

WHAT MATTERS

CONWY CONNECT MAGAZINE

Charity no 1172199



25TH
BIRTHDAY
EDITION

ISSUE 7
DECEMBER 2022



Welcome



Hello, and welcome to Conwy Connect's 25th birthday edition of our What Matters magazine.

In this magazine, we will be talking about all the achievements that Conwy Connect and its members have had over the years.

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WHAT'S ON WEEKLY

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A Spotlight on...

As it's our 25th birthday we have two members under the spotlight. First up is Debbie!

We have asked Debbie what she likes about Conwy Connect.



What makes a good day?

I have a good day when I see my daughter.

What are your favourite things to do with Conwy Connect?

My favourite things that I have done with Conwy Connect are the Friendship Group walks, zoo days out, and parents' group. Also, when Sue was there, I received an award for being inquisitive!

What do you like about our forum?

I love the WhatsApp group. This is where I get my information from about what is happening and events that are happening.



How has Conwy Connect helped you?

I feel supported.

What Matters to you?

My family and my daughter. They are important to me.

A huge thank you to Debbie for taking the time to talk to us.



Then



My name is Sue Milburn, although a lot of you may have known me as Sue Davies. I worked for Conwy Connect for 20 years, and started in 1997. Things are very different now and I can't believe how Conwy Connect has come on.



How did it start?

Conwy Connect started because of the reorganisation of local authorities; Colwyn, Aberconwy and a little bit of Gwynedd.

At the time we were coming together for parents and carers of people with learning disabilities.

I was on my own then for 7 years just working 12 – 15 hours, and we were receiving small pots of money from small charities, grant-giving charities, and local authorities.



Big achievements

Starting Person Centre Planning

Listening to what our members with a learning disability want and need.

Taking over the fortnightly disco.



I think some of the strengths behind Conwy Connect was that quite often people would say "well actually we can, we're an independent organisation, we have a management committee who is the decision-making body, and they say yes or no." We always used to say if it did no harm, and it wasn't against the law we would go for it.



Now

My Name is Cath Thornton, I was employed as Chief Officer of Conwy Connect when Sue Milburn retired 5 years ago. I was the Engagement Coordinator before that, working with our members in the Conwy forum. I have been with Conwy Connect 10 years now.



What is the future for Conwy Connect?

We have seen Conwy Connect grow in the past 5 years. We now have 24 members of the team, and a lot of our services cover the whole of North Wales.



Big achievements



- Health Check Champions Regional Service employing 13 people with a learning disability across North Wales.



- Children's services – Activities and peer network Conwy and Denbighshire.

- Family Transition Service – North Wales Service supporting children and their families through the transition from children to adult services.



- Digital Connect – Empowering our members to be digitally connected throughout the COVID restrictions and going forward building skills.

- The Disco and other activities – we now facilitate an adults' and a children's disco.

I would echo Sue's words; we have a 'can-do' attitude. All our staff are extremely creative. Our work is incredibly important, but we always try and make it fun. I look forward to seeing where we may be in another 25 years.



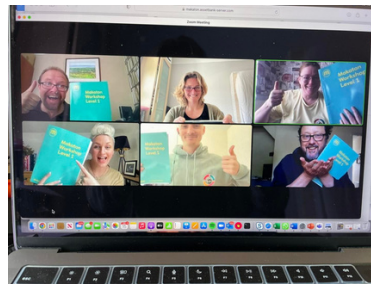
MOS and Friendship Group

I first started working for Conwy Connect in February 2016. Only 7 hours working for Moving on Solutions (MOS).

I never thought I would have had so many wonderful opportunities to progress personally, as well as see the growth within our members.



Written by
Non Lederle

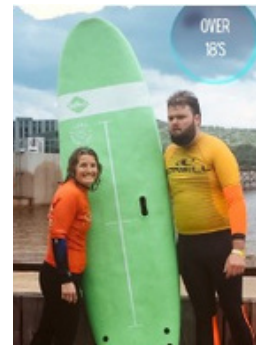


We were still there in the pandemic

Working with Conwy Connect has never been just a job. It becomes a big part of your lifestyle.

Members become friends and we are all genuine when we say everything we do has our members at the heart.

I have met some amazing people throughout the years who have taught me to embrace every success we achieve, however small it may appear to someone else.





Children's Activities

Magic moments



In the short space of time that I have been the Children's Activities Officer for Conwy Connect, if there is one thing that I have learnt, it's that our members and their families truly are magic.

I am privileged to be involved in just a small part of Conwy Connect's 25-year legacy. The activities that I have witnessed have been filled with joy and an overwhelming sense of community, support and friendship. Through a wide range of varied activities, members have had an opportunity to dance, bounce, act, ski, meet the animals, spin plates, play with pirates, take a train ride, picnic in the park, fly through the trees in a forest coaster, splash and swim, ninja fun and more - with even MORE to come!

The work that Conwy Connect does daily across all sectors continues to amaze me. It is so important that charities like this exist so that people with learning disabilities and/or autism can continue to have a voice. That they continue to be heard and can continue to have opportunities and experiences that they may not otherwise have had, as well as providing families with support in all aspects of life, whilst connecting them with a community that understands and who listens. Here's to the next 25 years!

