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What Matters?

CONWY CONNECTS MAGAZINE

December
2021

Summer of
Fun

Meet The Health
Check Team





WHAT MATTERS



Hello and welcome to another edition of What Matters. This Magazine will focus on everything we have been up to so far. Even though we have had lots of different lockdowns, we have been so busy.

Conwy Connect has an exciting new service. The Health Check Service is funded by the North Wales Together Transformation Service.

We have a team of people who are our 'Health Check Champions'. We can come and do a workshop for you around Health Checks.

Throughout this magazine you will find Conwy Connect 'Star Cards', where you can find out more about our new recruits.

Young 'uns Summer of Fun

Catch up with what the children have been up to this summer on page 6

What's on? What can I go to?

Now we have started to meet face to face. You must remember to book in. Wash your hands regularly and wear your mask. You will find a list of 'What's on' on page 8

What other stuff does Conwy Connect do?

On page 9 you can learn what Delyth does in our Denbighshire Planning for the Future service. Matthew explains about the Transition Service on page 11



Introducing the HEALTH CHECK TEAM



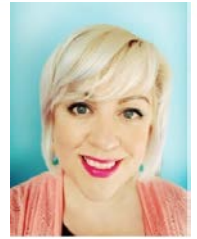
Conwy Connect Star Cards



Who do we have in
our pack?



SOPHIE



What do you like?

Hunting for sea glass, walking on beaches and shopping.

What don't I like?

Big crowds of people.

Favourite song?

I love opera, classical music and soul. Anything goes, really.

Favourite TV programme.

Made in Chelsea, Married at First Sight, Below Deck and 24 hours in Police Custody.

Food

Curry and seafood are my most favourite.

Pets

Yes. Teddy, a Chinese Crested Powderpuff.

Health Check Officer



JEZ



What do you like?

I like to see people helping one another.

What don't you like?

Fig rolls.

What is your favourite song?

At the moment it's E Dil E Nadan, sung by Lata Mangeshkar.

What is your favourite film or TV programme?

Elvira Mistress of the Dark.

What is your favourite food?

Chips.

Do you have any pets?

No, but I like animals.

Health Check Officer



SARAH



What do you like?

Meeting people and making new friends.

What don't you like?

People who are rude.

What is your favourite song?

Heartbreak Anthems.

What is your favourite film or TV Programme?

Aladdin, Coronation Street, Dirty Dancing and Emmerdale.

What is your favourite food?

Chicken tikka. Tuna pasta bake.

Do you have any pets?

No.

Wrexham Health Check Champion 3



Hi. I'm Sophie...

...and I'm Jez!

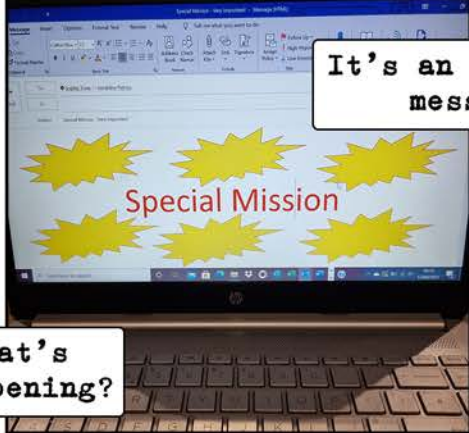
We work for Conwy Connect. We hope to meet you all soon.



Suddenly, the computer starts bleeping...



What's happening?



It's an important message!



The printer starts working...



The computer just printed something! What does it say?

It says we have to tell people about health checks, and why you should have one every year.





What can we do? There are so many people to tell. How are we going to do it?



If only there was someone to help us...but who?



We need some champions. Health Check Champions!



They could use Zoom to tell people about health checks!



We can make a poster and a film to ask our members to help!



Later, lots of members get in touch...

I'll help!

I'll be a champ!

Gosh!



We'll have to interview everyone!



Then we'll train them how to be champions.



Later...

Hi. We are the Health Check Champions!



We'll be telling you about health checks soon!



