

East Conwy

Timetable- April- July 2023

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



Monday



Tuesday



Wednesday



Thursday



Friday



10am – 11am

 **Stay and Play**
With Flying Start Health Visitors. Play, craft, singing and snacks. Speech and Language Therapist available for advice.
Canolfan Dinorben, Abergele
Call to find out more- 01492 577757

9am - 10:30am

 **Cuppa and a Chat**
With Amy and Angharad. Hot drinks and toast provided.
(Warm Wales drop in every other week)
Canolfan Dinorben, Abergele
07720159021

9:30 – 12pm

 **DASU Drop in**
Advice and support from Rachael on domestic abuse and healthy relationships.
Canolfan Dinorben, Abergele
01492 577757


9:10 - 10:30am

 **Ti a Fi Abergele**
An opportunity to enjoy play with a variety of toys, arts and craft, listen to a Welsh story and sing Welsh songs.
Canolfan Dinorben, Abergele
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

1pm-2pm

 **Baby Massage**
Time to relax with your baby.
Canolfan Dinorben, Abergele
Contact Marilyn for more information- 03000 856800


9:30am-12:00pm

 **Benefits Advice**
Advice and support from a Welfare Rights Officer.
Canolfan Dinorben, Abergele
For more information call- 01492 577757


2pm – 3pm

 **Being Mum**
Open to all mums and mother figures. Fun activities for mums and their children, with Lois and Anwen
(Being Dad will be back next term)
Ysgol Y Foryd, Kinmel Bay
01492 577757


1:30 - 3pm

 **Tummy to Tots**
Storytime, baby massage & baby yoga with Cymraeg i Blant.
Canolfan Dinorben, Abergele
01492 577757

1:00 - 2:00 pm

 **Tots and Talk**
Group for parents to meet other parents and catch up with Ffion and Angharad.
Canolfan Dinorben, Abergele
To find out more please call 07720159021


1pm-3pm

 **Integrated Autism Service Drop in (Every other week)**
Pop in for a chat with Sally from the Integrated Autism Service
Canolfan Dinorben, Abergele
01352 702090

1pm-4pm

 **Help Me Quit**
Smoking advice appointments available with Jo.
Canolfan Dinorben, Abergele
Please book: 08000 852219
www.helpmequit.wales

After school - 4:30pm

 **Let's Get Busy**
Play for all ages, fun for all the family!
Canolfan Dinorben, Abergele
01492 577757

1:30 - 3pm

 **Breastfeeding Support Group**
With Health Visitor Sara Jones.
Canolfan Dinorben, Abergele
07825244738


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

After school -5pm

 **Let's get Sensory**
An interactive session centred around sensory experiences for children with ALN and disabilities.
Canolfan Dinorben, Abergele
Please contact Lousie to let her know if you'd like to come
01492 575598


After School – 4:15pm

 **Youth Drop in**
Contact - Gemma (Area Youth Worker)
Canolfan Dinorben, Abergele
01492 576168


Open until 6pm

 **Early Evening Drop in**
Drop in for a chat with us after work, every 2nd and 4th Thursday of the month. (Starting from May)
Canolfan Dinorben, Abergele
01492 577757

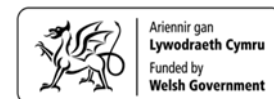
3:45 - 5:30 pm

 **Young Carers**
Craft, games and snacks for young carers. Every other week.
Canolfan Dinorben, Abergele
Contact Liz to find out more- 07709795677

Open until 6pm

 **Early Evening Drop in**
Drop in for a chat with us after work, every 1st and 3rd Thursday of the month. (Starting from May)
Canolfan Dinorben, Abergele
01492 577757

Ti a Fi
Angharad from the team visits groups in the rural areas every term- Llanfairtalhaiarn, Llansannan, Llanefydd and Groes. Get in touch if you would like to know when and where- 01492 575666



Ardal Dwyrain Conwy

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

Amserlen- Ebrill – Gorffennaf 2023



Dydd Llun



Dydd Mawrth



Dydd Mercher



Dydd Iau



Dydd Gwener



10am – 11:30am

Aros a Chwarae

Hefo Ymwelwyr Iechyd Dechrau'n Deg. Chwarae, craft, canu and snacs. Therapydd Iaith a Lleferydd ar gael am gyngor.

