

Older People's Newsletter (OPN)

Cylchlythyr Pobl Hŷn (CPH)

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Gwybodaeth Y Gallwch Eu Darllen A'u Rhannu'n Rhwydd.

Croeso i Cylchlythyr i Bobl Hŷn

Cyhoeddir y Cylchlythyr i Bobl Hŷn gan Age Connects Canol Gogledd Cymru. Mae'n cynnig gwybodaeth, newyddion, digwyddiadau lleol a chyfraniadau gan ein darllenwyr fel barddoniaeth, lluniau a gweithgareddau.

Mae'n rhoi'r newyddion diweddaraf hefyd am ymgyrchoedd a materion a godwyd yn y Fforymau Pobl Hŷn.

Mae'r Cylchlythyr yn ddwyieithog ar gael drwy'r post neu ar e-bost, mewn print arferol neu brint bras. I dderbyn copi am ddim, ffoniwch 0300 2345 007 neu e-bostiwch alessandra.thomas@acnwc.org.

"Y mae ffynnon ieuengtyd; eich meddwl chi, eich doniau, y creadigrwydd rydych chi'n ei gyfrannu i'ch bywyd a bywydau'r bobl rydych chi'n eu caru. Pan fyddwch chi'n dysgu tapio'r ffynhonnell hon, byddwch chi wir wedi trechu oedran." – Sophia Loren

Barddoniaeth – Tud 11

Tudalen Cyhoeddiadau 12

Fforwm Pobl Hŷn – Tud 18

Welcome to the Older People's Newsletter (OPN)

The OPN is a monthly newsletter published by Age Connects North Wales Central (ACNWC). It provides information, news, local events, and contributions from our readers such as poetry, photos, and activities.

There are also updates on campaigns and issues raised at the Older People's Forums.

The OPN is bilingual and is available via post or email, in regular or large print. To receive a free copy call 0300 2345 007 or email alessandra.thomas@acnwc.org.

"There is a fountain of youth; it's your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

- Sophia Loren

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Hybiau Bancio o LINK

Mae LINK yn cysylltu rhwydwaith ATM dibynadwy â phob prif fanc a chymdeithas adeiladu, ac yn sicrhau bod pobl ym mhob cornel o'r DU yn gallu cael gafael ar arian parod.

Man bancio a rennir sydd ar gael i bawb yw Canolfan Bancio. Mae'r canolfannau'n cael eu rhedeg gan Cash Access UK ac mae ganddyn nhw wasanaeth counter lle gall cwsmeriaid o'r holl brif fanciau dynnu arian parod ac adneuo arian parod, gwneud taliadau biliau, a chynnal trafodion bancio rheolaidd. Mae gan yr Hybiau hefyd fannau preifat lle gall cwsmeriaid siarad â rhywun o'u banc eu hunain am faterion mwy cymhleth. Mae'r banciau'n gweithio ar sail cylchdroi, felly bydd staff o wahanol fanciau ar gael ar ddiwrnodau gwahanol.

Pryd bynnag y bydd banc neu gymdeithas adeiladu sy'n cymryd rhan yn gwneud newid i'w rwydwaith mae'n hysbysu LINK ymlaen llaw. Bydd LINK wedyn yn asesu anghenion y lleoliad, gan edrych ar wasanaethau eraill sydd ar gael yn lleol, nifer y bobl a nifer y siopau, a phenderfynu a oes angen Hyb Bancio ar y gymuned.

Yn ogystal, gall cymuned hefyd wneud cais i LINK ar gyfer Hyb Bancio. Gall unrhyw gymuned ofyn am adolygiad, ond os yw banc wedi cyhoeddi cau cangen yn y gymuned yn ddiweddar, bydd LINK eisoes wedi cynnal asesiad, ac ni fydd asesiad pellach yn cael ei gwblhau oni bai bod amgylchiadau'r gymuned wedi newid yn sylweddol.

Pan fydd LINK yn argymhell Hyb Bancio newydd, maen nhw'n gofyn i Cash Access UK ei gyflwyno trwy chwilio am y lleoliad gorau a gweithio gyda'u haelodau i ddarparu bancwyr cymunedol.

Os ydych chi'n meddwl bod angen Hyb Bancio ar eich cymuned, cysylltwch â'ch MS, AS neu Gynghorydd lleol am gefnogaeth i lenwi'r ffurflen gais ar wefan LINK isod.

<https://www.link.co.uk/helping-you-access-cash/request-access-to-cash>

Dyfodol Trafnidiaeth yng Ngogledd Cymru

Mae ymgynghoriad cyhoeddus 12 wythnos wedi cael ei lansio, gan roi cyfle i drigolion, busnesau ac ymwelwyr siapio dyfodol teithio yn y rhanbarth.

