

Denbighshire January 2023 newsletter and Happy New Year.

Newsletters are emailed from our denopf@acnwc.org email.

Rhif Cofrestredig Elusennol • Registered Charity No. 1154403



Please use this to Email denopf@acnwc.org or

Telephone Jackie: 01745 508626. Leave a message I will get back to you.

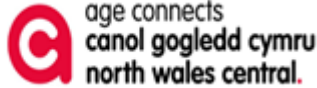
Our new Website is live: <http://www.en.ageconnectsnwc.org/>

Our newsletters and forum dates are now on our website:

the URL is <http://www.ageconnectsnwc.org/wp-content/uploads/2022/10/OPFN-Denbighshire-website.pdf>

Cylchlythyr ionawr 2023 Sir Ddinbych.

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Mae cylchlythyrau yn cael eu e-

bstio o'n e-bost denopf@acnwc.org.

Defnyddiwch hwn i E-bostio denopf@acnwc.org

neu Ffonio Jackie: 01745 508626. Gadewch neges ac fe wna i gysylltu â chi.

Mae ein Gwefan newydd yn weithredol: <http://www.en.ageconnectsnwc.org/>

Mae ein cylchlythyrau a dyddiadau'r fforymau bellach ar ein gwefan:

yr URL yw <http://www.ageconnectsnwc.org/wp-content/uploads/2022/10/OPFN-Denbighshire-website.pdf>

Next **FORUM** Dates for your Diary:

Denbigh *Currently residents only* **FEBRUARY** the 16th 10.30am **Awel y Dyffryn**

Ruthin **FEBRUARY** the 16th 2.30pm **Llys Awelon**

Non residents now welcome **PLEASE let me know if you wish to attend**

Corwen **Monday** **MARCH** the 6th 2pm in Llygadog community lounge


St Asaph *Non residents now welcome* **Wednesday** **MARCH** the 29th 11am

The Old Palace; if you are a non-resident **PLEASE let me know if you wish to attend**

Prestatyn **Wednesday** **MARCH** the 29th 2pm **Prestatyn LIBRARY**

Home share newsletter available at our forums plus Help for Households fact sheet, self-help guides for anxiety, bereavement, depression and Energy Saving TIPS.

The north Denbighshire Health Promotion Coordinator will be visiting Prestatyn forum (where she is based) on March the 29th to explain about her health campaigns – her first one for 2023 is Stop Smoking Feel Better see last page for further details.

 **NEW Denbigh bus service:** From 7th November the 76 will follow the old 66 route on some of its services.

The bus into Denbigh will be in Myddleton Park at 9:21, 11:26 and 13:11 and in Mytton Park at 9:26, 11:31 and 13:16

In between these stops it will also call at the old 66 route including Parc ALafowlia and Erw Salisbury

It will also call at the above stops on return journeys leaving Lenton Pool at 11:47, 13:54 and 14:47.

NO NEED TO BOOK IN ADVANCE

The library will print a copy of the new timetable if you require one



Croeso Cynnes Warm Welcome - Activities, soup, drink – either at your library and there may be other places throughout the county eg. Llygadog which holds theirs 1.30 every Wednesday in Llygadog community lounge, Corwen.

For example: Llangollen library – self-service tea and coffee making facilities available.

**Monday, Tuesday, Wednesday, Friday 9-1 & 2-5
Saturday 9-12.30 (Closed Thursday).**

The Warm Welcomes are during each library's regular opening hours – they will have tea and coffee available when open, at all libraries. Some libraries will also have extra activities, for example, a Craft and Chat at Rhyl Library on Friday mornings, please ask at your local Library

See the link for locations of the Warm Welcomes throughout Denbighshire

<https://www.denbighshire.gov.uk/en/community-and-living/warm-welcome/warm-welcome.aspx>

Stroke – Act FAST

The key message being if you see any one of these signs of a stroke then **Call 999**

Suspect a stroke?

Act **FAST** and call 999.



Facial
weakness

Arm
weakness

Speech
problems

Time
to call 999

Denbighshire County Council is encouraging the county's residents, or those working in the county to have their say on the services provided by the authority.

There is still time to complete a residents survey where it asks people to rate the quality of services provided by the Council, as well as feedback on how people feel about Denbighshire and their local area.

To take part and have your say, please visit: [countyconversation.denbighshire.gov.uk](https://www.denbighshire.gov.uk/en/news/news-detail.aspx...)

Councillor Julie Matthews, Cabinet Lead Member for Corporate Strategy, Policy and Equality, said: "The residents survey is one of a number of ways of capturing people's thoughts about how we work as a Council, as well as what people think about life in Denbighshire and in their local area. "The results from the survey will be used to help us improve services that are important to residents, as well as monitor the progress of our Corporate Plan". Also here

<https://www.denbighshire.gov.uk/en/news/news-detail.aspx...> The online survey will be open until 27 February, 2023 and paper copies will be available in Denbighshire Libraries and One Stop Shops. Our Prestatyn & St Asaph Forums were able to complete as a group.



