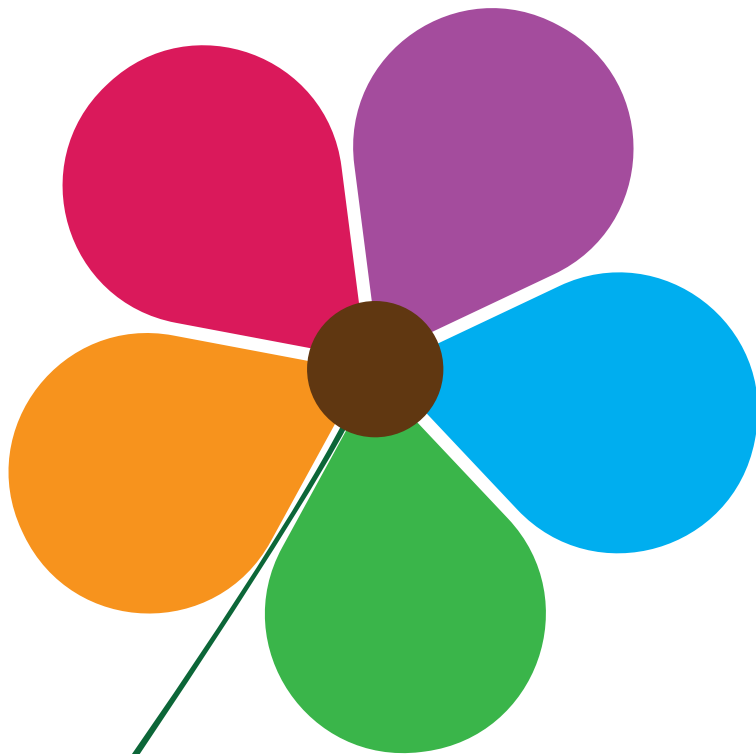


Looking after myself



Gwynedd local wellbeing services

2020

Gwynedd Health and Wellbeing Partnership



Are you looking after yourself? Or are you looking for ways of improving your overall wellbeing? This booklet has been compiled by a number of agencies (which have formed the Gwynedd Health and Wellbeing Learning Partnership) in order to:

- ❖ Give ideas on how to start looking after your health and wellbeing by providing information about what is available within our communities.
- ❖ Follow the five ways to well-being (Public Health Wales) so that we can think of ways of looking after ourselves.



If you would like more information, or if you wish to make comments about this booklet, please contact Chloe Roberts (Gwynedd Health and Wellbeing Partnership Coordinator).

☎ 01286 682806

✉ UnedLlesiant@gwynedd.llyw.cymru

CONNECT WITH PEOPLE IN YOUR COMMUNITY

Make time to connect with friends and family to help enrich your day.

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BE ACTIVE

Being active makes you feel good. Get moving - dance, sing; step outside - go for a walk, a run or cycle.

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LEARN SOMETHING NEW

Learning something new can be fun, make you feel good and build your confidence.

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GIVE TIME TO HELP OTHERS

Acts of kindness, helping others or even volunteering can make you feel happier.

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TAKE NOTICE

Take time for yourself, notice things around you and savour the moment.

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CONNECT WITH PEOPLE IN YOUR COMMUNITY

Make time to connect with friends and family to help enrich your day.



Abbey Road Centre

ABBNEY ROAD CENTRE - BANGOR

Abbey Road Centre is a mental health and wellbeing centre that offers bilingual support to people over 18 years old in Gwynedd, Conwy and Anglesey. You can drop in for activities, one-to-one support and information. The centre offers counselling services, support and/or training by our partners who are based in the centre, as well as opportunities to receive various therapies.

The centre is a welcoming environment for people who are dealing with mental ill-health for the first time, people who regularly deal with mental ill-health, people dealing with short-term or long-term issues, or anyone who is feeling lonely or going through recovery. The centre is open during office hours, Monday to Friday.

5-9 Abbey Road, Bangor, Gwynedd LL57 2EA

 **01248 354888**

 **ARC@abbeyroadcentre.co.uk**

 **www.abbeyroadcentre.co.uk**



TAN Y MAEN HEALTH AND WELL-BEING CENTRE - DOLGELLAU AND BLAENAU FFESTINIOG

The Tan y Maen Health and Wellbeing Centre provides support for individuals and carers who are experiencing problems with their mental and emotional health. This includes individual support, drop-in groups and therapy sessions, therapeutic courses for depression, anxiety and self-esteem, and Mindfulness sessions for reducing stress. The centre is part of the Parabl talking therapies service which, as well as the above, provides people with access to Cognitive Behaviour Therapy (CBT) through the on-line Serenity programme and counselling. They have a mentoring for well-being support project which is well-established and they have recently started offering support through mobile phone apps. The groups at Tan y Maen provide all sorts of interesting and light-hearted activities including crafts, cooking, games and Tai Chi. In Dolgellau they have a Walking for Well-being group which caters for all abilities. They hope that they have all kinds of support to respond to people's health and wellbeing needs, and if they aren't able to meet your needs, the centre can refer you to someone who can help!

