



What Matters?

CONWY CONNECT MAGAZINE

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2020



Parents' Perspective
Community News!

WHAT'S
ON? AND
WHERE?

Spotlight on
“Planning for your future”



WHAT MATTERS

Hello and welcome to the fourth 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.



Conwy Guitar Session



Venture Drama Group



Yoga Session



Makaton Choir



Conwy Connect Disco

Front cover is from Dance and Movement session at our MOS social night

In this issue -

SPOTLIGHT ON OUR MEMBERS

The spotlight is on Daniel in this edition. Find out What Matters to him on page 3.

WHAT'S ON AND WHERE

This edition we showcase what's on for both adults and children in Conwy. If you know of any things that are going on in the community contact the office and we can showcase them in the next edition

PARENTS' PERSPECTIVE

This is a new feature, We will be talking to parents and finding out What Matters to them. If you would like to write an article for a future What Matters please contact Cath at the office



The Spotlight

Our Member under the "What Matters" spotlight is Dan. We asked Dan some questions about "What Matters" the most to him. Here is his interview:

What do I like to do?

I like going to the gym.
I like going to the cinema.
I love to play sports.
I play football, enjoy martial arts and swimming.
I have recently tried paddleboarding.
I really love Rugby.



What dreams would I like to achieve?

My dream is to keep playing for Colwyn Bay RFC Stingrays. I love to play in a team and to be involved. Passing the ball and being active are really important to me. We recently played Swansea Gladiators at the Principality Stadium in Cardiff and we won!!!

What makes a good day?

A good day for me is any day I am busy, as you can see from my schedule.

Martial Arts - Mondays and Thursdays

Mochdre Lions Football Club - Tuesdays

Rhyl Tiger Sharks Football Club - Saturdays

Colwyn Bay Rugby Club - Saturdays and Wednesdays

Swimming (Rest day) on Sunday

I also work two days a week at Wetherspoons, and not forgetting the gym visits in-between.





Later, at Conwy Connect...



Hi! Good to meet you. Please come in...

Chris explains...



We can help you look at the options.

We'll help you do this your way, at the pace you want, with only the people you want involved.



This is good - it's all about what we want, and what we think!



This is really helping us think things through, whatever we end up choosing.



Now I have a much better idea of what my choices are!

Many months later...



Did you ever talk to Chris at Conwy Connect?

Yes, he was very helpful. There was so much to think about - it wasn't easy!

So have you moved?



No. Not yet. But it's really helped me and my mum and dad start talking about it. Now we know what the options are.

We don't know what we'll choose - but it's taken a lot of the worry away.

Now WE feel in control!

Thinking about moving from the family home is a big thing. Conwy Connect work closely with Conwy County Borough Council, listening to what you think and what you hope for. To find out more or just for a chat call Chris on 07826 810597 or email chris@conwy-connect.org.uk Planning for the Future is funded by Lloyds Bank Foundation.

Thanks to Mark and Penny for playing themselves, & Roy & Jackie Thurley for playing Mark's Mum & Dad.



Parents' Perspective

Transition to College

What is your main worry in the transition period?

My biggest worry is the uncertainty about how my son will cope with going to college. His current school is a comfort zone. Everyone knows him and vice versa. College is a massive change and will be a huge shock. He understands the word 'college' but not the meaning. After the summer holidays he will expect to continue in the same routine as previous years and see the same people. He understands friends saying they are going to college, but not that they may go to a different one. Additionally he has support changes due to age transition to deal with which adds to the worry.

How could this process be made easier for you as a parent/carer?

It would be easier if we felt supported whether through school, social services or an external group. It feels as though my son's welfare isn't being taken into consideration and that it's more a financial decision. People aren't listening to what my son needs and our concerns are not taken seriously. Not all colleges are as safe and secure as his current environment, which poses a high risk factor for my son. I feel I'm being judged as an over protective parent.

What advice could you offer?

Find out what support would be available should a placement not be working - is it possible to change?

Look into as many options as you can to know what is right for your child.