Mae Uchelgais Gogledd Cymru yn gwahodd adborth ar y Cynllun Trafnidiaeth Rhanbarthol drafft ar gyfer Gogledd Cymru. Mae'r ddogfen yn nodi polisiau ac ymyriadau ar gyfer y pum mlynedd nesaf, gan gwmpasu pob math o drafnidiaeth, gan gynnwys rheilffyrdd, ffyrdd, bysiau, cerdded a beicio, a'i nod yw darparu opsiynau teithio gwell, gwella cysylltedd digidol, a lleihau effeithiau amgylcheddol. Nod y cynllun yw llunio polisi a buddsoddiad trafnidiaeth hyd at 2030, gan ddisodli cynlluniau trafnidiaeth lleol a chyd-fynd â blaenoriaethau cenedlaethol. Ystyrir ei bod yn hanfodol sicrhau bod Gogledd Cymru yn cwrdd â heriau economaidd y dyfodol, yn cefnogi teithio cynaliadwy, ac yn cyfrannu at nodau hinsawdd.

Mae'r ymgynghoriad yn rhedeg tan 14 Ebrill 2025 – mae trigolion Gogledd Cymru yn cael eu hannog i beidio â cholli'r cyfle i ddylanwadu ar ddyfodol trafnidiaeth yn y rhanbarth.

Gellir llenwi holiaduron ar-lein yn northwalesregionaltransportplan.virtual-engage.com

Gellir gofyn am gopïau papur a mynd i'r afael ag ymholaadau drwy gysylltu â 01172 405 350 neu northwalesregionaltransportplan@arup.com

Hapusrwydd

Mae ein cyrff yn mynd trwy brosesau cemegol cymhleth yn barhaus y gallwn effeithio arnynt trwy newid y ffordd yr ydym yn rheoli ein bywydau. Gelwir dopamin, Ocsitosin, Serotonin, ac Endorffinai (D.O.S.E.), yn hormonau hapus, ac yn ffodus i ni, gall gwybod sut i sbarduno rhyddhau'r rhain wneud byd o wahaniaeth yn ein bywydau.

Mae DOPAMINE yn gyfrifol am ein cymhelliant, ein gallu i ganolbwytio, ein pleser, ein llawenydd a'n ewfforia. Dyma system wobrwyd ein hymennydd. Os cewch eich canmol am wneud gwaith da neu sgorio gôl, rydych chi'n derbyn ergyd bleserus o dopamin, a gellir ei ryddhau wrth ymgymryd ag ymrwymiadau cadarnhaol.

Rhowch hwb i'ch lefelau dopamin trwy osod tasg i chi'ch hun fel clirio cwpwrdd neu roi trefn ar hen luniau. Neu rhowch gynnig ar rywbeith creadigol fel peintio neu luniadu. Chwilio am weithgareddau pleserus sy'n cael effaith gadarnhaol a pherfformio gweithredoedd o garedigrwydd tuag at eraill. Bwyta almonau, bananas, afocados, wyau, ffa, pysgod a chyw iâr.

Mae OXYTOCIN yn gysylltiedig â mwy o hunan-barch, ymddiriedaeth ac optimistiaeth. Mae ocsitocin yn cael ei ryddhau yn ystod cyswllt corfforol, ac mae'n gysylltiedig yn bennaf ag empathi, cyffyrddiad cariadus a pherthnasoedd agos. Felly, cynyddwch gyswllt corfforol ac arhoswch i ffwrdd o'ch ffonau.

Rhowch hwb i'ch lefelau ocsitosin trwy roi cwtsh i rywun, neu anifail anwes. Daliwch bethau sy'n eich atgoffa o'ch anwyliaid. Dywedwch wrth y rhai o'ch cwmpas eich bod yn eu caru. Bydd annog eraill a gweithredoedd caredig fel cyfrannu neu wirfoddoli hefyd yn helpu. Gall atal emosiynau leihau ocsitosin, felly gwnewch "gri dda" neu "chwerthin da". Bwyta afocado, mango, llaeth, moron, bricyll sych, tatws melys, llysiau deiliog gwyrdd, bananas, orennau, cnau a hadau.

SEROTONIN yw'r hormon allweddol sy'n cysoni ein hwyliau, ein teimladau o les a hapusrwydd. Mae'n galluogi celloedd yr ymennydd i gyfathrebu â'i gilydd, ac yn helpu gyda chysgu, bwyta, treulio, lleihau iselder a rheoleiddio pryder. Dyma'r hormon 'chill out'.