You can also contact NEA for a full benefit entitlement check via their

Warm and Safe Homes Advice Service – call 0800 138 8218.

UK Government



£400

off energy bills for households

This will be paid automatically.

Be aware of scams. You don't need to apply. You won't be asked for your bank details to receive the discount.

Find out more:
gov.uk/helpforhouseholds

Help for Households

Rethinking Our Drinking

Do the Test on the link below to check if your drinking could be putting you at risk

<https://bcuhb.nhs.wales/health-advice/alcohol-drugs-and-smoking/rethinking-our-drinking/>

Join people across North Wales who are cutting down on alcohol and feeling better. It's been a really hard couple of years for so many of us.

Throughout the COVID-19 pandemic, we've all had to face so many challenges. Our work, home and family lives have been disrupted, and our routines have changed.

But now is the right time to think again about how much and when we drink.

Talking Points are back!



From your Library providing help, advice and more. If you or someone you know needs help with daily life, come along and have a chat to our Community Navigator.

Every **Monday** from 9.30 to 11.45 **St Asaph**
Every **Tuesday** from 9.30 to 3.30 **Rhyl**
Every **Wednesday** from 9.30 to 1.00 **Denbigh** & from 9.30 to 1.00 **Llangollen**
Every **Thursday** from 2:00-4:30 **Rhuddlan**

Every **Friday** from 9.30 to 1.00 **Ruthin** and **Prestatyn** Libraries. **Talking Points every week Except Bank Holidays)**



Cyfle i ddarllen eich hoff gylchgronnau am ddim – y cwbl sydd ei angen yw eich cerdyn llyfrgell – mae na ddewis gwych i'w gael (gan gynnwys rhai Cymraeg) o

Catch up with all your favourite magazines for free, all you need is your library card - there's a great selection to choose from

#Libby #DigitalMagazines

<https://denbighshireuk.overdrive.com/>



Using Food scraps in the garden:

Crushed eggshells prevent pests like slugs and act as fertiliser

Orange peel scattered at the bottom of plants serves as a natural insecticide

Cooled pasta water is a great way to add nutrients when watering plants

Coffee grounds are a great fertiliser

Nut shells scattered on beds help prevent weeds.



Ymunwch â Natur er Iechyd am fore cynnes o weithgaredd synhwyrdd yn **Llyfrgell Llangollen**. Bydd Becky yn mynd a ni drwy ymarferion cynhesu ar ein heistedd i ystywto ac ymestyn cymalau stiff ac yna byddwn yn rhedeg gweithgaredd synhwyrdd seiliedig ar natur dros baned.

Bydd yn sesiwn addas i bobl â dementia a bydd Vision Support ac Age Connects hefyd yn bresennol i ateb cwestiynau a rhannu gwybodaeth.

Dydd Mercher Ionawr 18 10 - 12
Dydd Mercher Chwefror 15 2-4

Join Nature for Health for a warm morning of sensory activity at **Llangollen Library**. Becky will take us through a seated warm up to mobilise and stretch stiff and achy joints and then we will run a sensory nature based activity with a cuppa.

This will be a dementia friendly sessions and Vision support and Age Connects will also be in attendance to answer questions and share information.

Wednesday 18 January 10am – 12pm
Wednesday February 15 2- 4pm

Stop Smoking Feel Better.

<https://www.wdnhelpmequit.wales/wp-content/uploads/2020/09/HMQ-Animation.mp4>

The message in this campaign is very simple – Stop Smoking and you will feel better. There are however other benefits from becoming smoke free including short- and long-term health benefits, reducing exposure to your family and friends of second-hand smoke and removing the cost of smoking.

Dim Smygu Teimlwch yn Well.

<https://www.wdnhelpmequit.wales/wp-content/uploads/2020/09/Welsh-Subtitles.mp4>

Mae'r neges yn yr ymgyrch hon yn syml iawn – Rhoi'r Gorau i Ysmygu a byddwch yn teimlo'n well. Fodd bynnag, mae manteision eraill o ddod yn ddi-fwg gan gynnwys manteision iechyd tymor byr a hirdymor, lleihau amlygiad i'ch teulu a'ch ffrindiau o fwg ail-law a chael gwared ar gostau ysmegu.

<https://www.helpmequit.wales/why-should-i-quit/>

<https://www.helpmequit.wales/what-choices-are-there-for-me/>

Telephone 0800 085 2219 Email helpmequit@wales.nhs.uk