Want to know more about having a Health Check? Come along to one of our Health Check Workshops. We will tell you all about Health Checks, what to expect, and why they are important. If you would like to come along, and live in Conwy, Gwynedd or Denbighshire, contact Sophie on sophie@conwy-connect.org.uk. If you live in Denbighshire, Flintshire or Wrexham, contact Geraldine on geraldine@conwy-connect.org.uk. We would love to hear from you.



WHAT MATTERS

THANK YOU

To everyone who joined us



- Adventure Parc Snowdonia,
Ninja and Surf Lagoon



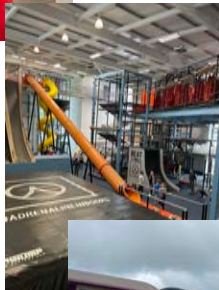
- Greenwood
- Welsh Mountain Zoo
- Climbing

- Local Author story telling



Our Young'uns Summer of Fun!

- Beach Art
- Welsh Highland Railway





Introducing the HEALTH CHECK TEAM



SHEILA



What do you like?

Making handmade birthday cards.

What don't you like?

People being late and bananas.

What is your favourite song?

I Just Called To Say I Love You by Stevie

Wonder, Yellow Submarine by The Beatles.

What is your favourite film or TV programme?

I don't have one.

What is your favourite food?

Fish and Chips.

Do you have any pets?

A cat called Caddy.

Conwy Health Check Champion



RICHARD



What do you like?

Watching football, gardening, walking and swimming.

What don't you like?

Horror Films.

What is your favourite song?

Robbie Williams .

What is your favourite film or TV programme?

Detective programmes and action films.

What is your favourite food?

Chinese.

Do you have any pets?

I don't have pets, but I like animals.

Conwy Health Check Champion



JAMES



What do you like?

Spending time with my girlfriend.

What don't you like?

Vegetables.

What is your favourite song?

Kiss Kiss by Holly Valance.

What is your favourite film or TV Programme?

Beat the Chasers.

What is your favourite food?

Curry.

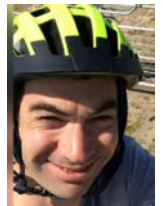
Do you have any pets?

A cat called Sox.

Denbighshire Health Check Champion



DYFAN



What do you like?

Reading, music, walking, concerts, movies.

What don't you like?

Marmite.

What is your favourite song?

Design for Life by Manic Street Preachers.

What is your favourite film or TV programme?

Only Fools and Horses.

What is your favourite food?

Indian or Chinese.

Do you have any pets?

No.

Denbighshire Health Check Champion



WHAT MATTERS

We have re-started face to face sessions where you can also see us through the usual zoom link



Picasso – Every Tuesday from 10 am

Must Book
in - £5

It's been lovely welcoming members back to Picasso. New venue, same friends. Always room for a few more. Email to book in:

Eva@conwy-connect.org.uk

Friday Night Social @ 7pm had a visit from harpist John Thomas. So lovely to see friends and relax. Book in through:
Eva@conwy-connect.org.uk

Diary dates:

Nov 19th

Dec 3rd / 17th

Jan 7th / 21st



The **Youth Club** with Matt wrapped up their first session with massive smiles. Face to face on alternate **Fridays @ 7pm**

Matthew@conwy-connect.org.uk

Diary dates:

Nov 26th

Dec 10th

Jan 14th / 28th



Discos started back in September and what a night!

Alternate Monday's @ 7pm

Email: Non@conwy-connect.org.uk

29th Nov / 13th Dec / 17th and

31st Jan





WHAT MATTERS

Planning for The Future – Denbighshire



When someone in the family has a learning disability, the future can be a worry.

We are helping with those worries by talking about the future.



Denbighshire families can talk with Delyth about the future. They chat with Delyth and make plans for the future.



Delyth has worked with a lot of families in Denbighshire. She talks with them about finding somewhere to live one day. She talks with them about finding a job, having friends and being happy.

Making plans for the future can help people worry less. It can also give people something good to look forward to.

Contact 01492 536486 or Delyth@conwy-connect.org.uk



Important! – Get Your Flu Jab!

People with a learning disability can have a flu jab. It is very important to have one this year, because of Coronavirus. This is because if you have flu and Coronavirus at the same time, it can be very dangerous.

Also, we have all been meeting less people. This means our bodies have weaker natural defences against catching the flu. Contact your GP as soon as possible to book your flu jab.



