov.uk](mailto:stayingwell@conwy.gov.uk)

## GOLYGFA GWYDYR

Golygfa Gwydyr is a social enterprise based in Llanrwst, offering a range of projects from Job Club, volunteering opportunities in woodland management to Men's Shed and a theatre group.

Rosie Evans  
Plough Field,  
Llanrwst  
Conwy LL26 0AG  
01492 642110  
[www.golygfagwydyr.org](http://www.golygfagwydyr.org)

## HAFAL:

Hafal delivers a range of services to people with serious mental health illness and carers of those with a serious mental health illness. This support includes direct support and advice, support in a crisis, contact with others by phone, advocacy, support in a group setting, introductions for befriending, and employment and training projects. We also give clients a much-needed voice in the planning of mental health services.

Hafal is dedicated to empowering people with serious mental illness and their families to:

- achieve a better quality of life
- fulfil their ambitions for recovery
- fight discrimination
- enjoy equal access to health and social care, housing, income, education, and employment

<https://www.facebook.com/Hafal>

[https://twitter.com/Hafal\\_](https://twitter.com/Hafal_)

<http://www.hafal.org/clic>

## MEN'S SHED

In Conwy there are Men's Sheds in:

### Abergele

Meetings are every Monday from 10am to 12 at Itaca, Hesketh House Bridge Street Abergele LL22 7HA. Phone: 01745 826570 or contact Dave at [dave@abergelemensshed.co.uk](mailto:dave@abergelemensshed.co.uk) or 07920 792122

### Colwyn Bay

In Colwyn Bay, we have two meeting places. Friday mornings from 10:00am until 12:00 noon we meet at Pentre Newydd Community Centre in Old Colwyn with other times during the week at our own workshop & recreation area on Rhiw Road in central Colwyn Bay. Contact 07986 315853 or email [malcolmworth@gmail.com](mailto:malcolmworth@gmail.com) for further details.

### Llandudno

Llandudno's Men's Shed, Builder Street West, Llandudno, LL30 1HH  
Contact: [keith@mensshed-llandudno.co.uk](mailto:keith@mensshed-llandudno.co.uk)

### Llanrwst

Meets every Thursday between 10.30am - 12.30pm at Golygfa Gwydyr, Plough Street, Llanrwst

LL26 0AG. Contact: 01492 642110 or email [mensshedllanrwst@gmail.com](mailto:mensshedllanrwst@gmail.com)

For further information go to the UK Men's sheds Association website <https://menssheds.org.uk>

## MENTORA CONWY – Well-being Without Walls

Mentora Conwy is a project of Tan Y Maen Wellbeing Centre and aims to provide quality, focused support for anyone wishing to improve their mental health and wellbeing. You can refer yourself to the project or ask your GP or support worker to refer you. We will have a chat about your needs and will explain to you how our support works, we can also signpost you to other support as appropriate, eg Parabl Talking Therapies, Primary Care, CMHT.

We will try to match you with a trained volunteer from your own local area who will work closely with you for anything between 3-6 months with a view to helping you to recover from any mental health or wellbeing challenges and to achieve your goals and ambitions. You will also be asked to join one of our mentoring groups which look at tried and tested ways of helping you to maintain your wellbeing including the 5 Ways to Wellbeing and Wellness Recovery Action Planning. We will do our best to make the support as convenient for you as possible including seeing you in your local community and supporting you by telephone, text and email.

There is no need to be alone with difficult thoughts and feelings, share them with us and we can work together and help you to make progress and to improve your life

Call Eileen now on 07508 99 30 50 or email us at [mentoraconwy@gmail.com](mailto:mentoraconwy@gmail.com) for more information or to make a referral for yourself or for someone else. You can also refer direct through our website, [www.mentorconwy.btck.co.uk/support](http://www.mentorconwy.btck.co.uk/support)

We are also looking for people willing to give up just an hour of their time each week to support someone to improve their wellbeing. Full training, support and reimbursement of expenses is available.

### Making the Most of your Money

If you are struggling to make ends meet, need help to apply for benefits, or generally in need of some money saving tips, then this is for you. A one to one appointment with one of our advisers will help you to identify how to make the most of your money. For more information, or to book an appointment, contact Katy Connolly Citizens Advice Conwy on [moneywise@conwy.cabnet.org.uk](mailto:moneywise@conwy.cabnet.org.uk) or (01492) 869 150

### OPUS

The OPUS team can support you to get working, volunteering and training. Our Advisers offer 1 to 1 support in confidence, training and/or volunteering opportunities, interview skills, CV writing and job searching. You must be over 25, living in Conwy County and not in work, education or training. If you are interested call us for more information or check eligibility on 01492 576360 or email [letsgetworking@conwy.gov.uk](mailto:letsgetworking@conwy.gov.uk)

## TAPE

TAPE is a community arts charity which has been providing safe, inclusive spaces for people of all ages to explore their creative ideas, for over 10 years.

Whether you are interested in film, music, art, photography, creative writing, podcasting, or something else; TAPE works to support you and your ideas.

There are many ways to get involved, take part, socialise, learn, train and enjoy the creative opportunities on offer.

Check out our FaceBook page, email: [info@tapemusicandfilm.co.uk](mailto:info@tapemusicandfilm.co.uk) or call 01492512109 to find out more.

## UNLLAIS

Unllais is a mental health development and training agency that prides itself on putting people at the centre of better lives and services.

Unllais provides support to the third sector, service users and carers working in the fields of mental health, substance misuse and wellbeing in North Wales.

Contact Unllais at:

North Wales Business Park, Unit 5410, Cae Eithin, ABERGELE, Conwy, LL22 8LJ

Phone: 01745 827903

[www.unllais.co.uk](http://www.unllais.co.uk)

## VETERANS HUB CONWY

Working in partnership to remove disadvantage and deliver a better future for our Armed Forces Community in Conwy. For more information contact:

Jason Palmer, Voluntary Veterans Officer

Veterans Hub Conwy CVSC

7 Rhiw Road

Colwyn Bay

Conwy, LL297TG

01492523851

07515428722

[Jason.palmer@cvsc.org.uk](mailto:Jason.palmer@cvsc.org.uk)

[admin@veteranshubconwy.org](mailto:admin@veteranshubconwy.org)

## USEFUL CONTACTS:

### National Helplines:

Call Helpline – 0800 132 737 or text ‘help’ to 81066

Mind – 0300 123 3393

Samaritans – 116123

Wales Drug and Alcohol helpline – 0808 808 2234

### Help for Carers –

Hafal – 01492 534769

Carers Outreach – 01492 533714

### Other useful services:

Dewis Cymru – [www.dewis.wales](http://www.dewis.wales)

Citizens Advice Bureaux – 03444 772020

Shelter Cymru – 0345 075 5005

Parabl Talking Therapy – 0300 777 2257

Cruse Bereavement Care – 0844 477 9400

Conwy and Denbighshire Mental Health Advocacy Service – 01745 813999

**Addysg Oedolion Cymru/Adult learning Wales - 01492 536693.**

<http://www.adultlearning.wales/en/courses>

### Damaged

By Donald Adamson

There's not a single tree in the wood  
that isn't damaged.

Yet they grow tall and old  
and when at last they fall they are noticed  
not by their malformations  
but by their absence, sudden blue  
astonishments of sky.

Being is its own achieving.

The fabric of things  
mends in spans accomplished and the joy  
of particular wounds. Do not ask to be cured  
nor pass your parcel of injuries  
to others. You were damaged, let yourself  
be changed, and grow, and live.