Rhowch hwb i'ch lefelau serotonin trwy ymarfer corff. Bydd pob ymarfer aerobic yn helpu. Bydd cerdded, nofio, rhedeg neu feicio yn fuddiol. Mae golau llachar, yn enwedig heulwen, a meddyliau hapus, i gyd yn ysgogi cynhyrchu. Bwytewch dofednod, wyau, caws, eog/tiwna, ffa, corbys, sbigoglys, llysiau deiliog gwyrdd tywyll, cnau a hadau. Mae carbohydrateau'n gweithio hefyd – yn rhannol dyna pam rydyn ni'n dyheu am siocled pan fyddwn ni'n teimlo'n isel.

Mae ENDORPHINS yn gyfrifol am y teimladau ewfforig a brofir ar ôl ymarfer corff. Gallant helpu i leihau poen, cynyddu ffocws, a gwella hwyliau cyffredinol. Maent yn ein helpu i ddelio â phoen corfforol ac yn gwneud i ni deimlo'n benysgafn, hyd yn oed yn benysgafn.

Rhowch hwb i'ch lefelau endorffin gydag unrhyw fath o weithgaredd corfforol. Gellir rhyddhau endorffinai hefyd trwy chwerthin, cerddoriaeth, heulwen, ac aromatherapi (ceisiwch aroigli fanila neu lafant). Bwytewch siocled, mefus, orennau, bwydydd sbeislyd, grawnwin, ginseng, cnau a hadau.

Nid yw perffeithio cydbwysedd niwrocemegol da sy'n arwain at wynfyd bob amser yn hawdd. Ond trwy addasu ein harferion dyddiol yn bwrpasol efallai y byddwn yn gallu cyflawni gwell cydbwysedd bywyd a, phwy a âyr, ychydig mwy o hapusrwydd.

Pont Newydd yn Pensarn Crossing

Cyhoeddwyd ym mis Awst 2024 y byddai pont newydd yn cael ei gosod yn lle croesfannau rheilffordd yn Nhŷ Gwyn a Phen Uchaf, Pensarn. Yn ddiweddar, gwahoddodd Network Rail drigolion a busnesau i fynychu sesiwn galw heibio i ddarganfod mwy a gweld cynlluniau.



Mae'r croesfannau rheilffordd yn cael eu defnyddio'n helaeth gan bobl leol ac mae cymunedau wedi bod yn ymgyrchu ers tro gyda chefnogaeth MS Millar, i wneud croesi'r rheilffordd yn fwy diogel.

Mae rhagor o wybodaeth ar gael ar dudalen we bwrpasol Network Rail <https://www.networkrail.co.uk/pensarn>.

Ofgem – Radio Teleswitch Service (RTS)

Mae'r signal radio sy'n rheoli mesuryddion Radio Teleswitch Service (RTS) yn cael ei ddiffodd ar 30 Mehefin 2025. Mae'r dechnoleg sy'n hwyluso'r signal RTS wedi cyrraedd diwedd ei oes weithredol naturiol.

Heb y dechnoleg i ddweud wrth fesuryddion RTS pryd i gyfnewid rhwng cyfraddau brig ac allfrig, ni fydd y mesuryddion yn gweithio'n iawn mwyach, a gallai olygu bod cyflenwad gwres a dŵr poeth defnyddiwr yn stopio gweithredu fel arfer. Os oes gennych fesurydd RTS, bydd eich cyflenwr trydan yn cysylltu â chi i drefnu uwchraddio i fesurydd clyfar cyn y dyddiad cau hwn. Rhaid iddynt sicrhau bod gennych fesurydd addas wedi'i osod, ac nad amharir ar eich gwasanaeth.

Mae OFGEM yn disgwyl i gyflenwyr trydan newid pob mesurydd RTS cyn i dechnoleg Teleswitch Radio Service ddod i ben.

Os nad ydych chi'n siŵr a oes gennych chi fesurydd RTS, dyma beth allwch chi gadw llygad amdano:

- Efallai bod blwch swtsh ar wahân ger eich mesurydd gyda label Radio Teleswitch arno.
- Mae eich eiddo'n cael ei gynhesu gan ddefnyddio trydan neu wresogyddion storio.
- Does dim cyflenwad nwy yn eich ardal – gan gynnwys ardaloedd gwledig a fflatiau uchel.
- Byddwch yn cael ynni rhatach ar wahanol adegau o'r dydd.
- Efallai mai Economi 7, Economi 10 neu Reoliad Cyfanswm Gwres yw eich tariff.

Cysylltwch â'ch cyflenwr trydan os nad ydych chi'n siŵr pa fesurydd sydd yn eich cartref. Gallwch hefyd gysylltu â Chyngor ar Bopeth i gael cyngor diduedd am ddim am eich cyflenwad ynni.

