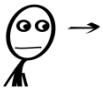




Moving On Solutions

Bulletin Issue 18, March 2017

Moving On Solutions Group was set up to look at supporting the development of new opportunities for social and leisure activities in the community, for Adults with a Learning Disability. The group, mainly volunteers, has achieved a lot in the time it has been running. This Bulletin is to bring you up to date with current and new activities.



Come and try something new!

Lisa will be offering some dance sessions in Canolfan Riviere starting on Thursday 9th March.



When: Thursday March 9th / 23rd and April 6th / 27th

Time: 7.00pm - 8.00 pm

Where: Canolfan Riviere, Craig y Don, Llandudno. LL30 1TD

Cost: £4 per person

Contact: Non Lederle Tel: 01492 536486

Email: conwy.connect1mos@gmail.com



Everyone is welcome to come and give it a try. Please try and let us know if you are hoping to attend. It will be a mixture of dancing just let us know what you would like! Line dancing / Zumba the choice is yours. Remember to bring a drink.

Please come and support Conwy Connect and try our new activities. Without your support they may not be able to continue.



When: Friday April 28th, July 7th and September 29th

Time: 7.00 pm -10 pm

Where: Colwyn Bay Cricket Cub, Penrhyn Avenue. LL28 4LR

Cost: £4 per person

Contact: Sue Davies / Non Lederle Tel: 01492 536486

Everyone is welcome. Come along and join in the fun. Look out for the flyers.

Volunteers are always needed to assist with the activities. If you would like to share your skills, meet new people and have a good time whilst giving back to the community then please get in touch.

Non: conwy.connect1mos@gmail.com

The Picasso Club



When : Tuesdays 10am – 12 noon
Where: Llanrhos Old Community School
Cost: £4 per person
Contact: Monique Cronje on Tel: 07979 842227

Monique Cronje is the leader and together with a group of very hard working volunteers all sorts of art and craft activities take place. Everyone is made welcome. Please come along, enjoy a cup of tea and a chat.

If you would like to become a volunteer or know someone who would, please contact Monique she would be more than happy to hear from you.

Disco



When: Monday 7pm – 9.30pm
Where: Llandudno Junction Community Centre
Cost: £4 per person to cover cost and this includes a free raffle ticket on the night.
Contact: Sue Davies Tel: 01492 536486

We are always looking for more volunteers to help, especially on the door from around 7.00pm to 8.15pm. If you can help, even for this short period of time, please get in touch.

Some Future Dates are:

Monday 6th March, 20th March

Monday 03rd April, 24th April

Monday 08th May, 22nd May

Monday 05th June, 19th June

Monday 03rd July, 17th July, 31st July

Colwyn Bay Football



When: Saturday morning 10.30 am – 11.30 am
Where: Colwyn Bay Leisure Centre. The Barn. Eirias Park
Cost: £3 per person
Contact: Kelly Davies or Colin Davies on 01492 583555.

The sessions are for all abilities and offer the chance for people to develop their football skills. VOLUNTEERS NEEDED. PLEASE HELP IF YOU CAN.



When: Tuesdays 7pm - 9pm
Where: Craig y Don Community Centre
Cost: £4 per person
Contact: Felicity Bryant mob 07976958049 or email felicitybryant@aol.co.uk.

Volunteers are also needed at Venture Drama Group . If you are interested in the performing arts, making costumes or props please contact Felicity. Everyone is welcome to go along and see if you like it. The group runs for 38 weeks of the year. 2

Bowls



When: April onwards
Where: Penmaenmawr. Please contact Dave for further information.
Cost: £3 Per session
Contact: Dave Mahon on: 07894 055107

Horse Riding



When: Weekly
Where: Tanrallt, Henryd, Conwy LL32 8EZ
Cost: £3 - £10 per session dependent upon requirements
Contact: Liz Futyan tel: 01492 582833 if interested

An assessment ride can be arranged with the instructor, Wendy, to find a suitable placement for you. Riding hats are provided.

You will need support / transport to get there as there is no bus service.

