



# Llandudno & Surrounding Area Community Wellbeing Summer 2018

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Venue	Activity	When	Cost
<b>Tŷ LLYWELYN COMMUNITY CENTRE</b> , Ffordd Yr, Orsedd Llandudno LL30 1LA ☎ 01492 873412	<b>MUSIC &amp; MOVEMENT</b> with Reach Physio. ☎ 07981025911. Exercise to Music in a group environment.	<b>Thursday</b> (term time only) 11:00 - 12:00	£6
	<b>PAINTING PALS</b> . A friendly art group for a beginner as well as more advanced. Join us for arty fun, friendship and a chance to learn from tutors. Refreshments incl.	<b>Wednesday</b> 12:00 - 15:00	£3.00
<b>PROMISE ART &amp; CRAFT SHOP</b> Madoc Street Llandudno LL30 2TL	<b>CRAFTY CUPPA</b> . Different crafts each week. Connect and keep learning in informal and friendly surroundings. Drop in or phone ☎ 01492 878510	<b>Monday, Tuesday</b> 13:30 - 15:30	£2.50
<b>TRINITY CENTRE</b> Trinity Avenue LL30 2TQ ☎ 01492 875686	<b>LUNCHEON CLUB</b> . 3 course meal. Come and have your nutritional and social needs met in one place!	<b>Monday, Wednesday, Thursday</b> 12:30	£5.00
	<b>BOCCIA</b> . Seated indoor bowls. All ages and levels of ability. Suitable for wheelchair users or people with low or limited mobility or anyone recovering from illness.	<b>Monday</b> 14:00 - 16:00	£2.00
<b>TY HAPUS COMMUNITY RESOURCE CENTRE</b> Ffordd Penrhyn , Llandudno LL30 1HB	<b>BADMINTON FOR WELLBEING</b> . Kick-start an active lifestyle in a relaxed, social environment.	<b>Wednesday</b> 10:00 - 12:00	£2.00
<b>TAN Y FRON EXTRA CARE HOUSING (hobbies room)</b> Ffordd Yr Orsedd, Llandudno LL30 1LA	<b>SEWING GROUP</b> . Everything you always wanted to know about sewing but were afraid to ask! Friendly group. All levels welcome. ☎ 07931402310	<b>Friday</b> 14:30 - 16:30	£3.00
<b>ABERCONWY MIND</b> 3 Trinity Square Llandudno LL30 2PY ☎ 01492 879907	<b>ABERCONWY MIND</b> . Drop in session for anyone affected by mental health problems. Call in for information, confidential help and advice, or to find out about available courses and groups.	<b>Saturday &amp; Sunday</b> , 14:00 - 16:00	FREE
<b>LLANRHOS OLD SCHOOL</b> , 3 Cae Rhos, Llanrhos, Llandudno LL30 1RW	<b>FRIDAY CLASSIC MOVIE CLUB</b> . A get together to enjoy popular classic and children's films, drinks and cake. Everyone welcome. Cllr Julie Fallon ☎ 01492 592778/0786 0232 641	<b>1st &amp; 3rd Friday</b> 14:00	FREE
<b>BETHEL METHODIST CHAPEL SCHOOL ROOM</b> , Overlea Ave, Deganwy, Conwy LL31 9TD	<b>DEGANWY FRIENDSHIP CLUB</b> - friendliness, camaraderie and fun through a varied programme of events including talks, bingo, musical entertainment, outings and Christmas lunch. Open to people over 60.	<b>Every other Tuesday</b> beginning 7/08 14:30 - 16:30	£1.50
<b>ALL SAINTS CHURCH</b> , 20 All Saints Ave, Deganwy, Conwy LL31 9DZ Cllr Julie Fallon	<b>DEGANWY DEMENTIA CAFÉ</b> . Open to everyone, especially those who are living with dementia, their carers, loved ones and friends. Support available to those who would like any further information regarding dementia. ☎ 01492 592778/0786 0232 641	<b>First Mondays</b> 10:30 - 12:30	FREE