Plismona cymdogaethau a diogelu dioddefwyr, cymunedau a busnesau wrth galon cynllun newydd er mwyn trechu trosedd yng Ngogledd Cymru

Mi gafodd cynllun arwyddocaol newydd gan y Comisiynydd Heddlu a Throseedd er mwyn trechu trosedd yng Ngogledd Cymru dros y tair blynedd nesaf ei gymeradwyo ar ddydd Llun 27 Ionawr, gan Banel Heddlu a Throseedd Gogledd Cymru mewn cyfarfod ym Modlondeb, Conwy.

Mae'r Cynllun newydd wedi'i ysgrifennu gan Mr Dunbobbin a'i dîm ar ôl ymgynghoriad eang yn ystod yr haf y llynedd efo preswylwyr Gogledd Cymru. Mi wnaeth dros 4,600 o bobl gymryd rhan yn yr arolwg ynglŷn â beth rodden nhw eisiau gweld yr heddlu'n ei wneud – 'roedd hyn ddwywaith y nifer gymerodd rhan mewn ymgynghoriad tebyg yn 2021, efo ymatebion yn y Gymraeg wedi cynyddu bron i deirgwaith dros yr un cyfnod.

Mi gymeradwywyd y Cynllun gan y Panel Heddlu a Throseedd, corff sy'n cynnwys cynghorwyr ac aelodau annibynnol ledled Gogledd Cymru, sy'n craffu ar waith y Comisiynydd Heddlu a Throseedd.

Mae tair blaenoriaeth allweddol yng nghynllun Mr Dunbobbin:

- Presenoldeb plismona cymdogaethau lleol - mae hyn yn cwmpasu troseddau difrifol a threfnedig; troseddau cefn gwlad a bywyd gwylt; diogelwch y ffyrdd ac ymddygiad gwrthgymdeithasol (ASB)
- Cefnogi dioddefwyr, cymunedau a busnesau - mae hyn yn cynnwys gweithredu ar drais yn erbyn merched a genethod; troseddau busnes a manwerthu; ymatebolwydd (megis y cyflymder mae galwadau i'r heddlu yn cael eu hateb); troseddau casineb; caethwasiaeth fodern, masnachu pobl a throseddau mewnfudo trefnedig.
- System cyfiawnder troseddol deg ac effeithiol - mae hyn yn ymwneud ag ymdrin â throseddwyr cam-drin domestig; datblygiad pellach o Banel Dioddefwyr Gogledd Cymru; ac mesurau yngylch cydraddoldeb, amrywiaeth, cynhwysiant a moeseg.

Wrth i bob un o'r blaenoriaethau yn y Cynllun fod yn bwysig i'r CHTh, mi 'roedd yn eglur drwy sgwrsio efo'r cyhoedd yn ystod yr ymgynghoriad ac ymweliadau i gymunedau ar draws y rhanbarth mai aml y grwydd yr heddlu a threchu ymddygiad gwrthgymdeithasol sydd wrth galon pryderon y bobl ynglŷn â phlismona yng Ngogledd Cymru.

Bydd fersiynau copi caled yn ymddangos mewn llyfrgelloedd a manau gwybodaeth cyhoeddus eraill ar draws Gogledd Cymru maes o law.

I dderbyn copi printiedig drwy'r post, cysylltwch â Swyddfa Comisiynydd yr Heddlu a Throseedu yn y ffyrdd canlynol: E-bost: OPCC@northwales.police.uk

Ffôn: : 01492 805486

Post: Swyddfa Comisiynydd Heddlu a Throseedd Gogledd Cymru, Pencadlys yr Heddlu, Glan y Don, Bae Colwyn, LL29 8AW

Nghanolfan Feddygol West End (newyddion o AS Darren Millar)

Meddygon

Mae Bwrdd Iechyd Prifysgol Betsi Cadwaladr wedi dweud eu bod wedi mynd ati yn ddiweddar i gynnig cyflogaeth i 1.5 meddyg teulu cyfwerth ag amser llawn ychwanegol. Bydd y penodiadau hyn yn gadael dim ond un swydd meddyg teulu llawn amser yn wag yn y practis, a bydd y swydd honno'n cael ei hysbysebu yn ystod yr wythnosau nesaf.

Staff Nyrsio

Ar hyn o bryd, mae'r Bwrdd Iechyd yn ceisio reciwtio Nyrs Practis llawn amser ychwanegol. Ni lwyddodd i benodi ym mis Ionawr ond bydd yn ail-hysbysebu ar gyfer y swydd wag yn fuan.

Staff Gweinyddol

Mae 3.8 o swyddi gwag cyfwerth ag amser llawn yn y practis. Bydd ymarfer reciwtio yn cael ei gynnal i lenwi'r swyddi hyn.



West End Medical Centre (update from MS Darren Millar)

Doctors

The Betsi Cadwaladr University Health Board has advised that they have recently offered employment to an additional 1.5 full-time equivalent GPs. These appointments will leave just one full time GP post vacant at the practice, which will be advertised in the coming weeks.