Disability Skiing Wales



When: The first Saturday of each month 10 am – 12 noon
Where: Llandudno ski slope (on the Great Orme)
Cost: £6 first session further details below
Contact: Liz Futyan 01492 582833

The next session will be on Saturday 1st April. There are plenty of trained voluntary ski guides to help you. If you can, have a look at Disability Skiing Wales website to see what they do.

You may need a support person to come with you to help in getting you ready for skiing. You will need to wear a long sleeved top (to protect your arms), trousers, and a pair of gloves. You will be provided with all other equipment.

If you enjoy it and want to join the club, the annual membership is £20 for individual, or £25 for family membership +£5 per ski session for the hire of ski equipment.

Come and give it a try. We all have a lot of fun.



Conwy Connect members also did a project with TAPE Community Music and Film regarding Smart Meters. Its FANTASTIC! Please take a look and complete the questionnaire. Thank you.

You can find the film on **Conwy Connect's** Face book and web
<http://www.conwy-connect.org.uk/>

TAPE Community Music and Film Old Colwyn: <https://vimeo.com/200377531>
<http://tapemusicandfilm.co.uk/>



The questionnaire: <http://bit.ly/2hdq0Jg>

Social Night



When: Friday 7pm – 9pm
Where: Canolfan Riviere, Craig y Don, Llandudno. LL30 1TD
Cost: £4 per session
Contact: Non 01492 536486
conwy.connect1mos@gmail.com

Join us and have monthly Friday fun with your friends. Play games, have a chat and share a cuppa. Either try a new activity, or play some games and chat with your friends. We will also allow time for bingo whenever we can. Any donations of Bingo prizes would be more than welcome.

- March 17th** Come and enjoy our new venue with some big game fun
April 21st 'Spring Posy' floral workshop with Gail Shaw (bring a bunch of flowers)
May 19th Make and bake a couple of cup cakes (£1.50 extra)
June 16th Games and bingo / boccia
July 21st Pottery Painting (£2.50 extra)
August 18th Games and Bingo

Everyone will receive a warm welcome but please make sure you use the **booking form (some additional costs may apply)** and let us know that you will be able to join us for the **'Spring Posy' workshop / Make and bake** and **Pottery painting**.



Cookery Sessions

Cookery took place in October 2016 for 6 weeks and was thoroughly enjoyed by all who attended.

If in the future you would be interested in attending a basic cookery course please **contact Non** with your details on **01492 536486** or at **conwy.connect1mos@gmail.com**

YIPPEE WE'RE STILL CLIMBING!!

Come and reach new heights

Climbing Wall



The climbing club was started thanks to funding from **Community Chest** and will be continuing into 2017 so please come along.

When: Wednesday 7.00pm – 8.30pm
Where: Ysgol y Gogarth
Cost: £10 per session
Contact: Non 01492 536486
conwy.connect1mos@gmail.com

Everyone is welcome to give climbing a try. It is suitable and can be adapted for all abilities. Whether you attend once / weekly or monthly it doesn't matter so come and join in the fun!

(Maintenance can occur during the school holidays so please check that the club is running on those dates).

Any new ideas?



New Activities: Have you got an idea for a new activity? Please contact Non and tell her about it. Or if you attend an activity that we can tell other people about, then let Non know. We are always looking for activities and events that people may enjoy and can always try it out at the Friday night social.

Funding



Moving on Solutions has a small amount of funding available to try and help develop new and existing activities. If you would like to organise an activity but may need help and funding to get it started, please contact Non. Should you need any help filling in the proposal form Non will be more than happy to help. The Committee will then discuss your request for funding and make a decision. They meet on a regular basis throughout the year. We look forward to hearing from you.

If you would like to know about other activities available in Conwy look at information from the Well Being Team at www.conwy.gov.uk

For further information on any of the above activities please contact Non Lederle:



Conwy Connect, Rear Annex, 7 Rhiw Road,
Colwyn Bay, LL29 7TE



01492 536486



Email: conwy.connect1mos@gmail.com

Website: www.conwy-connect.org.uk