LIBBY LOUGHLAND
Children's Activities Officer



25
YEARS

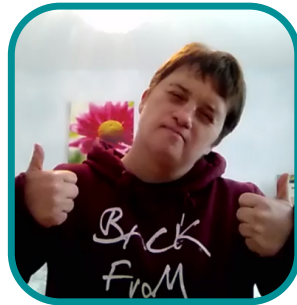




Conwy Connect Forum

Our 25

We asked our forum members to describe what it's like to be a member of Conwy Connect and coming to the forum.



Belonging

Chance to try new things

Love being part of a team

Building friendships

Talk about issues that affect our lives

Great being on the WhatsApp Chat

Proud to be part of an organisation

Share information with each other

New opportunities for roles like Representatives and Deputy Representatives

Opportunity for paid work (Health Check Champions)



Sharing and Caring

Reliable





Reasons

Supported

Chance to be sociable



Attend different activities – walking/discos



Happy to see everyone else happy

Zoom helped us to stay connected



Has built our confidence

Make new friends

Share your good news

Share your problems with people

Chance to listen to other people's hard work



Incredible to be a member of Conwy Connect

Cheers you up

Respectful





Conwy Connect and Person Centred Planning



The Big Plan was the first time that Person Centred Planning was introduced to schools in Wales.

We worked with six young people.

Big Plan helped them to look at what their options were when they left school.

Big Plan gave them the chance to talk about who they are as a person.

Big Plan helped them have their voices heard.

Some of the things people said about Big Plan:

“Not easy, but worthwhile!”

“Finding out new things about everyone”

“Enjoyed it!”

“From concerned to happiness! It’s a success”

“It’s good that so many people have given up their time to be here”



FACILITATORS' NETWORK

A Facilitator is someone who helps you work on things in life.

A Network is a group of people who support each other.

Conwy Connect had a group of Facilitators to help lots of people.

The Network was a way to support the Facilitators.

By supporting the Facilitators, Conwy Connect helped them do their best.

This meant our Members got the best Service possible.

TRAINING:

We trained people to think in Person Centred ways.

At the end of their training each person had created their own plan.

We helped them think about themselves.

This meant they would know how it feels to help others in this way.

It also meant they became more able to help people in ways that really matter.





A Spotlight On...

Our second member in the spotlight is Peter!



What makes a good day?

I like to go swimming and to the cinema. I also really like going out to socialise.

What are your favourite things to do with Conwy Connect?

I loved going to the All Wales People First conference. This was an advocacy event, celebrating reconnecting with each other after lockdown. I also love the friendship group and going for walks with Shell or Richard.

What do you like about our forum?

I love seeing what everyone has been doing. Sometimes the forum is the only time I see people. I like the WhatsApp group for staying connected with people.



What matters to you?

Computer games.

Keeping in touch with people.

How has Conwy Connect helped you?

My confidence has grown.

I feel supported and like I belong.

A huge thank you to Peter for taking the time to talk to us.

WEEKLY ACTIVITES

WHAT'S ON

Monday

Conwy Connect Forum Meeting
For Adults with a learning disability living in Conwy



Monday
10:30 - 11:30am
Meeting ID: 897 5627
7868
Password: 516519

CONWY
1172199

Makaton Choir
1172199

Alternate Monday's
6:30 PM - 8 PM
at Tape in Old Colwyn



£5 a session

Contact Michele on 07854 985002
or email
Michele@conwy-connect.org.uk

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DISCO TIME

For Adults with a learning disability and/or autism living in Conwy

LLANDUDNO JUNCTION COMMUNITY CLUB

On Monday
5th December
19th December
16th January
30th January
13th February
7.00pm - 9.30pm

£5 entry
Been ill? Stay Home
Feel ill? Stay Home
Limit hugs
Use sanitiser

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Tuesday

DO YOU LOVE ARTS AND CRAFTS?

WHY NOT JOIN US FOR **PICASSO**
TUESDAY'S AT 10AM



£5 entry - No coins
For more information email
Evas@conwy-connect.org.uk

BRYN CADNO COMMUNITY CENTRE
COLWYN HEIGHTS
LL296DW

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DENBIGHSHIRE PARENTS CAKE & COFFEE MEET UP

For all parents / carers of anyone with a learning disability and/or autism

When:
Tuesday's 10am - 11am
Starting: Tuesday 8th November

Where:
Harbour Hub Cafe,
Rhyd, LL18 5AX



For more information email
gemma@conwy-connect.org.uk

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CHAT WITH CHRIS

Drop in Session

TUESDAYS
10:30AM - 11:30AM



Tuesday 10:30

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Green Fingers Gardening Club

This group is free!