Nursing Staff

The Health Board is currently seeking to recruit an additional full-time Practice Nurse. It was unable to appoint in January but will re-advertise for the vacancy soon.

Administrative Staff

There are 3.8 full-time equivalent vacancies at the practice. A recruitment exercise will be undertaken to fill these roles.

Banking Hubs from LINK

LINK connect a reliable ATM network to every major bank and building society, and make sure people in every corner of the UK can access cash.

A Banking Hub is a shared banking space available to everyone. The hubs are run by Cash Access UK and have a counter service where customers of all main banks can withdraw and deposit cash, make bill payments, and carry out regular banking transactions. The Hubs also have private spaces where customers can speak to someone from their own bank about more complex issues. The banks work on a rotating basis, so there will be staff from different banks available on different days.

Whenever a participating bank or building society makes a change to its network it notifies LINK in advance. LINK will then assess the location's needs, looking at other services available locally, the number of people and number of shops, and determine whether the community needs a Banking Hub or not.

A community can also make a request to LINK for a Banking Hub, but if a bank has recently announced a branch closure in the community, LINK will have already carried out an assessment, and a further one will not be completed unless the community's circumstances have changed.

When LINK recommends a new Banking Hub, they ask Cash Access UK to deliver it by seeking the best location and working with their members to provide community bankers.

If you think your community needs a Banking Hub, contact your MS, MP or a local Councillor for support to complete the application via the LINK website below.

<https://www.link.co.uk/helping-you-access-cash/request-access-to-cash>

Have Your Say on the Future of Transport in North Wales

A 12-week public consultation has been launched, giving residents, businesses, and visitors the chance to shape the future of travel in the region.

Ambition North Wales is inviting feedback on the draft Regional Transport Plan for North Wales. The document sets out policies and interventions for the next five years, covering all modes of transport, including rail, road, bus, walking, and cycling, and aims to provide better travel options, improve digital connectivity, and reduce environmental impacts.

The plan aims to shape transport investment up to 2030, replacing local transport plans and aligning with national priorities. It is seen as essential to ensure that North Wales meets future economic challenges, supports sustainable travel, and contributes to climate goals.

The consultation runs until **14 April 2025** – North Wales residents are urged not to miss the opportunity to influence the future of transport in the region.

Questionnaires can be filled online at northwalesregionaltransportplan.virtual-engage.com
Paper copies can be requested and queries addressed by contacting 01172 405 350 or
northwalesregionaltransportplan@arup.com

The Pursuit of Happiness

Our bodies are continually undergoing complex chemical processes which we can affect by changing how we manage our lives. Dopamine, Oxytocin, Serotonin, and Endorphins (D.O.S.E.), are known as the happy hormones, and luckily for us, knowing how to trigger the release of these can make a world of difference in our lives.

Dopamine is responsible for our motivation, concentration, pleasure, bliss, and euphoria. It's our brain's reward system. If you are praised for doing a good job or score a goal, you receive a pleasurable hit of dopamine, and it can be released when engaging in positive undertakings.

Boost your dopamine levels by setting yourself a task like clearing out a cupboard or sorting out old photos. Or try something creative such as painting or drawing. Seek out pleasurable activities that have a positive impact and perform acts of kindness toward others.

Eat almonds, bananas, avocados, eggs, beans, fish, and chicken.

Oxytocin is linked to higher self-esteem, trust and optimism. Oxytocin is released during physical contact, and is mainly associated with empathy, loving touch and close relationships. So, increase physical contact and stay away from your phones.

Boost your oxytocin levels by giving someone, or a pet, a cuddle. Hold things that remind you of your loved ones. Tell those around you that you love them. Encouraging others and acts of kindness such as donating or volunteering will also help. Suppressing emotions can reduce oxytocin, so have a "good cry" or a "good laugh".

Eat avocado, mango, milk, carrots, dried apricots, sweet potatoes, green leafy vegetables, bananas, oranges, nuts and seeds.

Serotonin is the key hormone that steadies our mood, feelings of well-being, and happiness. It enables brain cells to communicate with each other, and helps with sleeping, eating, digestion, reducing depression and regulating anxiety. It's the 'chill out' hormone.

Boost your serotonin levels by exercising. All aerobic exercise will help. A walk, swim, run or cycle will do. Bright light, especially sunshine, and happy thoughts, all stimulate production.

Eat poultry, eggs, cheese, salmon/tuna, beans, lentils, spinach, dark green leafy vegetables, nuts and seeds. Carbohydrates work too – it's partly why we crave chocolate when feeling low.

Endorphins are responsible for the euphoric feelings experienced after exercise. They can help to reduce pain, increase focus, and improve overall mood. They help us deal with physical pain and make us feel lightheaded, even giddy.