Llandrillo make observations on your child and then a decision. It would be helpful to offer a parental view point on their findings if we were allowed, rather than have to argue afterwards.

Evidence why the college you prefer would be the most suitable. Have an experienced advocate support you throughout the process.

Most importantly make sure you have someone you trust alongside you.



Community News

If you need independent advice on learning disability services in Conwy, contact the Conwy Connect team on 01492 536486 or 07925966009

We will be able to support and signpost you.



Makaton Choir

Our Makaton choir has been successful in getting funding from the 'North Wales Together : Seamless Services for People with Learning Disabilities'.

Any age group can attend. It is a really fun and inclusive way to learn and practice Makaton.

All welcome. See page 8 for details.

Some of our amazing choir right before their first performance at Conwy Connects AGM

26.2 Miles

Catherine Thornton our Chief Officer is running the London Marathon on April 26th.

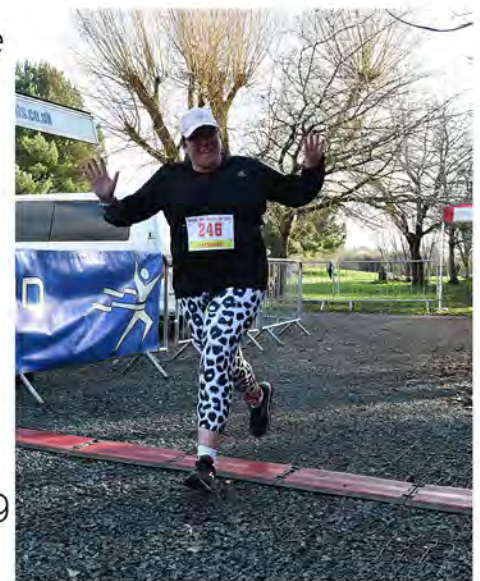
She is raising funds for a Family Fun day which will take place on the July 18th at Llandudno Junction Community Club.

She also hopes to raise enough to put on some children's discos. She is training really hard.

If you would like to donate, she has a crowd-funding page at -

https://www.justgiving.com/crowdfunding/cath-thornton?utm_term=wBQb5m725

Or just call the office on 01492 536486





What's on for Adults?

Important dates for your diary

Cookery Sessions Makaton Choir

Apex House,
Builders Street West,
Llandudno.
LL30 1HH

March 4th / 11th / 18th
April 8th / 15th / 22nd

11.30am £4.50 pp
Must be able to attend
all sessions



Arts and Crafts

Where: 35 Conwy Road, Llandudno
Junction. LL31 9LU
Cost: £10.00 per person

Harry Potter: 17th May 10.00am -
12.00pm

Jungle Adventure: 14th June
12.00pm - 2.00pm

Laminated tealight holders: 12th
July 3.30pm - 5.30pm

Contact: Non Lederle

Email: Non@conwy-connect.org.uk

Our Makaton Choir meets
every other Tuesday
6:30pm till 8pm Dewis Sant,
Rhiw Road, Colwyn Bay.

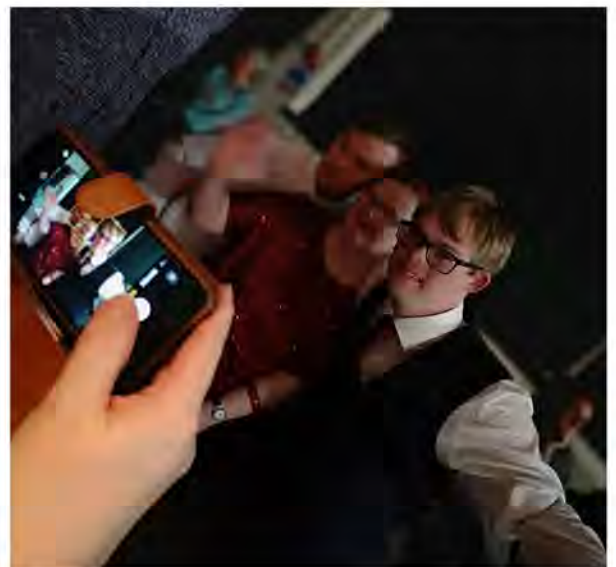
Check our website
for the dates £4.50 pp

Disco Dates

When: 7pm - 9:30pm
£4.50

Where: Llandudno
Junction Community Club

2 March, 16 March, 30 March, 27 April,
11 May, 8 June, 22 June, 6 July,
20th July





What's on for Children?

