



# What Matters?

CONWY CONNECT MAGAZINE

Issue 2

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Community  
News!

WHAT'S  
ON?? AND  
WHERE?

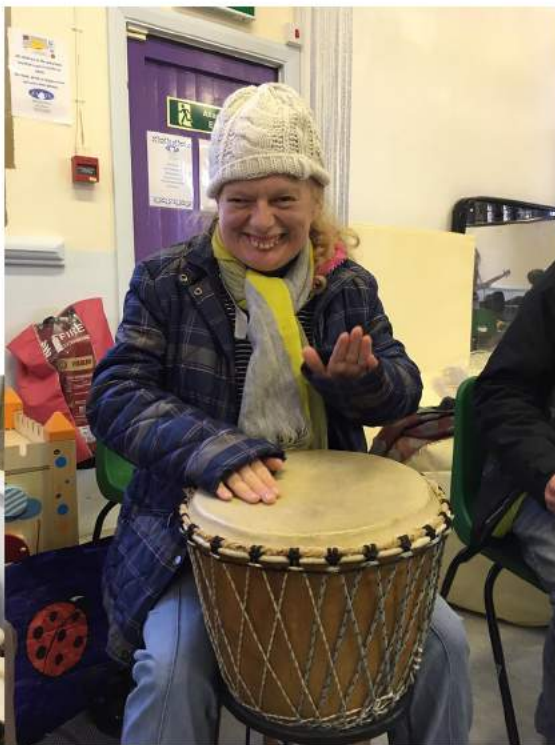
Spotlight on  
“Fitness & Friendships”





# WHAT MATTERS

*Hello and welcome to the second edition of our What Matters Magazine. You will find lots of information and Photos. We will shine a spotlight on some of our members and what matters to them.*



Photos from our Musical Mayhem group

## ***In this issue***

### SPOTLIGHT ON OUR MEMBERS

Glyn, Peter and Sean have been friends for a long time. Read all about their story on page 3.

Penny had a plan in 2017 and has recently moved into her new home. hear all about it on page 4.

### COMMUNITY NEWS AND WHATS ON AND WHERE

Bethan tells us about her fitness journey and Parkrun. Find out more on page 6. Whats on and where are on page 7 & 8.

### SPOTLIGHT ON OUR VOLUNTEERS

We shine a spotlight on one of our Connect Buddies volunteers. Find out more on page 5

***What Matters is now available in Welsh. Contact Cath at the office on [catherine@conwy-conect.org.uk](mailto:catherine@conwy-conect.org.uk) for a copy in Cymraeg.***





# The Spotlight

Our members under the “What Matters” spotlight for our second edition are Peter, Glyn and Sean. They have been asked some questions about “What Matters” the most to them as friends. Here is what they said:



## What we like to do?

Sean and Glyn are members of the Conwy Freewheelers cycling club and Conwy Whales swimming club. They play football and go to lunch every Saturday. Together they go to see musical shows and concerts.



Glyn and Peter support Manchester United and love going to Old Trafford together to watch matches.

## What dreams would we like to achieve?

We are really thankful that our parent/carers help us to do things. Our dream would be for this to carry on as this makes us all happy.



## What Makes a good Day?

We love it when we get to meet up and hang out together. We sing, dance and have a laugh. When this happens it is a good day. Our friendship is an important part of who we are.



Glyn, Peter and Sean (Left to right)



# Planning for the future

Penny had a plan in 2017 and has just recently moved. We asked her what her experience was like? Here's what Penny told us:

I moved to my new home in October 2018  
This was just before my birthday.  
My Social Worker helped with my move.  
So did my Sister and Brother-in-Law.



We had recently been through a difficult time as a family. I had a good team of people around me. I was able to visit before moving in. This gave me the chance to look round.

This helped me make my decision. So far it has been going well. I feel as though I am settling in. Here is what my sister said:

***“Penny is a great deal more independent, she is a lot more sure of herself and she makes her own decisions”***



I have carried on with all the activities I did before my move. None of them have had to change. I hope you find my story interesting. I also hope some of you find it helpful.