Y Ddarllenfa Rydd - Dolgellau, Canolfan Tan y Maen - Blaenau Ffestiniog, Theatr y Ddraig - Bermo, Yr Hwb - Bala, Ysbyty Coffa Tywyn a'r Ganolfan Iechyd.

 **07964 858095**

 **tanymaen@btinternet.com**

 **www.tanymaen.org.uk**



FELIN FACH CENTRE - PWLLHELI

Felin Fach Centre is the South Gwynedd community hub. There is a relaxed and friendly atmosphere with a warm welcome for everyone in this centre, which provides a completely confidential service. The centre provides therapeutic services, an opportunity to socialise over lunch or a cuppa, assistance with benefits, housing, a chance to discuss anything that is worrying you and someone to listen. The centre and the drop-in service is open Monday to Friday, 10am - 5pm.

Felin Fach Centre, Penlan Street, Pwllheli, LL53 5DE

☎ **01758 701611** • ✉ christinefelinfach@gmail.com

📘 **Canolfan Felin Fach**



Antur Waunfawr

ANTUR WAUNFAWR

Antur Waunfawr is a social enterprise providing health and wellbeing opportunities, care and employment in the community to individuals with learning disabilities. The site in Waunfawr includes a café, crafts shop and a nature park that is open to the public. They hold weekly health and wellbeing activities on the site such as gardening, yoga, boccia, crafts and many more. Anyone is welcome to join! They are also developing the new Porth yr Aur site in Caernarfon, ready for summer 2020, which will include a shop for hiring modified bicycles, and also a wellbeing room which will be a space for all sorts of activities.

Bryn Pistyll, Waunfawr, Caernarfon, LL55 4BJ. Also from summer 2020 onwards: Porth yr Aur, High Street, Caernarfon, LL55 1RN.

☎ **01286 650721** • ✉ swyddfa@anturwaunfawr.cymru

🌐 www.anturwaunfawr.cymru

GISDA

DAEPARU CEFNOGAETH A CHYFLEOEDD I BOBL IFANC
PROVIDING SUPPORT AND OPPORTUNITIES FOR YOUNG PEOPLE

GISDA

GISDA is a charity that provides intensive support and opportunities for young people aged 16-25 living in North Wales. Here are some of the services they offer:

- o Housing, hostels and support for young people aged 16-25
- o Support for young parents.
- o Work experience opportunities at the GISDA Café (Social Enterprise).
- o Alternative education.
- o Creative opportunities.
- o Homelessness prevention workshops.
- o Volunteering opportunities.
- o Specialist support for after-care young people.
- o A Youth Club for LGBT+ young people.

GISDA Caernarfon, 22/23 Castle Square, Caernarfon, Gwynedd, LL55 2NA.

GISDA Blaenau Ffestiniog, The Old Co-Op, 49 High Street, Blaenau Ffestiniog, Gwynedd, LL41 3AG.

 **01286 671153 / 01766 830260**

 **gisda@gisda.co.uk**

 **www.gisda.org**



CARERS OUTREACH SERVICE

If you are an adult unpaid carer in North Wales, the registered charity Carers Outreach could help and support you. No-one should have to care on their own, and Carers Outreach realise that every carer's situation is unique and that carers have many different needs. They are a friendly and experienced team who understand what it means to be a carer, and they could help you cope with your carer responsibilities. If you need information, support, or simply need time to yourself, Carers Outreach is there for you.

Gwynedd, Anglesey and Conwy.

 **01248 370797**

 **help@carersoutreach.org.uk**

 **www.carersoutreach.org.uk**



Gwynedd a Môn **AGE CYMRU - A well-being
and ageing well service in**

Gwynedd and Anglesey.

Age Cymru Gwynedd a Môn is a registered charity that protects and promotes local residents' well-being, by addressing loneliness and social isolation and ensuring a voice and support for the older population locally. They have over 20 years' experience of providing a range of preventative and early intervention services including personal care (through a registered service), day care, lunch clubs, age well groups, 'Men's Shed' in Caernarfon, community cafés, a charity shop, advice, information and advocacy, and a variety of volunteering opportunities!

Since 2017 the service's main offices have been based in Bontnewydd Home Community Hub on the outskirts of Caernarfon, and the building is also a popular community well-being hub.

**Bontnewydd Home Community Hub, Bontnewydd, Caernarfon
LL54 7UW**

 **01286 677711**

 **info@acgm.co.uk**

 **www.acgm.co.uk**



GWYNEDD AND ANGLESEY SHARED LIVES SCHEME

The Shared Lives scheme is part of Gwynedd Council's Learning Disabilities service and it offers a Shared Lives service across Gwynedd and Anglesey. The service focuses on families sharing their home, family life, interests, experiences and skills with vulnerable individuals who need a little support to live as independently as possible.