Tuesday's
10:45am - 11:45am
For more information email
Non@conwy-connect.org.uk

Bryn Cadno Community Centre
Colwyn Heights

BAY OF COLWYN CYNGOR TREF - TOWN COUNCIL

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Parents Walking Group

For Parents of adults with a learning disability and/or autism living in Denbighshire

Restarting on the 8th November

Tuesdays
11am

To book or for more information email
Gemma@conwy-connect.org.uk
sir ddinbych denbighshire

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For Adults with a Learning disability and/or Autism

TUESDAYS 12.00PM - 1.00PM
After Picasso

BOCCIA

BRYN CADNO COMMUNITY CENTRE,
COLWYN BAY LL296DW

£3

NON@CONWY-CONNECT.ORG.UK

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DANCE WITH SARAH

£3 a Session

TUESDAYS 4.30 - 5.30

7+ years

Ysgol Nant Y Groes, Greenfield Rd,
Colwyn Bay LL29 8ET

NON@CONWY-CONNECT.ORG.UK

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Wednesday

WEDNESDAY
10:30am - 11:30am

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Time With Paul
ZOOM MEETING ID: 894 7367 8398

Thursday

PARENTS CROCHET & CHAT

STARTS THURSDAY
10TH NOVEMBER
09:30AM - 11:00AM

Canolfan Marl, Llandudno Junction

Email: gemma@conwy-connect.org.uk
to book your place

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Walk with The Jones'

Thursday's
11:30am



Come and join Rebecca, Nicole and Paula for a weekly walk with friends.

For more information email
Non@conwy-connect.org.uk

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WHAT'S ON

Friday



MOVEMENT & YOGA
10 AM - 11 AM
£5 per person taking part
FOR MEMBERS / SUPPORT PARENTS / CARERS
DEWI SANT, RHW ROAD, CONWY, LL29 7TW
Starting 23rd Sept for 6 weeks
Email: Non@conwy-connect.org.uk



UNDER 18'S DISCO
Upcoming Dates
4th November
2nd December
FRIDAY
6:30PM - 8:30PM
LLANDUDNO JUNCTION COMMUNITY CLUB
TO BOOK, E-MAIL
NON@CONWY-CONNECT.ORG.UK



DENBIGHSHIRE FAMILIES UNDER 18'S DISCO
Where: Brighter Futures, 34 Wellington Road, Rhyd, LL18 1BN
Time: 6:30 pm - 8:30 pm
Dates: Friday 18th December, Friday 16th January, Friday 27th February, Friday 24th March, Friday 17th March
For children with a learning disability and/or autism
To book email: gemma@conwy-connect.org.uk



Youth Club Face To Face
Talk to Matt through email or WhatsApp to join!
Matthew@conwy-connect.org.uk or 07926611143
Grouped Conwy Gwynedd North Wales Together



MOS SOCIAL NIGHT
ALTERNATE FRIDAY'S 7pm
BRYN CADNO COMMUNITY CENTRE, COLWYN HEIGHTS, LL29 6DW
£5 entry No coins
FOR MORE INFORMATION EMAIL EVA@CONWY-CONNECT.ORG.UK

Saturday



SATURDAY ART CLASS
8-18 years
Saturdays 10 am-12 pm
Suggested donation £2
At the Conwy Connect HQ
Canolfan Marl
Off Broad Street
Llandudno Junction
LL31 9HE
To book email Non@conwy-connect.org.uk

Sunday



Chat with Shell
Sunday's 5:45pm to 6:30pm
On Zoom
Meeting ID: 825 3769 1307
Password: 768320

For more information on our weekly activites and upcoming events visit

www.conwy-connect.org.uk/whats-on



Through the Eyes of a Parent Carer

One of the newer additions to Conwy Connect are our Children's services. From Children's activities to the Transition Services, we've seen that demand is high. Our project support officer Leanne sat down for a chat with some parents to find out why.

Phil

Conwy Connect has been a godsend. It has been nice seeing Kyle mixing with people like himself, and speaking to other parents at a time when it feels so isolating. When my son wouldn't come to the groups, Matt came to the house to meet him. I thought this was excellent service as Kyle probably wouldn't have gone to the groups otherwise. The transition from the children's to adults' services is nice as there is a slight crossover in ages.



Gina

After not seeing anyone over lockdown, and losing touch with all the friends he grew up with, Conwy Connect has allowed James to be social again.

Sue

It's nice having somewhere to go where other kids don't take the mick. There are never any kickoffs and everyone is so accepting. The peer support during transition periods and going to new places is great.



Kirsty

What matters to me is that he is happy. He is out doing age-appropriate things and making a peer group. There are a lot more opportunities to do things that as a parent we wouldn't usually go to alone. It's so good for his mental health and it's lovely to see how much the groups care for each other. The members feel like the staff are approachable too, which makes a big difference. It's like a little family.



Conwy Connect for Learning Disabilities



Annual General Meeting 2023

**On
Zoom**



6:00

6pm

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

Wednesday

January

25

25th of January 2023

**Zoom meeting ID:
825 8915 6523**

**Passcode:
AGM**

From all the team at Conwy Connect,
we'd like to say a huge

Thank You

for reading our magazine and for all the
support that we receive.



Conwy Connect For Learning Disabilities

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Tel: 01492 536486
Message and What's App 07925 966009