Important dates for your diary

Music Sessions

Denbighshire Rhythm and Guitars sessions 11-12 on Saturdays. Contact us for more info.

Conwy Rhythm and Guitars, Dewis Sant, Rhiw Road, Colwyn Bay till April.



Zoo Day?

Look out for our zoo days, or contact us if a group of you would like to go together for a family and friends day out.



Climbing

6:15pm-7:00pm for new starters, younger children and those who enjoy the hustle and bustle.
7:15pm-8:00pm a quieter session aimed at our older children.
Membership is £30 per year or £10 per term per child.
To discuss accessing the club please contact Ceri Griffiths via Facebook, or contact The Boathouse and we will pass on your details to her.





Help in Hospital

Did you know that people with a learning disability can get extra support in hospital? Read below for more details.

The Learning Disability Acute Liaison Team

There is a learning disability acute liaison nurse at each of the main hospitals in North Wales.

Their job is to make sure you get any extra support you need in hospital.

You can ask to see them as soon as you arrive.



If you are going for a planned stay, talk to them before you go. For more info call 01978 298484 or 01824 712400.



The Learning Disability Logo

This is the learning disability hospital logo. Thanks to The Paul Ridd Foundation, it is now used in all hospitals in Wales. It is a reminder to staff that you may need extra support. It should be on your notes and next to your bed. If not, then ask why.

There may also be a Learning Disability Champion on your ward. This is a staff member who has had some learning disability awareness training. Their role is to support you when they can and to help other staff understand about giving extra support.

Traffic Light Hospital Form

Finally, make sure you have a Traffic Light Form. This has all your important info in one place - medication, allergies, support needs etc. Get one from our office or download it from our website. Fill it in as soon as you get it. Take it with you if you go into hospital. It could save your life.





Engagement & Participation



My name is Michele Pipe and I'm so pleased to be working as the new Engagement and Participation Officer at Conwy Connect. (Some of you may know me from the Parents Say! or Connect Buddies projects.)

An important part of my new job is to encourage members and their families around the whole of Conwy to join events and activities around the County.

Some exciting news to share –

- We are relaunching the Engagement and Participation service. The Relaunch Event will take place on Thurs 19th March 2020 at the Colwyn Bay Cricket Club.

A group of members have been working hard and planning a really good event for all members and their parents or carers. It would be lovely to see you there.

- Also, we want to hear your thoughts and ideas about services offered and things that matter to you. We have some ideas to share with you too and this will be part of our Relaunch Event.

At the moment, members meet in Llandudno on the 1st Thursday of every month. The date of the next Forum meeting (North) is 5th March at 1pm – 3.30pm at Canoflan Riviere. But where would you like to have meetings?

In other places? Where and When? Come along to our Event on 19th March and have your say!

Contact us :



Conwy Connect
for Learning Disabilities
7 Rhiw Road
Colwyn Bay
LL29 7TE
01492 536486

Email -
catherine@conwy-connect.org.uk

Mobile : 07925966009
Office : 01492 536486

And if you have additional needs, how can we help to make sure your voice is heard? Come along to our event on 19th March and have your say!

We look forward to seeing you on 19th March!



How To Contact Us

Call us on - 01492 536486

Visit us at - Rear Annex, 7 Rhiw Road, Colwyn Bay, LL29 7TE

Email us - catherine@conwy-connect.org.uk



@CC4LD



@CC4LD

Meet the team...



Cath Thornton
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Non Lederle
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Planning for the Future
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