



What Matters?

CONWY CONNECT MAGAZINE

Issue 5
July
2020

Charity Number
1172199





WHAT MATTERS

Our Zoom Groups

CONWY CONNECT PRESENTS

Cuppa and a Natter with Michele

Monday 11am - 12pm

Email Michele@conwy-connect.org.uk for the meeting code

MAKATON CHOIR

Mon 6:30pm till 7:30pm

HAVE A CHAT WITH CHRIS

On Zoom

ON TUESDAY 11-12PM

Meeting ID: 843-6170 8093

MEET EVA ONLINE FOR SOME ARTS AND CRAFTS

Tues 2:30pm - 3:30pm

Meeting ID: 883 3336 5838

Weds 11am-12pm

Midweek Mindfulness

Email Michele@conwy-connect.org.uk for meeting ID

Weds 2:30pm till 3:30pm

Chat to Cath

Meeting ID: 894 7367 8398

LET'S CONNECT

Meet with Shell online and chat

Thursdays 11am -12pm on Zoom

Meeting ID: 849 8143 2988

COME CHAT WITH HELEN

Thurs 2:30pm till 3:30pm

Meeting ID: 831-0274-9662

FRIDAY 2:30PM

NON'S BINGO SESSION

Meeting ID: 897 1353 8143
Password: 604420

Favourite Things

Meet with Paul & chat about things you like

Fridays 11am-12pm on Zoom

Meeting ID - 856-9964-0880

Conwy Connect for Learning Disabilities



SPOTLIGHT ON

This special edition What Matters is focusing on Conwy Connects members and what they have been getting up to in lockdown. This is how Ian has been dealing with the Covid 19 lockdown.

What do I like to do? Have you been able to do this during lockdown?

I like to keep busy; I do a lot with Tape and I volunteer at Conwy Connect , I help send out all the information at mail out time.

During lockdown, I have helped my parents by taking them whatever they need, I also like to go and visit Steve from Tape.



What makes a good day?

I like to listen to my radio; I love listening to music, I like to go for a walk around where I live and like to have a chat with my neighbour's, socially distanced of course

What dreams would I like to achieve?

Just to be happy and helpful.
I love helping people.





With coronavirus, we'll have to cancel all our events! What about our members? What will they do?

Cathy is worried...

Oh no! With the lockdown, all the activities have stopped! What am I going to do? How will I catch up with my friends?"

Conwy Connect members are worried too...

We'll have to do things differently!

We can be there on the phone...

But Cath knows Conwy Connect needs to do more...

We can do the disco online! We could put recipes and activities on our Facebook page!

...and put all the latest info online.

Cath calls a staff meeting on Zoom...

Team, we need ideas for online activities...get thinking!

RECIPES!
PUZZLES!
ART ATTACK!
INFO!

I could make activity packs and send them out to our members!

People might be stressed - I could do meditation on Zoom!

We could do the Makaton Choir online!

Meet with Shell online and chat

I could do the Friendship Group on Zoom!

Some people will just want to talk. I could host a chat group!

HAVE A CHAT WITH CHRIS
On Zoom

I could do Picasso Club online!

COME CHAT WITH HELEN

I could do a chat group on Thursdays!

I can do a Zoom group where we all chat about our favourite things!

Yay! Now I can talk to my friends and do fun stuff online!

Check out page 2 for info on all the Zoom groups and other activities we're doing. There's also bingo and exercise classes. If you need help to set up Zoom just get in touch.

See you all online soon!



WHAT MATTERS

Thank you to all our members who have joined in with our activities over the last few months and continue to do so. You are all superstars keeping one another positive and giving one another great ideas for activities and being happy. Keep it up.



DIOLCH



Michelle made this amazing house. They used an empty plastic bottle and cut it down. They had collected little pebbles and stuck them around the house with silicon, but you could use glue. They made the roof from old lolly sticks. Then painted it. We think it's fabulous. Well done Michelle.



Another super idea to make pom-pom animals. Thanks **Michelle**.

Glyn has been cycling his way through lockdown - 300km when last checked!! That's the same distance as Llandudno to Carlisle. Amazing, Glyn.





WHAT MATTERS

Keep sending us your photos of what you have been doing. We love to see them.



Fran loves her art work and has painted tiles and made loads of rainbows.

One of our younger members completed the Mario jigsaw in 6 hours and found a piece was missing!! What a fab job! Well done **Josh**.



Look at the amazing star wars Lego he built as well, Superb!!



Phillip has a positive button which he pushes when he needs to feel positive. Great idea Phillip.

It's been great to hear that our activity packs are being enjoyed. If you would like one and haven't had one as yet please email: Non@conwy-connect.org.uk



SPOTLIGHT ON

What do I like to do? Have you been able to do this during lockdown?

I like going to the beach and keeping busy.

I go to different clubs like gateway, the Conwy Connect Disco and Conwy Freewheeler cycles.

I like to go to Rivieres to see my girlfriend Rachael Hughes. I like phoning and spending time with my friend Sam and I like to go out on the bus.

I haven't been able to do a lot of these things during lockdown, but I have done lots of other things to keep me busy like zoom meetings with Conwy Connect and enjoy the bingo on Fridays.



What dreams would I like to achieve?

I would like to have a helicopter ride, I would like to go on holiday to London to see the Sherlock Holmes pub

What makes a good day

going to see my friends, going out, having a drink and a snack, playing bingo, going to see mum and dad. Staying connected



Parents Perspective

A parent's perspective on lockdown

When lockdown started my son, Huw, had been in his new supported living project for five months. He was settled and happy there but we made the decision to bring him home for our peace of mind.

