

Central Conwy

Timetable- September- December 2022

The Central area covers- Colwyn Bay, Old Colwyn, Mochdre, Betws yn Rhos, Llandulas and Llysfaen



Monday



Tuesday



Wednesday



Thursday



Friday



9.30-10.30
Tots Play session
With Lucy Family Worker
Play session for ages 1-3 years.
Term time only

9:30-1.00
DASU drop-in
Advice and Support with Hayley on domestic abuse and healthy relationships.

12:30 – 2:30
Breastfeeding Support Group Flying Start Midwife Drop In
Drop -in session for breastfeeding parents and pregnant mums.

1.00-4.30
Every fortnight Communities For Work Drop-in
Thinking about getting a job? Conwy Employment Hub is with here to give you advice, build your confidence and provide options for funded training and childcare.
CEH@conwy.gov.uk

9.30-11.30
Nurturing Programme
Starting on 27/09/22
Tips for Parents on How to Get the Best Out of Family Life!
Contact- 01492576830

1:15-2:15
Cymraeg I Blant.
Welsh story and rhyme time
With Jen.
Term time only

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

9:30-10:30
Pre-school Sing-along
Singing, dancing and having fun!
With Ceri Family worker.
Term time only

9:30-10:30
Speech and Language advice drop-in.
Noemie Flying Start Speech and Language Therapist.

9:30 – 10:30
Dads' Group
Cuppa and a chat with Family worker.
Open to all dads and father figures.
Children are welcome.
Term time only

10:00 – 11:30
STAND
Under 5's group for children with additional needs.
Sarah@standnw.org

1:00-2:30
STAND
PEEP programme
Developing early numbers skills through play.
Sarah@standnw.org

3.00-5.00
Drop-In with, Lucie Children's Advanced Nurse Practitioner Parents,
Advice and Support about your child (4-18) health concerns.

2:00 – 4:00
Barnardo's Drop-In Help Desk
Barnados project workers will be offering support and advice around parental substance misuse.
Denby.turner@barnardos.org.uk

10:00-11:00
Cuppa and a chat
with Marnie Family Worker
Hot Drinks and Toast Provided.
Term time only

10:00-12.00
North wales integrated autism service
Do you support an autistic adult or child? Are you autistic? Do you need some advice?
Come along to biweekly drop in with Sally Mayall.
Starts 9/9/2022

*There's always a Flying Start Health Visitor here-
Please feel free to contact the team on
03000854444
(Monday to Friday 9am-5pm)*



Ardal Canolog Conwy

Amserlen- Medi 2022-Rhagfyr 2022

Mae'r ardal y Canolog yn cynnwys- Colwyn Bay, Old Colwyn, Mochdre, Betws yn Rhos, Llandulas a Llysfaen

Dydd Llun

Dydd Mawrth

Dydd Mercher

Dydd Iau

Dydd Gwener

9:30-10:30

Sesiwn Chwarae I Blantos 1-3 oed
Efo Gweithiwr Teulu Lucy
Yn ystod y tymor yn unig

9.30-11.30

Rhaglen Maethu
Dechrau ar 27/09/22
Syniadau i Rieni ar Sut i Gael y Gorau o Fywyd Teuluol!
Cysylltwch - 01492576830

9:30-10:30

Sesiwn Cydganu i blant cyn ysgol
Canu, dawnsio a chael hwyll!
Gyda Gwaithwraig Teulol Ceri.
Yn ystod y tymor yn unig

10:00-11:30

STAND
Grŵp dan 5 i blant ag anghenion ychwanegol.
Sarah@standnw.org

10:00-11:00

Paned a Sgwrs
Sesiwn hefo Gweithiwr Teulu Marnie.
Diod poeth a tost ar gael.
Yn ystod y tymor yn unig

9:30-1:00

Sesiwn alw heibio Uned Diogelwch Trais Teuluol (DASU)
Cyngor a chymorth gyda Hayley ynlyn a trais yn y cartref a perthnasau iach.

1:15-2:15

Cymraeg I Blant Stori a Chân
Gyda Jen
Yn ystod y tymor yn unig

9:30-10:30

Sesiwn Alw Heibio Cyngor ynghylch Iaith a Lleferydd.
Noemie Therapydd Lleferydd ac Iaith Dechrau'n Deg.

1:00-2:30

STAND
Rhaglen PEEP
Datblygu sgiliau rhif cynnar trwy chwarae.
Sarah@standnw.org

10:00-12:00

Gwasanaeth Awtistiaeth Integredig Gogledd Cymru
Ydych chi'n cefnogi oedolyn neu blentyn awtistig? Ydych chi'n awtistig? Oes angen cyngor arnoch chi?
Dewch i sgwrsio gyda Sally Mayall gweithwyr cyswllt Bob pythefnos.
Cychwyn 9/9/2022

12:30 – 2:30

Grŵp Cefnogi Bwydo ar y Fron Sesiwn Alw Heibio Bydwraig Dechrau'n Deg
Sesiwn alw heibio ar gyfer rhieni sy'n bwydo ar y fron a mamau beichiog.

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)

9.30-10:30

Grwp Dad
Dewch i gael Paned a sgwrs gyda , ar agor i pob tad a ffigyrau tadol
Croeso i blant
Yn ystod y tymor yn unig

3:00-5:00

Sesiwn Galw Heibio gyda Lucie, Uwch Ymarferdd Nyrsio Plant
Cyngor a chymorth am pryderon iechyd eich plentyn(4-18).

3:00 – 4:30

Desg Gymorth Galw Heibio Barnardo's
Bydd gweithwyr prosiect Barnardo's yn gynig cefnogaeth a chngor am gamddefnyddio sylweddau ymhlith rhieni.
Denby.turner@barnardos.org.uk

Mae Ymwelydd Iechyd Dechrau'n Deg yma bob amser- Mae croeso i chi gysylltu â'r tîm ar 03000854444 (Dydd Llun i Ddydd Gwener 9am-5pm)

1.00-4:30

Sesiwn Galw Heibio Cymunedau am Waith
Meddwl am gael swydd? Mae Canolbwynt Pwysig i Gyflogaeth Conwy yma i cynnig cyngor, meithrin eich hyder a darparu dewisiadau ar gyfer hyfforddiant a gofal plant wedi'u hariannu.
Bob pythefnos
CEH@conwy.gov.uk

