

Central Conwy

Timetable- April- July 2023

The Central area covers- Colwyn Bay, Old Colwyn, Rhos on Sea, Llysfaen, Llanddulas, Betws yn Rhos Mochdre

Monday

Tuesday

Wednesday

Thursday

Friday

9:30am – 1pm



DASU Drop in

Advice and support on domestic abuse and healthy relationships.

Canolfan Ffordd Douglas
01492 576503

10am-11pm



Stay and Play Mochdre Community Centre

Canolfan Ffordd Douglas,
01492 576503

12:30pm – 2.30pm



Breastfeeding Support Group

With Health Visitor Sara Jones.

Canolfan Ffordd Douglas,
01492 576503

1:00pm – 4.30pm



Welfare Rights Drop In

Booking may be advisable. Advise and support from a welfare rights officer.

Canolfan Ffordd Douglas,
01492 576503

9.30am-11.30am



Men's Wellbeing Group

A group for dads, grandparents, carers etc with family worker, Phill.

Canolfan Ffordd Douglas,
01492 576503

1:15-2:15



Cymraeg i Blant

Welsh story and rhyme time with Jen Dafydd.

Canolfan Ffordd Douglas,
01492 576503

1.00pm-3.00pm



Coffee Afternoon

In Swn y Don Community Hall with family worker, Dolly Jones.

Canolfan Ffordd Douglas,
01492 576503

3.30pm-5.00pm



C-Card Drop in

Free condoms and sexual health information for young people aged 13-24, with family worker Lucy

Canolfan Ffordd Douglas,
01492 576503

9:15am – 10.30am



Tots Play and Sing-Along

Singing, dancing and time to play. For children 0-4 years old.

Canolfan Ffordd Douglas,
01492 576503

9:30am – 10.30am



Speech and Language Advice Drop in

With Noemie, flying start speech and language therapist.

Canolfan Ffordd Douglas,
01492 576503

1.00pm-2.30pm



Baby Massage

Time to relax with your baby.

Canolfan Ffordd Douglas,
01492 576503

3.45pm - 4:45pm



Sensory Play

An interactive play session for toddlers and children.

Canolfan Ffordd Douglas,
01492 576503

9:30am- 11:30am



Talking Teens

Start date 20/04/23

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

Contact – 01492 576503 to book.

1:30pm – 2.30pm



Brew Thursday

A chance for a cup of tea and a chat, including varied guest speakers, with family worker Jane.

Canolfan Ffordd Douglas
01492 576503

6:00pm- 8:00pm



Seren Group

Activities, games and discussions with the youth service.

Ages 11-25.

Please contact Gemma on 01492 576168

10:00am- 12:00pm



North Wales Integrated Autism Service

Do you support an autistic child or adult? Are you autistic? Do you need some advice? Come along to our bi-weekly drop in with Sally Mayall

Canolfan Ffordd Douglas
01492 576503

3:00pm – 4.30 pm



Chill Time for Young People

For ages 11+

Canolfan Ffordd Douglas
01492 576503

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) - Please feel free to contact the team on 01492576503

There's always a Flying Start Health Visitor here – Please feel free to contact the team on



Ardal Canolog Conwy

Ardal Canolog yn cynnwys- Colwyn Bay, Old Colwyn, Mochdre, Betws yn Rhos, Llandulas and Llysfaen

Ionawr- Mawrth 2023

Dydd Llun

T Dydd Mawrth

Dydd Mercher

Dydd Iau

Dydd Gwener

9:30am – 1pm



Uned Diogelwch Trais Teuluol
Sesiwn galw heibio am gymorth a gwybodaeth gan weithiwr trais domestic Rachael.
Canolfan Ffordd Douglas
01492 576503

9.30am-11.30am



Men's Wellbeing Group
A group for dads, grandparents, carers etc with family worker, Phill.
Canolfan Ffordd Douglas
01492 576503

9:15-10:30



Sesiwn chwarae a cyd ganu.
Canu, dawnsio a amser chwarae.
I blant 0-4 oed.
Canolfan Ffordd Douglas
01492 576503

1:30pm – 2.30pm



Cwrs Siarad Harddegau
Syniadau I rieni ar sut I gael y gorau o fywyd teuluol
Canolfan Ffordd Douglas
01492 576503

1pm-3pm



IAS Drop in (Bob yn ail wythnos)
Galwch heibio am sgwrs hefo Sally or Gwasanaeth Awtistiaeth Integredig.
Canolfan Ffordd Douglas
01492 576503

10am-11pm



Stay and Play
Mochdre Community Centre
Canolfan Ffordd Douglas
01492 576503

1:15-2:15



Cymraeg I Blant
Stori a Chân
Gyda Jen
Canolfan Ffordd Douglas
01492 576503

9:30-10:30



Sesiwn Alw Heibio Cyngor ynghylch iaith a Lleferydd.
Noemie Therapydd Lleferydd ac iaith Dechrau'n Deg.
Canolfan Ffordd Douglas
01492 576503

1:30pm – 2.30pm



Brew Thursday
A chance for a cup of tea and a chat, including varied guest speakers, with family worker Jane.
Canolfan Ffordd Douglas
01492 576503

3:00pm – 4.30 pm



Chill Time for Young People
For ages 11+
Canolfan Ffordd Douglas
01492 576503

1:30 - 3pm



Grwp Cymorth Fwydo ar y Fron
Hefo Ymwelydd Iechyd Sara Jones.
Canolfan Ffordd Douglas
01492 576503

1.00pm-3.00pm



Coffee Afternoon
In Swn y Don Community Hall with family worker, Dolly Jones.
Canolfan Ffordd Douglas
01492 576503

1.00pm-2.30pm



Baby Massage
Time to relax with your baby.
Canolfan Ffordd Douglas
01492 576503

6:00pm- 8:00pm



Seren Group
Activities, games and discussions with the youth service.
Ages 11-25.
Please contact Gemma on 01492 576168

1.00pm-4.30pm



Cyngor Budd-Dal
Cyngor a cymorth gan Swyddog Budd-Dal.
Canolfan Ffordd Douglas
01492 576503

3.30pm-5.00pm



C-Card Drop in
Free condoms and sexual health information for young people aged 13-24, with family worker Lucy
Canolfan Ffordd Douglas
01492 576503

3.45pm - 4:45pm



Awr Synhwyrdd
Sesiwn ryngweithiol sy'n canolbwyntio ar brofiadau synhwyrdd. I blant gyda anghenion dysgu ychwanegol ac anabledau.
Canolfan Ffordd Douglas
01492 576503

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

Mae yna weithiwr teuluol yma bob amser. Mae croeso i chi alw heibio I siarad hefo unrhyw un o'r tîm (Dydd Llun-Dydd Gwener 9am-5pm)