Canolfan Dinorben, Abergele
Cysylltwch i ddarganfod mwy- 01492 577757



9am-10:30am
Paned a Sgwr

Sesiwn hefo Gweithiwr Teulu Amy ac Angharad. Diod poeth a tost ar gael. *(Cymru Gynnes yma bob yn ail wythnos)*

Canolfan Dinorben, Abergele
07720159021



9:30 – 12pm

Uned Diogelwch Trais Teuluol

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

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



9:10-10:30 am

Ti a Fi Abergele

Cyfle i fwynhau chwarae gyda phob math o degannau, gwaith crefft, gwrando ar stori a chanu yn y Gymraeg.

Canolfan Dinorben, Abergele
Cynhelir gan Mudiad Meithrin- 07707749063



9:30 am -12pm

Clwb Gwnïo

Grŵp cyfeillgar. Nid oes angen profiad!
Canolfan Dinorben, Abergele
Cysylltwch a Homestart i ddangos ddi-ddordeb - 01492 860842

1pm-2pm



Tylino Babi

Amser i ymlacio hefo'ch babi. **Canolfan Dinorben, Abergele**
Cysylltwch Marilyn am fwy o wybodaeth- 03000 856800

9:30am -12pm
Cyngor Budd-Dal
Cyngor a cymorth gan Swyddog Budd-Dal.



Canolfan Dinorben, Abergele
For more information call- 01492 577757



2 – 3pm

Bod yn Fam

Gweithgareddau hwyl i unrhyw mamau a'u plant, gyda Lois ac Anwen.

(Bydd 'Bod yn Dad' nol tymor nesaf)
Ysgol Y Foryd, Bae Kinnel
01492 577757

1:30-3pm



Bwmp i Babi

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

Canolfan Dinorben, Abergele
01492 577757



1pm-4pm
Helpa Fi Stopio

Cyngor ar ysmegu gyda Jo. **Canolfan Dinorben, Abergele**
Ffoniwch am apwyntiad - 08000 852219
www.helpmequit.wales



Ar ol ysgol tan 4:30pm



Awr o Hwyl

Chwarae i'r teulu cyfan
Canolfan Dinorben, Abergele
01492 577757



1:30 - 3pm

Grwp Cymorth Fwydo ar y Fron

Hefo Ymwelydd Iechyd Sara Jones.

Canolfan Dinorben, Abergele
07825244738



1pm-3pm

Gwasanaeth Integrated Autism (Bob yn ail wythnos)

Galwch heibio am sgwrs hefo Sally or Gwasanaeth Awtistiaeth Integredig.

Canolfan Dinorben, Abergele
01352 702090

Ar ôl ysgol -5pm
Awr Synhwyrdd



Sesiwn ryngweithiol sy'n canolbwyntio ar brofiadau synhwyrdd. I blant gyda anghenion dysgu ychwanegol ac anabledau.
Canolfan Dinorben, Abergele
Cysylltwch a Lousie os hoffech chi ddod - 01492 575598



Ar ôl ysgol – 4:15pm

Sesiwn i bobl ifanc

Cysyllt - Gemma (Gweithiwr Ieuentid Ardal)
Canolfan Dinorben, Abergele
01492 576168



Ar agor tan 6pm

Prynhawn Hwyr

Galwch mewn am sgwrs ar ol gwaith, bob 2^{ail} a 4^{ydd} Dydd Iau o'r mis. (Cychwyn mis Mai)
Canolfan Dinorben, Abergele
01492 577757



3:45-5:30pm

Gofalwyr Ifanc

Craft, gemau a snack i gofalwyr ifanc. Bob yn ail wythnos.

Canolfan Dinorben, Abergele
Ffoniwch Liz i ddarganfod mwy- 07709795677



Ar agor tan 6pm
Prynhawn Hwyr

Galwch mewn am sgwrs ar ol gwaith, bob 1af a 3ydd Dydd Iau o'r mis. (Cychwyn mis Mai)
Canolfan Dinorben, Abergele
01492 577757



Ti a Fi

Mae Angharad o'r tîm yn ymweld a grwpiau ardalau weledig bob tymor- Llanfairtalhaiarn, Llansannan, Llanefydd and Groes. Cysylltwch i ddarganfod lle a pryd- 01492 575666

Hoffwch/ Like

Teuluoedd Dwyrain Conwy Families East



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government