

# East Conwy

Timetable- September 2022- October 2022

The East area covers- Abergele, Pensarn, Belgrano, Towyn, Kinmel Bay, Groes, Llanefydd, Llansannan & Llanfair TH



Tuesday



Wednesday



Thursday



Friday



**10:00 – 11:30am**

**Stay and Play**

With Flying Start Health Visitors. Play, craft, singing and snacks.

**Canolfan Dinorben, Abergele**  
Call to find out more.  
01492 577757

**09:30-12:00**

**Help Me Quit**

Smoking advice session.

**Canolfan Dinorben, Abergele**  
Booking essential  
08000 852219  
www.helpmequit.wales

**9:00 - 10:30 am**

**Cuppa and a Chat**  
Sessions with Family Worker Amy and Angharad.  
Hot drinks and toast provided.  
**Canolfan Dinorben, Abergele**  
01492 577757

**9:10 - 10:10 am and 10:30-11:30 am**

**Ti a Fi Abergele**  
**Canolfan Dinorben, Abergele**  
Session run by Mudiad Meithrin-  
07707749063

**9:30- 12:00**

**Sewing Group**

A friendly group with Homestart. No experience is needed!

**Canolfan Dinorben, Abergele**  
Please call Homestart to show an interest.  
01492 860842

**10:00 -11:00 am**

**Baby Massage**  
12/09/2022- 03/10/2022

3 weeks of Baby Massage for new-borns to 6 months

**Canolfan Dinorben, Abergele**  
Call to show interest-  
01492 577757

**10:00 am -12:30pm**

**Autism Teen Life**  
20/09/2022- 25/10/2022  
Session with Integrated Autism Service. Share advice and experiences with other parents.

**Canolfan Dinorben, Abergele**  
01352 702090

**9:30 - 4:30pm**

**DASU Drop in**  
Advice and support from Kim on domestic abuse and healthy relationships.

**Canolfan Dinorben, Abergele**  
01492 577757

**9:30 am - 12:30 pm**

**Communities For Work**  
Drop in session for advice and support on employment.

**Canolfan Dinorben, Abergele**  
01492 577757

**10:30am – 12:30pm**

**Cooking for the whole family on a budget (Slow Cookers)**  
(Every other week)  
With Pauline - Abergele Community Action

**Canolfan Dinorben, Abergele**  
01745 826570

**2pm -3pm**

**Cuppa and a chat**

With Ffion and Anwen. Hot drinks provided.

**Ysgol Y Foryd, Kinmel Bay**  
Call Ffion to find out more-  
01492 577757

**10:00 am -12:00pm**

**Talking Teens**  
20/09/2022- 25/10/2022  
Explore effective ways of parenting teenagers and share experiences with other parents.

**Canolfan Dinorben, Abergele**  
01492 576258

**9.15 – 10 am**

**Mummy and Me- Baby Yoga**  
Suitable for babies 8 weeks to 10 months

**Canolfan Dinorben, Abergele**  
For more information  
07513003143

**10:00 am-12:00pm**

**Own My Life**  
Session with DASU for more information please get in touch.

**Canolfan Dinorben, Abergele**  
01492 577757

**1:00 - 2:00 pm**

**Parents Natter**

Session for new parents under 21 to meet other parents and catch up with Ffion, our Family Worker.

**Canolfan Dinorben, Abergele**  
To find out more please call  
01492 577757

**3:45 - 5:30 pm**

**Young Carers**

Craft, games and snacks for young carers. Every other week starting 05/09/2022

**Canolfan Dinorben, Abergele**  
Contact Kerry to find out more-  
07932006309

**After school -4.15pm**

**Lets get Sensory**

An interactive session centred around sensory experiences for children with ALN and disabilities.

**Canolfan Dinorben, Abergele**  
Booking essential, contact Louie.  
01492 575598

**2pm – 3pm**

**Being Dad**  
Open to all dads and father figures. Fun activities for dads and their children, with Lois and Anwen

**Ysgol Y Foryd, Kinmel Bay**  
01492 577757

**1:30 - 3:00 pm**

**Tummy to Tots**  
Storytime, baby massage & baby yoga with Cymraeg I Blant.

**Canolfan Dinorben, Abergele**  
01492 577757

**1:30 - 3:00 pm**

**Breastfeeding Support Group**  
With Health Visitor Sara Jones.

**Canolfan Dinorben, Abergele**  
07825244738

**After school - 4:15 pm**

**Let's Get Busy**  
Play session for all ages, fun for all the family!

**Canolfan Dinorben, Abergele**  
01492 577757

**12:30 – 2:30 pm**

**Nurturing Programme**  
29/09/2022 – 08/10/2022  
Programme that talks about and shares ideas on how to get the best out of family life.