Boost your endorphin levels with any type of physical activity. Endorphins can also be released through laughter, music, sunshine, and aromatherapy (try sniffing vanilla or lavender).

Eat chocolate, strawberries, oranges, spicy foods, grapes, ginseng, nuts and seeds.

Perfecting a good neurochemical balance that results in bliss isn't always easy. But by purposefully adjusting our daily habits we may be able to achieve a better life balance and, who knows, a little more happiness.

New Foot Bridge at Pensarn Level Crossing

It was announced in August 2024, that a new bridge would be installed to replace level crossings at Ty Gwyn and Pen Uchaf, Pensarn.

Network Rail recently invited residents and businesses to attend a drop-in session to find out more and view plans.

The level crossings are well used by locals, and communities have long been campaigning with support from MS Millar, to make crossing the railway line safer.



Further information can be found on Network Rail's dedicated web page
<https://www.networkrail.co.uk/pensarn>.

Ofgem – Radio Teleswitch Service (RTS)

The radio signal that controls Radio Teleswitch Service (RTS) meters is being switched off on 30 June 2025. The technology that facilitates the RTS signal has reached the end of its natural operational life.

Without the technology to tell RTS meters when to swap between peak and off-peak rates, the meters will no longer work properly, and it may mean that a consumer's heating and hot water supply stops functioning as normal.

If you have an RTS meter, your electricity supplier will get in touch to arrange an upgrade to a smart meter before this deadline. They must make sure you have a suitable meter installed, and that your service is not disrupted. OFGEM expect electricity suppliers to replace all RTS meters before the Radio Teleswitch Service technology ends.

If you're not sure if you have an RTS meter, here's what you can look out for:

- There may be a separate switch box near your meter with a Radio Teleswitch label on it.
- Your property is heated using electricity or storage heaters.
- There's no gas supply in your area – including rural areas and high-rise flats.
- You get cheaper energy at different times of day. Your tariff might be Economy 7, Economy 10 or Total Heat Total Control.

Contact your electricity supplier if you're not sure which meter is in your home.

You can also contact Citizens Advice for free and impartial advice about your energy supply.

Neighbourhood Policing and Protecting Victims: New Plan to Fight Crime in North Wales

A new plan from Police and Crime Commissioner (PCC) Andy Dunbobbin, to fight crime in North Wales over the next three years, was approved in January by the North Wales Police and Crime Panel meeting at Bodlondeb, Conwy.

The new Plan has been written by Mr Dunbobbin and his team after extensive consultation during last summer with the people of North Wales. Over 4,600 people took part in a survey about what they wanted to see from Police. This was double the number that took part in a similar consultation in 2021, with Welsh language responses nearly tripling over the same period.

Final approval for the plan was given by the North Wales Police and Crime Panel, which is a body made up of councillors and co-opted independent members from across North Wales who scrutinise the work of the Police and Crime Commissioner.

There are three key priorities in Mr Dunbobbin's plan:

- A local neighbourhood policing presence - this encompasses serious and organised crime; rural and wildlife crime; road safety; and antisocial behaviour (ASB).
- Supporting victims, communities and businesses - this includes action on violence against women and girls; business and retail crime; responsiveness (such as the speed with which calls into Police are answered); cybercrime; hate crime; modern slavery, human trafficking and organised immigration crime.
- A fair and effective criminal justice system - this involves dealing with domestic violence perpetrators; further developing the North Wales Victims' Panel; and measures around equality, diversity, inclusion and ethics.

While all the priorities in the Plan are important to the PCC, it was clear from speaking to the public during the consultation and during visits to communities across the region, that police visibility and combatting ASB are at the heart of people's concerns around policing in North Wales.

Mr Dunbobbin will now work with North Wales Police Chief Constable Amanda Blakeman to ensure the new Plan is rolled out, and that officers and staff of North Wales Police understand and act on the priorities for the people of the region.

Hard copy versions will appear at libraries and other public information points across North Wales in due course.

To receive a printed copy through the post, please contact the Office of the Police and Crime Commissioner in the following ways:

Email: OPCC@northwales.police.uk

Phone: 01492 805486

Post: Office of the Police and Crime Commissioner North Wales, Police Headquarters,
Glan y Don, Colwyn Bay, LL29 8AW

Scotland Tour

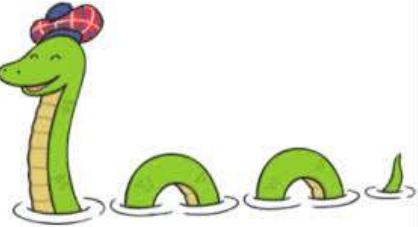
Gretna Green, a comfort stop,
and yes, another woollen shop.