Our daughter Bronwen also returned from her teacher training course.

My main concern was how Huw would adapt to being back home. He is non-verbal and it was almost impossible to explain why things had changed.

Huw adapted really well, although I could see that he was confused at times and missing his new home and new friends.

I thought that it was important to establish a routine from day one to help all of us, but particularly Huw.

Routine and a structure are very important for Huw and I think that this (in spotlight on Huw) has helped him cope with the changes.

He does miss his old routines and seeing other people.

During lockdown Huw had his birthday and it was sad not to be able to celebrate with other people, but we tried to make it as fun as possible.

(The weather and chocolate cake helped!)



Bronwen transformed my lounge into a mini yoga studio, encouraging family to join in with stretching/ relaxation sessions! Meditation has also been big on her agenda and skyping/ zooming with friends.

She has also enjoyed spending so much intense time with Huw and has been a great help keeping him entertained with baking, etc. Just as well we are walking and doing so much yoga with all the cake being produced!!

It has also been positive spending so much time as a family. I am sure that we will all be glad to get back to normal life but maybe we will also miss the quieter, simpler life imposed by lockdown?!!



SPOTLIGHT ON

What do I like to do?

Huw likes to get out and about and to be as busy as possible. During lockdown Huw has missed his usually busy timetable and time with Ian, exercising and swimming.

He has also been at home with his family rather than in his bungalow. He has really missed the support staff.

At home he has settled into a new routine. They go for a walk every day, either up Conwy mountain, or on the beach.



Huw enjoys jigsaw puzzles, listening to music and helping his dad on the allotment. They even have a weekly disco (although it doesn't compare with the Conwy Connect disco!)

Huw has also been able to go out with his support Ian during the past couple of weeks. Hurray! He even went swimming in the sea!



What dreams would I like to achieve?

Huw would like to return to his supported living placement ASAP. He loves the independence. Huw would also like to get a job where he could feel useful.

To continue with life as it was before lockdown would be good.

What makes a good day

A good day would be a really busy day, preferably including a journey on public transport!

A swim or visit to the gym and plenty of nice food and drink!



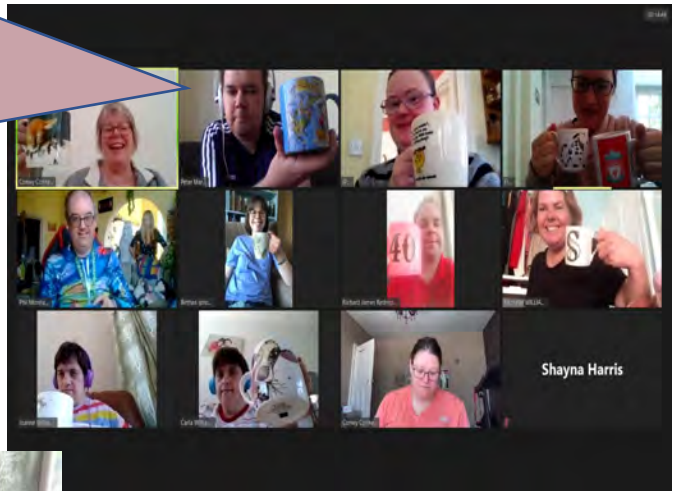
WHAT MATTERS

Conwy Connect Forum - Natta and a Cuppa Session. Mondays at 11am. Come and have a cuppa and a natta



Here's what some members of CC4LD say about Natta and a Cuppa -

"Hi I'm Peter. Lots of things have changed for me since we've been in lockdown. My support workers come and help me, but since lockdown they haven't been able to come as much. I thought "Who am I going to talk to? I think I might be lonely". Then I found out Conwy Connect had set up Natta and a Cuppa Forum on Zoom. I'm very good on the computer, so I joined up so I can chat with my old friends and make new friends too".



"This is me (Carla) & my sister Joanne waiting for Natta & a Cuppa on a Monday Morning at 11-12 noon".

"We both look forward to it. We love it. We see our friends on Zoom and can chat with them. Michele asks us all what we would like to chat about the following week. We then can write down our thoughts before the chat. We have been talking about Lockdown as we are all missing each other. We can help each other by talking about what we do to keep busy".



WHAT MATTERS

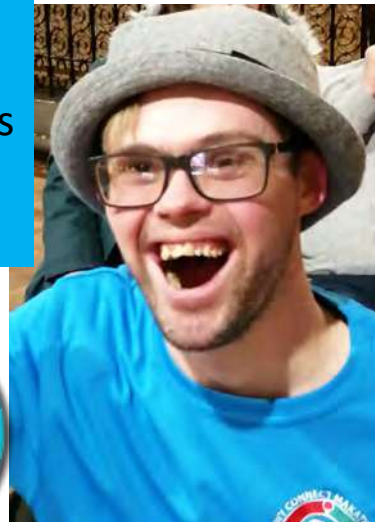
“ I think the meditation groups are an excellent idea, especially during lockdown because it helps people to relax. It made us realise about taking time out for ourselves in a busy schedule during the day. Gives us peace and harmony with our bodies and minds. I like it very much myself. It relieves stress and anxieties”.

Richard has been coming along to our **Midweek Meditation Session** – here’s what he says about it...

Midweek Meditation
Mums, Dads
Carers,
Members –
All welcome
Wednesdays
11 – 12 am



Shaun loves to sign and sing at Makaton Choir. His favourite song is ‘Sing’ by the Carpenters so he can play his harmonica.



Makaton Choir
Mondays 6.30pm