**Canolfan Dinorben, Abergele**  
Call to be added to the list-  
01492 575013

**After School – 4:30pm**

**Youth Drop in**  
Contact - Sian Owen (Area Youth Worker)

**Canolfan Dinorben, Abergele**  
01492 575100

**There's always a Family Worker here ...**  
Please feel free to drop in anytime to speak with one of our team (Monday – Friday 9am -5pm)

# Ardal Dwyrain Conwy

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

Amserlen- Medi 2022- Hydref 2022



Dydd Llun



Dydd Mawrth



Dydd Mercher



Dydd Iau



Dydd Gwener



10:00 – 11:30am

## Aros a Chwarae

Hefo Ymwelydd Iechyd Dechrau'n Deg. Chwarae, craft, canu and snacs.

**Canolfan Dinorben, Abergele**  
Cysylltwch i ddarganfod mwy.  
01492 577757



9:30 am -12:00pm

## Helpa Fi Stopio

Sesiwn cynghori ar ysmegu.

**Canolfan Dinorben, Abergele**  
Cadw lle yn hanfodol-  
08000 852219  
www.helpmequit.wales



9:00-10:30 am

## Paned a Sgwrs

Sesiwn hefo Gweithiwr Teulu Amy ac Angharad. Diod poeth a tost ar gael.

**Canolfan Dinorben, Abergele**  
01492 577757

9:30 – 4:30pm

## Uned Digelwch Trais Teuluol

Sesiwn galw heibio am gymorth a gwybodaeth gan weithiwr trais domestic Kim.

**Canolfan Dinorben, Abergele**  
Am fwy o wybodaeth, cysylltwch ar-  
01492 577757



9:15-10:00am

## Mam a Fi - Ioga Babi

Ffitrwydd ôl-enedigol mam a babi gyda Amy. Yn addas ar gyfer babanod 8 wythnos i 10 mis

**Canolfan Dinorben, Abergele**  
Am fwy o wybodaeth  
07513003143

2 – 3 pm

## Bod yn Dad

Gweithgareddau hwyl i unrhyw tadau a'u plant, gyda Lois ac Anwen. Ysgol Y Foryd

**Ysgol Y Foryd, Bae Kinnel**  
01492 577757



Ar ol ysgol-4:15 yh

## Awr o Hwyl

Sesiwn teuluol i blant o bob oedran.

**Canolfan Dinorben, Abergele**  
01492 577757

Ar ôl ysgol – 4:30pm

## Sesiwn bobl ifanc

Cyswllt - Sian Owen (Gweithiwr Ieuencid Ardal)

**Canolfan Dinorben, Abergele**  
01492 575100



9:10-10:10 am  
a  
10:30-11:30 am

## Ti a Fi Abergele

**Canolfan Dinorben, Abergele**  
Cynhelir y Sesiwn gan Mudiad Meithrin- 07707749063

9:30- 12:30 pm

## Cymunedau dros Waith

Sesiwn galw heibio am gymorth a chynghori ar waithm.

**Canolfan Dinorben, Abergele**  
01492 577757



10:00 am -12:00pm

## Berchen ar fy mywyd

Sesiwn hefo DASU.

Cysylltwch am fwy o wybodaeth  
**Canolfan Dinorben, Abergele**  
01492 577757

1:30-3:00 pm

## Bwmp i Babi

Darllen stori, tylino babi a ioga babi hefo Cymraeg i Blant.

**Canolfan Dinorben, Abergele**  
01492 577757



1:30 - 3:00 pm

## Grwp Cymorth Fwydo ar y Fron

Hefo Ymwelydd Iechyd Sara Jones.  
**Canolfan Dinorben, Abergele**  
07825244738

12:30 – 2:30 pm

## Rhaglen Magu Plant

29/09/2022 – 08/10/2022

Awgrymiadau ar gyfer rhieni ar sut i gael y gorau allan o fywyd teuluol!

**Canolfan Dinorben, Abergele**  
Cysylltwch i archebu lle-  
01492 575013



9:30 am -12:00 pm

## Clwb Gwnïo

Grŵp cyfeillgar. Profiad ddim yn angenrheidiol!

**Canolfan Dinorben, Abergele**  
Cysylltwch a Homestart i ddangos ddi-ddordeb - 01492 860842

10:30am – 12:30pm

## Coginio'n rhad i'r teulu (Pobty Araf)

Grŵp coginio gyda Pauline o Abergele Community Action. (Bob yn ail wythnos)

**Canolfan Dinorben, Abergele**  
01745 826570



1:00-2:00 pm

## Sgwrs â rhieni

Cyfle i rhieni newydd o dan 21 i gael paned, cwrdd a rhieni eraill a sgwrs hefo Ffion, ein Gweithiwr Teulu.

**Canolfan Dinorben, Abergele**  
Am fwy o wybodaeth cysylltwch ar  
01492 577757



## Mae yna weithiwr teuluol yma bob amser...

Mae croeso ichi alw heibio i siarad hefo unrhyw un o'r tim (Dydd Llun- Dydd Gwener 9am-5pm)

Hoffwch/ Like

Teuluoedd Dwyrian Conwy Families East



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government