Introducing the HEALTH CHECK TEAM



AIDAN



What do you like?

Movies and Geography.

What don't you like?

Football and other sports.

What is your favourite song?

The Power Of Love by Huey Lewis and the News.

What is your favourite film or TV programme?

Saving Private Ryan.

What is your favourite food?

Fish and chips.

Do you have any pets?

Yes. Cats, Dogs, Chickens and Alpacas.

Flintshire Health Check Champion



JANE



What do you like?

Music and making new friends.

What don't you like?

Brown bread and noisy dogs .

What is your favourite song?

Any Country music.

What is your favourite film or TV Programme?

Coronation Street, and Pop Master on Radio 2.

What is your favourite food?

Chocolate.

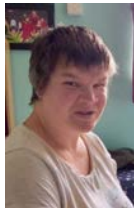
Do you have any pets?

No.

Denbighshire Health Check Champion



JANE



What do you like?

Going places to meet new people.

What don't you like?

Seeing people be on drugs in town.

What is your favourite song?

Castle on the Hill, by Ed Sheeran.

What is your favourite film or TV Programme?

Comedy Films.

What is your favourite food?

Pasta dishes.

Do you have any pets?

No.

Wrexham Health Check Champion



ELLIE



What do you like?

Art and crafts, dancing and Zumba.

What don't you like?

Lady and the Tramp, and rats.

What is your favourite song?

My Heart Will Go On.

What is your favourite film or TV programme?

Coronation Street and Titanic.

What is your favourite food?

Pizza.

Do you have any pets?

Yes, a cat called Moley.

Flintshire Health Check Champion



WHAT MATTERS

Family Transition Service Age- 16 to 20



Matt Collier

What is the Service about?

I support people that are 16 to 20 years old and their families.

I host a weekly youth club.

I do activities with the young people that helps them develop and decide where they would like to be in the future.

I do this digitally and face to face.

Would you like to know more?

Contact me on 07926611143 or email me: Matthew@conwy-connect.org.uk



Youth Club



I am funded by



Half Term Activities





Introducing the HEALTH CHECK TEAM



KAMAR



What do you like?

Swimming and wheelchair basketball.

What don't you like?

I hate spiders, flies and creepy crawlies.

What is your favourite song?

Anything by Katie Perry and Ed Sheeran.

What is your favourite film or TV programme?

The Disney film Moana.

What is your favourite food?

I love chocolate and cherry Pepsi.

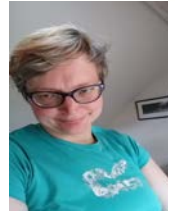
Do you have any pets?

Yes 3 fish and Buddy the rabbit.

Gwynedd Health Check Champion



FRAN



What do you like?

I like walking, listening to music, Liverpool FC, the colour pink.

What don't you like?

Noisy cars, wasps, crocodiles, spicy food.

What is your favourite song?

Rock and Classic Rock.

What is your favourite film or TV Programme?

Match of the Day and the film Eurovision Song Contest, the Story of Fire saga.

What is your favourite food?

Vegetarian food.

Do you have any pets?

I have a pet dog called Bluebee.

Conwy Health Check Champion



SHAYNA



What do you like?

Going for coffee with my friends, seeing family, shopping.

What don't you like?

Dogs or spicy food.

What is your favourite song?

This is Me from The Greatest Showman.

What is your favourite film

Chick Flicks and Strictly Come Dancing.

What is your favourite food?

Pizza and Sweet and Sour chicken.

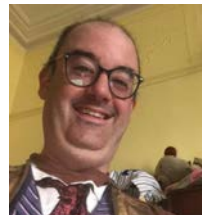
Do you have any pets?

No.

Conwy Health Check Champion



PHILLIP



What do you like?

Going to the charity shop, bright clothes, helping people and making them smile.

What don't you like?

I don't like house chores.

What is your favourite song?

Spice Girls, Bewitched, Steps.

What is your favourite film or TV Programme?

Absolutely Fabulous and Fawlty Towers.

What is your favourite food?

Pasta Bolognese..

Do you have any pets?

A cat called Hayley.

Conwy Health Check Champion