

What Matters?

A young woman with her arms raised, smiling, in a social setting. She is wearing a colorful, patterned t-shirt. The background is dark with some blurred lights and other people, suggesting a party or event.

**NEW NEWSLETTER FROM
CONWY CONNECT**

**Issue 1
February
2019**

News!

**What Matters
Spotlight**

**WHAT'S
ON??
AND
WHERE?**



WHAT MATTERS

Hello and welcome to the 1st Edition of our new look newsletter. Our newsletter will have snippets of information, images and will shine a spotlight on our members and what matters to them.



Inside this Issue

SPOTLIGHT ON OUR MEMBERS


We shine a "What Matters" Spotlight on our member Cathy. Read all about what she had to say on page 3

WHAT'S ON AND WHERE?

Our most asked question at Conwy Connect is "When is the disco?" You can find out what's on and where on page 4

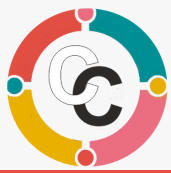
CONWY CONNECT

What does Conwy Connect do? How can we help you? How can you help us? More on page 5



Did You Know?

Do you know we now do this Newsletter in video format??? You can find them at CC4LD Videos on youtube on our Facebook page or our social media pages



THE SPOTLIGHT

Our Member under the "What Matters" spotlight this month is Cathy. We asked Cathy some questions about "What Matters" the most to her. Here are her answers:



What do I like to do?

I love to go to Venture Drama group. It is on a Tuesday night at Craig y Don Community Centre from 7-9pm.

Felicity helps us put on shows. I love to be part of the group and to act and sing.

I love to be involved and be busy. I work really hard and practice a lot.

What dreams would I like to achieve?

I dream of being a Hollywood Movie star. I also dream of being on Strictly Come Dancing in all the beautiful ballgowns they get to wear.

I dream and hope for a happy life with my fiance Peter.



What makes a good day?

When I am singing or dancing. Any day that I get to dance with Peter.

When I listen to my musical music (Andrew Lloyd Webber is my favourite).

I also LOVE Disney. It makes me happy.

When I have spent time with my family and friends.





WHAT'S ON?

Important dates for your diary



£8 a ticket for our Valentines Ball. Price includes a Buffet and your entrance fee. Buy your tickets at the disco or the office. Ball gowns and best suits are optional



The disco dates are:
14th January 2019
28th January 2019
11th February 2019
25th February 2019
11 March 2019
25th March 2019

Starts at 7pm



Try some Bollywood Dancing

Thursday 7th Feb 2019
Spyce Hub, Rhiw Rd
(next door to Conwy Connect office)



What does Conwy Connect do??

Conwy Connect for Learning Disabilities was set up in 1997 to help promote the rights of people with a learning disability living within the County of Conwy in North Wales.



How do we do this?

- We work really closely with Conwy County Council and the disability team.
- We keep our members up to date with any changes they should know about. We do this through our newsletters, Facebook, Twitter and Instagram.
- We provide information that increases choice.
- Use our services to break down barriers, encouraging and enabling people with a learning disability to have the right to a normal pattern of life.

What are our services?

- Engagement
- Connect Buddies
- Planning for the Future
- Health Improvement
- Parents Say!
- Moving on Solutions

What else can we offer?

- Consultations
- Easy Read Documents
- Sign posting to other services
- Learning Disability Awareness Training

We have lots of voluntary roles within Conwy Connect. Want to hear more? email Catherine@conwy-connect.org.uk



HAVE YOUR SAY



JOIN OUR GROUP!

by Celia Lewis

It is so important to be involved, have your say and know your rights.

The first benefit of coming along to our Connect Advocacy Group is that you will grow in confidence, enough to be able to speak out and let others know your opinion; why you may ask? Because you are in a safe environment with like-minded people who respect one another.

The second benefit is being part of a group that helps change things for the better for individuals with a learning disability in Conwy County; and beyond, as we have Regional and National Reps.

If you would like to know more contact Celia Lewis at Conwy Connect.

ALL WALES PEOPLE FIRST CONFERENCE

by Shayna Harris

I had a really great time at the All Wales People First Conference.

We spoke about the Phrase Learning Disability and whether we like using it or should we change the words to something else?

“

just because we are learning disabled people we should not be ignored or treated differently

”

I think we should be asked about these things. Just because we are "learning disabled people we should not be ignored or treated differently.





2018 Annual General Meeting

Conwy Connect's 2018 Annual General Meeting was held on Wednesday 21 November. The theme of the evening was relationships. We had a really interesting discussion for more information about the evening check out our website.

Parents Say!

Michele has been working with us on the Parents Say! Project. She has been holding coffee mornings and speaking to parents that have a learning disability. Do you know anybody that would like to have a chat with Michele about an issue they come up against as a parent?? email Michele@conwy-connect.org.uk or call the office



PLANNING FOR THE FUTURE SERVICE

Don't forget we also offer our PLANNING FOR THE FUTURE SERVICE. Funded by Lloyd's Bank Foundation Working with Conwy Social Services Helping you, or someone you know, to think about and start planning for a great future
chris@conwy-connect.org.uk 07826 810597





CONNECT BUDDIES



Connect Buddies held a band night in the station Colwyn Bay an amazing night was had by all.



If you would like to have a Buddie. or would like to know more about the service. give the office a ring.



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