And what is this? Sampling today,
of finest whiskies on display.
Looking around, no one to serve,
this golden nectar we observe.
So plastic glasses at the ready,
we cheer each other and feel quite heady.

The assistant comes across a heady store,
eyes wide open at what she saw.
No one about we had helped ourselves,
but there is plenty on the shelves.
We redeemed ourselves by buying some,
but, by Jove, we've had some fun.

Getting on the coach in fits of laughter,
we'll remember this forever after.
What an ending to our tour
of Scotland's lochs and so much more.

Patricia Parker, July 2024.



Spring

By William Blake



Sound the flute!
Now it's mute!
Birds delight,
Day and night,
Nightingale,
In the dale,
Lark in sky, —
Merrily, merrily to
welcome in the year.

Little boy,
Full of joy;
Little girl,
Sweet and small;
Cock does crow,
So do you;
Merry voice,
Infant noise;
Merrily, merrily to
welcome in the year.

Little lamb,
Here I am;
Come and lick
My white neck;
Let me pull
Your soft wool;
Let me kiss
Your soft face;
Merrily, merrily we
welcome in the year.

YMA I GYNRYCHIOLI'CH BARN CHI AR IECHYD A GOFAL CYMDEITHASOL

Bydd staff a gwirfoddolwyr o Llais yn ymweld a

**Canolfan Adnoddau Cymunedol
Bae Cinmel, Y Sgwar, Bae Cinmel
LL18 5BT ar**

Ddydd Mawrth 18 Mawrth
10:30yb – 12:30yp & 1:30yp – 3:30yp
i ofyn i chi am eich profiadau gyda'r gwasanaeth iechyd a gofal cymdeithasol

Dewch i siarad â ni - ni fyddwn yn gofyn i chi roi unrhyw fanylion personol i ni ac ni fydd unrhyw beth a ddywedwch wrthym yn cael ei rannu, oni bai eich bod yn gofyn i ni wneud hynny.

Helpwch ni wneud gwahaniaeth a gwella gwasanaethau i bawb
www.llaiscymru.org

Os gwelwch yn dda cofrestrwch os ydych yn dymuno bod yn bresennol:
<https://ow.ly/JNKq50UYzm1>



HERE TO REPRESENT YOUR VIEWS ON HEALTH AND SOCIAL CARE

Staff and volunteers from Llais will be visiting

**Kinmel Bay Community Resource
Centre, The Square, Kinmel
LL18 5BT on**

Tuesday 18 March
10:30am – 12:30pm & 1:30pm – 3:30pm
to ask you about your experiences with the Health and Social Care services

Come and speak with us – we will not ask you to give us any personal details and anything you tell us will not be shared, unless you ask us to.

Help us make a difference and improve services for everyone
www.llaiswales.org

Please register if you wish to attend:

<https://ow.ly/JNKq50UYzm1>



northwalesyourvoice@llaiscymru.org
01248 679284



@LlaisGogleddCymru
@LlaisNorthWales

LLAIS

Eich llais mewn iechyd | Your voice in health
a gofal cymdeithasol | and social care

AFTERNOON TEA DANCE

£8

The Trinity Centre
Llandudno

Tickets from
www.quaynotes.com

Afternoon TEA DANCE

Thursday 13th March - 2pm

Music by The Quaynotes



Boyns Information Systems Ltd,
Unit 5, Lon Parcwr,
Ffordd Celyn,
Rhuthun,
LL15 1NJ

Gwasanaethau TG ar gyfer Busnes

Managed Business IT Services

Gwasanaethau Rhyngrywyd

Internet Solutions

Systemau Ffôn

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Gwerthu ac Atgyweirio Cyfrifiaduron

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Rheoli Gwasanaethau Office 365

Managed Office 365 Solutions

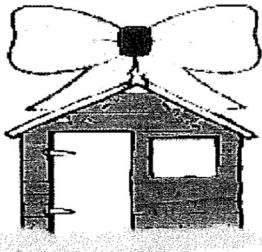
Cymorth Cyber Essentials

Cyber Essentials Certification

01824 702211

www.boyns.net

info@boyns.net



THE COLWYN BAY SHE-SHED

Rhiw Road
Colwyn Bay
Conwy
LL29 7TE

This is a recently formed club for women of all age or ability to learn new skills and to share those they may have and enjoy with others.

One of the new skills that can be learnt is woodturning which is taught on Thursday mornings at the premises in Rhiw Road, Colwyn Bay where the Men's Shed is situated.

If woodturning doesn't appeal you are welcome to join us in a cuppa or two and "do your own thing" and show others or maybe learn something new.

We meet on Monday evenings at 7pm and finish about 9, this meeting is for craft and chat.

Thursday morning is for woodworking or craft and starts at 9:30am.

