



What Matters?

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CONWY CONNECT MAGAZINE

Issue 3
September
2019

Community
News!

WHAT'S
ON? AND
WHERE?

Spotlight on
"Health & Wellbeing"



What Matters

Hello and welcome to the third 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.



The front cover and above photos are from our trip to Alton Towers

In this issue -

SPOTLIGHT ON OUR MEMBERS

We talk to our member Richard about health, doctors and Annual Health Checks. Read all about it on page 3

PHOTOSTORY!

An exciting new feature starring members Shell and Roy. Find out what happens when Shell goes for a health check on pages 4 & 5

SPOTLIGHT ON OUR VOLUNTEERS

We shine a spotlight on a Learning Disability Champion. Find out more on page 6

What Matters is now available in Welsh. Contact Cath at the office on catherine@conwy-connect.org.uk for a copy in Cymraeg.



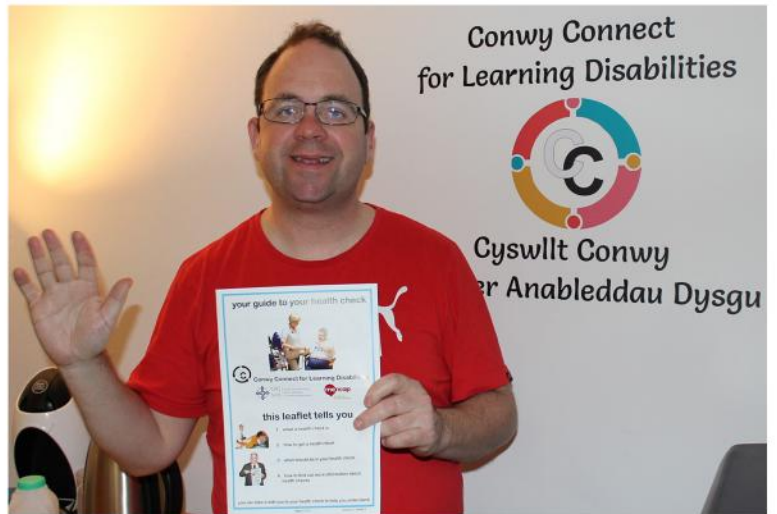


The Spotlight

Our Member under the “What Matters” spotlight is Richard. We asked Richard some questions about his health, going to the doctor and health checks:

How is your health? You had an operation.

I'm much better but I'm still sore.
It was a hernia operation.
Afterwards it was painful.
I had to have pain killers.
The stitches are healing okay.
It will be better in 6 weeks.



How did you know you had a health problem?

I felt a lump. I knew something wasn't right.
I went to a Conwy Connect health event.
It made me think. So I went to the doctors.
They sent me for a scan.
I thought it might be cancer, but it wasn't.
It was a hernia.

You go for a health check every year. How is it?

I find it helpful. It keeps an eye on me. It makes me feel “I'm okay for now”.
It's important to have a health check.

If you think you have a health problem, what should you do?

Go to the doctor if something isn't right. It's important to get it checked out.





Adults with a learning disability can have a free health check once a year. Phone your GP surgery to arrange one. If your GP doesn't do health checks, you can have one at another surgery. A health check can find health problems you don't know about. It *could* save your life.

Thanks to Enid Thomas and Meddygfa Gwydir for allowing us to take photos at the surgery. Thanks to Katie Powell (Practice Nurse) and Marion Etches (Reception) for appearing in the story.



The Spotlight

Our Volunteer under the “What Matters” spotlight is Claire. Claire is a staff nurse and a Learning Disability Champion. She is the North Wales ambassador for the Paul Ridd Foundation.

What do I like to do?

I enjoy family time with my husband and our two girls. We love walking our dog Bella and enjoying picnics around the North Wales coast.

What makes a good day?

I love to spend time with close friends. Having a walk with them, being able to get fresh air and have a laugh. As work can be stressful at times, I feel these days off are a good balance for my mental wellbeing.



What is a Learning Disability Champion?

This is a role that I love and am proud to do. The training allows you to have a better understanding of how to care for people with a learning disability. It gives you the confidence to plan better care

and make reasonable adjustments. It's important to share knowledge with colleagues.

How do you become a Learning Disability Champion?



If you work in a hospital and are interested in becoming a Learning Disability Champion you can register through the ESR (Electronic Staff Record) learning system or contact simon.meadowcroft@wales.nhs.uk. Training details can be found on the Health Board Intranet.

'The role of the LD Champion is to work with the staff on their ward or department and with the hospital LD liaison nurse to provide the care patients with learning disabilities need.'
To find out more about Learning Disability Champions go to paulriddfoundation.org



What's on?

Important dates for your diary

Disco Dates

When: 7pm - 9:30pm

£4.50

Where: Llandudno Junction Community Club

9 September 2019

23 September 2019

7 October 2019

21 October 2019

4 November 2019

18 November 2019

2 December 2019

16 December 2019



Porth Eirias Watersports

WOW! What a great time everyone had doing the water-sports this year, both on the beach and off it. I think we'll have to book again for 2020! Contact the office if you have any ideas for new activities you would like to try.



Karaoke Dates

When: 7pm -10pm £4.50

Where: Colwyn Bay Cricket Club

18th October 2019

Look out for the new bulletin which will be out shortly with lots of exciting activities. Here's a sneaky preview!



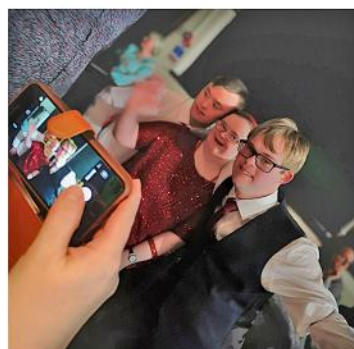
Line Dancing, Salsa, Charleston. Strictly here we come.....

Coming up:

-Friendship Walk- Saturday 14th September – Meet at 1.00pm on the seafront by Venue Cymru.

-Karaoke – 18th October Colwyn Bay Cricket Club 7pm £4.50pp

-MOS Social Night – 13th and 27th September. 7.00pm – 10.00pm Canolfan Riviere, Craig y Don £4.50





What's on?

Conwy Connect AGM 7 - 9 PM Tuesday 12th November



Contact us :



@CC4LD



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

Email -

catherine@conwy-connect.org.uk