**Maybe you are worried about the future? If that's you I hope my story helps.**



# The Spotlight

Our Volunteer under the “What Matters” spotlight is Kaz. We asked Kaz some questions about “What Matters” the most to her. Here is her interview:

## What do I like to do?

I love going to the gym.  
I go to the gym 5 times a week Mon to Fri from 6-8am.  
I workout on the weights and the crosstrainer, or sometimes I go for a run.  
I love running, weight lifting and boxing.



## What dreams would I like to achieve?

This year’s dream is to compete at Pure Elite Bodybuilding Show in July.  
I’m excited but nervous about this as I’ve not done anything like this before.

## What makes a good day?

A good workout at the gym or a long run.  
A long walk in the countryside or up a mountain.  
Walking my dog Anya on the beach, or attending a dog show.  
Listening to Disney music or watching a Disney movie





# Community News

*Bethan likes to stay healthy and keep fit. She tells us all about why fitness is important to her.*

## Why is keeping fit important to you?

Keeping fit is important to me because I want to stay healthy and not become fat.

## What is Parkrun?

Parkrun is a three mile run which takes place every Saturday morning at the RSPB in Conwy.

## What do you like about Parkrun?

Parkrun is very easy and fun to take part in.

## What else do you do to keep fit?

On Monday night I go to Zumba and on a Wednesday morning I go to Pilates.



If you would like to be part of a group that goes to Parkrun get in touch with the office.

## London Marathon adventure

Want to try something new?  
Come along to.

**BEN'S FUN & FITNESS SESSIONS**  
PORTH EIRIAS  
11AM-12PM

3rd May  
24th May  
28th June  
19th July

All ages, abilities welcome.  
Come along and join in.



**Good luck Cath!**

Cath Thornton our Chief Officer here at Conwy Connect, has been extremely lucky and has a ballot place in the London Marathon. She has been training hard, and on April 28th will take on the 26.2 mile race in London.



# What's on?

## Important dates for your diary

### Disco Dates

**When:** 7pm - 9:30pm

£4.50

**Where:** Llandudno Junction Community Club



**20th May 2019** (Guys and Dolls/Gangster Theme)

**3rd June 2019** (No theme)

**17th June 2019** (Beach Party Theme)

**1st July 2019** (No theme)

**15th July 2019** (Summer Lovin Grease Theme)

**12th August 2019** (No theme)



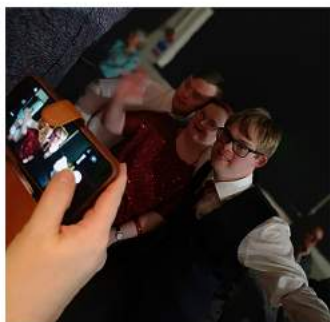
### Karaoke Dates

**When:** 7pm -10pm £4.50

**Where:** Colwyn Bay Cricket Club

**14th June 2019**

**18th October 2019**



**CONNECT BUDDIES**

Contact Celia to book in  
07734507435

**BOWL & BURGER**

Wednesday 22nd May  
6:30pm - 9pm

**The Firith Prestatyn**

### Water sports

**When:** 9.30 am – 12.30 pm

**Where:** Porth Eirias, Colwyn Bay

**May 17th , 24th**

**June 7th, 14th, 21st, 28th**

**Cost:** £10 per session

**Contact:** Non Tel: 01492 536486

**Non@conwy-connect.org.uk**





# What's on?

## Important dates for your diary



### Alton Towers

**When:** Saturday 15th June 2019

**Departs:** Early departure. Time advised closer to departure.

**Cost:** £49 per person for Transport and entry  
Carer free entry. Transport only cost £15 per person

**Book by:** Monday 12th May 2019

### MOS Social nights

Games, bingo and a cuppa with various activities thrown in.

**When:** 7-9pm £4.50

**Where:** Canolfan Riviere, Craig y Don

May 10th, 24th

June 7th, 14th, 21st

July 5th, 19th

August 2nd, 16th



 **CONWY CONNECT FOR LEARNING DISABILITY**

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Colwyn Bay  
LL29 7TE  
01492 536486

[catherine@conwy-connect.org.uk](mailto:catherine@conwy-connect.org.uk)

**BUDDIES ON THE BEACH**  
Porth Eirias

**17th August**  
**2pm till**  
**5:30pm**  
**Fun, Games &**  
**Music**  
**Bring your**  
**own Picnic**

You may need to book for some activities contact the office to check 01492 536486