For further information contact Ann on :-

Mobile — 07775624354 or

Email — annandjohnwill@yahoo.co.uk

Movie Matinee

Free Entry - Booking Required

Saturday, March 15th - 1pm



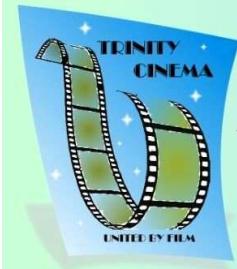
WICKED Rate: PG

**Bookings 01492 875 686 or
trinityccmanager@outlook.com**

Prizes for Best Costume



**Children must be 6 or older &
accompanied by an adult.**



Trinity Centre, Trinity Ave, Llandudno LL30 2TQ

PROVIDERO



TOM OWEN AND SON

Bereavement Support Group 10am to Noon

Providero Café – Mostyn St, Llandudno

March 20

April 17

May 15

June 19

July 17

August 21

September 18

Ocotber 16

November 20

Decemeber 18

Vision Support



Men's Time to Talk Group in North Wales

Connect with others who understand your journey. Join our new confidential, support group for men with vision impairment.

Led by accredited sight-loss counsellor Gemma, these sessions offer a safe space for emotional and peer support, helping to ease isolation and remind you—you're not alone.

**Kimmel Bay Library,
Community Centre, Kendal Rd,
LL18 5BT**

Call Gemma on **01244 381515** or email information@visionsupport.org.uk for details.



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

CONWY WEST RURAL AREA

DIABETES

EVENT

12pm-4pm



Are you worried that you may have Type 2 Diabetes?

Do you or someone you care for have Type 2 Diabetes?

Come along and talk to our specialist team

**Gather some information that may help you
Understand the importance of attending your
Diabetes review at your GP practice**

26 March 2005 – 12 to 4pm

WHITE LION HOTEL & BAR – CERRIGYDRUDION LL21 9SW



Holistic & Complementary Therapy "A Journey to Relaxation"

Mrs Amanda Jacob MCHT

07534 262 250

www.ajstherapy.co.uk email: amandajacob@ajstherapy.co.uk



For your mind, body and spirit...



moving meditation....

T'ai Chi, Qigong & Breathwork

The Trinity Centre, Trinity Avenue LL30 2TQ

Friday mornings 10:30 Till 11:30am

£5.00 per person

T'ai Chi is an ancient Chinese fitness regime, using very slow martial arts movements to improve health, wellness, and balance. Concentrating on "focus & flow".



Funded by
UK Government



To book a place contact the:
Community Wellbeing Team
Email: stayingwell@conwy.gov.uk
Call: 01492 577449

SING AND SMILE

A good old singalong!

1ST FRIDAY OF EVERY MONTH
10:30AM - 11:30AM
LLANFAIRFECHAN TOWN HALL,
VILLAGE ROAD,
LL33 0AB.

**FIRST SESSION FREE, £3
DONATION THEREAFTER -
REFRESHMENTS INCLUDED**

**Not a choir!
A group that loves
to enjoy old music
from our past!
...Come and join
us!**

Older People's Forums 2025 Fforwm Pobl Hŷn

Abergele – 2pm Hafod y Parc Kinmel Ave, Abergele LL22 7LX	Tuesdays	18/03/2025	Conwy - Falls Prevention Team
		20/05/25	
		15/07/25	
		16/09/25	
		18/11/25	
	Thursdays	20/03/2025	Alzheimer's Society Cymru
		15/5/25	
		17/07/25	
		18/09/25	
		20/11/25	
Colwyn Bay – 2pm Parkway Community Centre, Parkway, Rhos on Sea LL28 4SE	Monday	10/03/2025	
Llandudno – 2pm Llandudno Library Mostyn St, LL30 2RP	Thursdays	27/03/2025	Vision Support
29/05/2025			
24/07/2025			
25/09/2025			
27/11/2025			
Llanrwst – 2pm Llanrwst Library - Large Room Glasdir, Plas yn Dre, Llanrwst LL26 0DF	Tuesdays	13/05/2025 22/07/2025	

DONATE: Please help us send the OP newsletter to more older people in Conwy – post a cheque made payable to *Age Connects North Wales Central* to our central office.

RHOI: Helpwch ni i anfon y cylchlythyr hwn at fwy o bobl hŷn yng Nghonwy – postiwch siec yn daladwy i Age Connects Canolog Gogledd Cymru i'n swyddfa ganolog.

 age connects
canol gogledd cymru
north wales central.
Registered Charity N. 1154403
Age Connects NWC – Central Office
Eirianfa Community Centre,
Factory Plc, Denbigh LL16 3TS
Enquiries / Ymholiadau 0300 2345 007

Content was accurate at the time of publication. / Roedd y cynnwys yn gywir adeg ei gyhoeddi.

