

Conwy North Area

The North area covers- Llandudno, Craig y Don & Penrhyn Bay

Timetable April - July



Monday



Tuesday



Wednesday



Thursday



Friday



9:30-11:00
Breastfeeding Support Group
Drop-in session for breastfeeding parents and pregnant mums

Where: Eryl Wen, Eryl Place, Llandudno.

For more information please call Natasha Carson on 03000 851991



9:30 -11:00
Talk & Toys session

Where: Trinity Centre, Trinity Avenue, Llandudno

For further information please call 01492 574732



10:00-12:00
Baby Massage

For more information please call Anwen Jones 03000 850028 (option 2)



1:00-2:00
Baby Stay & Play
Play, stories, crafts & activities.

Where: Eryl Wen, Eryl Place, Llandudno

For more information please call Sarah Harris on 03000 851991



3:00 - 5:00
Youth Drop in Session

Where: Ty Hapus, Llandudno

For further information please call 01492 574732
Familysupport.north@conwy.gov.uk



9:00-10:30
Specialist community Public Health Nurse drop in Home Educated.
1st Wednesday of the month

Where: Eryl wen, Eryl place, Llandudno

For further information please contact Emily Jones – Emily.jones9@wales.nhs.uk



10:00-12:00
Nurturing Programme

Tips for parents on how to get the best out of family life.

Where: Eryl Wen, Eryl Place, Llandudno

For further information please call 01492 574732
Familysupport.north@conwy.gov.uk



2:00-4.00
Bump to Baby Café
Midwife run group supporting your wellbeing in pregnancy.

Where: Eryl Wen, Eryl Place, Llandudno

For further information please call Donna on 07919302316



9:30 –12:00
Integrated Autism Service Drop in
1st Thursday of the month

Where:Eryl Wen, Eryl Place, Llandudno
For further information please call 01352 702090

10:00- 12:00
Baby Massage


Newborn to six months, bonding with your baby

Where:Eryl Wen, Eryl Place, Llandudno
For more information please call Sarah Harris on 03000 851991



10:30 –12:00
Mums Matter

Where:Eryl Wen, Eryl Place, Llandudno
For more information please call Judith at MIND on 01492 879907



3:45 – 4:45
Sensory Play Session

An interactive play session centred on sensory experiences.

Where: Trinity Centre, Trinity Avenue, Llandudno

For further information please call 01492 574732



5:00-7:00
STAND

Sensory Lending Library 2nd Thursday of the month.

Sensory toys, small equipment & toys.

Where:Eryl Wen, Eryl Place, Llandudno
For more information email emma@standnw.org or call 07493481071

9:30- 11:00
School Nurse Drop in

Where: Eryl Wen, Eryl Place, Llandudno

For more information please call Oli Morris on 03000 851984



Mindfulness
Starting June

Where: Eryl Wen, Eryl Place, Llandudno

For further information please call 01492 574732
Familysupport.north@conwy.gov.uk



12:30-2.30
Perinatal Plus Programme
Starting 21st April
For women suffering with their mental health after having a baby.

Where: Eryl Wen, Eryl Place, Llandudno

For further information please call Perinatal Mental Health Health Visitor Sara Goodey on 07919291172



Gogledd Conwy

Amserlen Ebrill-Gorffennaf 2023

Mae ardal y Gogledd yn cynnwys- Llandudno, Craig y Don a Bae Penrhyn



9:30-11:00

Grŵp Cymorth Bwydo ar y Fron

Sesiwn galw heibio ar gyfer rhieni sy'n bwydo ar y fron a mamau beichiog

Lle: Eryl Wen, Eryl Place, Llandudno.

Am fwy o wybodaeth ffoniwch Natasha Carson ar 03000851991



9:30 -11:00

Sesiwn Chwarae & Chlebran

Lle: Trinity Centre, Trinity Avenue, Llandudno



Am fwy o wybodaeth cysylltwch 01492 574732

Familysupport.north@conwy.gov.uk

10:00-12:00

Tylino Babanod



Am fwy o wybodaeth cysylltwch Anwen Jones 03000 850028 (option 2)

1:00-2:00

Sesiwn Aros a Chwarae

Chwarae, straeon, crefft a gweithgareddau.



Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth ffoniwch Sarah Harris ar 03000851991

3:00 - 5:00

Sesiwn Galw Heibio Ieuentid



Lle: Ty Hapus, Llandudno

Am fwy o wybodaeth ffoniwch 01492 574732

Familysupport.north@conwy.gov.uk

9:00 - 10:30

Sesiwn galw heibio nyrs arbenigol cymunedol Addysg yn y Cartref

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch â Emily Jones drwy ebostio Emily.jones9@wales.nhs.uk



10:00-12:00

Rhaglen Maethu



Syniadau i Rieni ar Sut i Gael y Gorau o Fywyd Teuluol!

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch 01492 574732

Familysupport.north@conwy.gov.uk

2:00-4.00

Caffi Bump i Babi

Grŵp sy'n cael ei redeg gan fydwragedd sy'n cefnogi eich lles yn ystod beichiogrwydd

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch â Donna ar 07919302316



9:30 -12:00

Gwasanaeth Awtistiaeth Integredig

Dydd Iau cyntaf y mis

Am fwy o wybodaeth ffoniwch 01352 702090

10:00-12:00

Tylino Babanod



Newydd-anedig i chwe mis, bondio gyda'ch babi

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth ffoniwch Sarah Harris ar 03000851991

10:30 -12:00

Mums Matter



Lle: Eryl Wen, Eryl Place, Llandudno
Am fwy o wybodaeth ffoniwch Judith yn MIND ar 01492 879907

3:45 - 4:45

Sesiwn Chwarae Synhwyrdd

Sesiwn chwarae ryngweithiol yn canolbwyntio ar brofiadau synhwyrdd.



Lle: Canolfan y Drindod, Trinity Avenue, Llandudno

Am fwy o wybodaeth ffoniwch 01492 574732

5:00-7:00

Llyfrgell Benthycia Synhwyrdd STAND

Ail dydd Iau y mis

Teganau synhwyrdd, offer bach a theganau.

Lle: Eryl Wen, Eryl Place, Llandudno.
Am fwy o wybodaeth e-bostiwch emma@standnw.org neu ffoniwch 07493481071

9:30- 11:00



Sesiwn galw heibio nyrs Ysgol

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch â Oli Morris ar 03000 851984

Meddwlgarwch

Yn dechrau Mehefin



Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch 01492 574732

Familysupport.north@conwy.gov.uk

12:30-2.30

Rhaglen Amenedigol Plws

Yn dechrau 21 Ebrill

Ar gyfer merched sy'n dioddef gyda'u hiechyd meddwl ar ol cael babi.

Lle: Eryl Wen, Eryl Place, Llandudno

Am fwy o wybodaeth cysylltwch â Ymwelydd Iechyd Arbenigol Sara Goodey ar 07919291172

Mae yna Weithiwr Teuluol yma bob amser...
Mae croeso i chi alw heibio unrhyw bryd i siarad ag un o'n tîm (Llun - Gwener 9am - 5pm)

Os na nodir yn wahannol, mae pob grŵp yn agored i holl deuluoedd Conwy Am fwy o wybodaeth Cysylltwch a 01492 574732 neu ebost familysupport.north@conwy.gov.uk

Hoffi ni ar Teuluoedd Gogledd Conwy