The support can be provided through the following placements:

- o Long term.
- o Short term.
- o Respite.
- o Day support.

Support is available to people aged 18+ who have:

- o A learning disability.
- o Mental health problems.
- o A physical disability.
- o A sensory impairment.
- o Dementia.

The offices are based in Pwllheli, Dolgellau and Llangefni. The service offers placements across Gwynedd and Anglesey.

 **01758 704145 / 01341 424511**

 **Cynllun.lleoli@gwynedd.llyw.cymru**

 **www.gwynedd.llyw.cymru**



Gwasanaethau Gwybodaeth i Deuluoedd
Family Information Services

FAMILY INFORMATION SERVICE

The Family Information Service offers free, specialist information to residents and professionals in Gwynedd. They provide guidance on childcare, support services, young people and family matters. As well as the above, they have a list of registered childcare providers e.g. childminders, nurseries and cylchoedd meithrin - these can be seen on the website noted below. Follow their Facebook and Twitter pages if you want to contact a member of the team or to find information about events and activities locally.

**Tŷ Cegin, Penrhyn Avenue, Maesgeirchen, Bangor, Gwynedd,
LL57 1LR**

 **01248 352436 / 07976 623816**

 **GGTGwyneddFIS@gwynedd.llyw.cymru**

 **www.ggd.cymru**

 **Gwynedd Ni**

 **@GwyneddNi**



CANOLFAN GERDD
William Mathias



SPIRIT
OF 2012



YSBRYD
2012

WILLIAM MATHIAS MUSIC CENTRE

WMMC hold a number of musical activities aimed at preserving and improving well-being and bringing people together to socialise in communities across Gwynedd. Here are a few of the projects that they offer:

Chat and Sing - An opportunity to chat and sing over a cuppa during the day. Current locations: Trawsfynydd, Pwllheli, Bethesda, Deiniolen, Tremadog and Bala.

Hidden Talents - Integrated creative music sessions led by Arfon Wyn in Galeri, Caernarfon for adults with disabilities. This is an opportunity to come together to create music and take part in performances.

Discover the Song (under the auspices of the Spirit of 2012) - An integrated and inclusive group for people aged 16+ with learning disabilities, and adults without disabilities to perform, improvise, create, develop new skills and socialise, with the aim of protecting and improving mental health and well-being. Groups are held in Harlech, Pwllheli and Caernarfon.

 01286 685230

 post@cgwm.org.uk

 www.cgwm.org.uk



SPORTING MEMORIES SOCIAL CLUB

Sporting Memories Clubs are open to anyone over 50 years of age who enjoys sports. It is a place to meet and reminisce about playing or watching sports; an opportunity to enjoy discussing the sporting history and legacy of the local area, and it is also an opportunity to participate in physical activities and accessible sports.

By sharing memories about sports - both major and minor events, people immediately make connections as the feelings from their memories and passion for sports are re-ignited. It is an opportunity to create new friendships, which helps people to realise that they do not face life's challenges alone.

The Oval, Caernarfon Town Football Club & Y Traeth, Porthmadog Football Club.

 **01248 352436 / 07976 623816**

 **emmajaynequaeck@gwynedd.llyw.cymru**

FFESTINIOG

SEREN FFEStINIog CYF

Seren Ffestiniog was established to support people with learning disabilities, and at the same time provide a service to the community as it continues to expand and grow considerably.

Seren Ffestiniog is an accredited support services provider with Gwynedd Social Services and is a registered support provider with Care Inspectorate Wales. Its projects include:

- o Stiniog Gardens: a therapeutic horticulture site.
- o Furniture centres located in Blaenau Ffestiniog and Porthmadog.
- o Cylch yr Efail: crafts centre.
- o Gainsborough: high street shop.
- o Waverley: clothing reuse centre.
- o Gwesty Seren in Ffestiniog that provides unique respite care.

Locations in Blaenau Ffestiniog, Porthmadog and Llan Ffestiniog.

 **01766 832 378**

 **info@serencyf.org**

 **www.serencyf.org**

BE ACTIVE

Being active makes you feel good. Get moving - dance, sing; step outside - go for a walk, a run or cycle.



Byw'n Iach

CWMNI BYW'N IACH

Byw'n Iach includes 11 different sized leisure centres based around Gwynedd – from Bangor down to Tywyn. They provide health and well-being opportunities for the residents of Gwynedd seven days a week, with various leisure activities for all ages. Further information about the 11 sites is available on www.bywniach.cymru

Byw'n Iach Arfon, Caernarfon -

 **01286 676451 / 01286 676945** •  arfon@bywniach.cymru

Byw'n Iach Bangor -

 **01248 370600** •  bangor@bywniach.cymru

Byw'n Iach Bro Dysynni, Tywyn -

 **01654 711763** •  BroDysynni@bywniach.cymru

Byw'n Iach Bro Ffestiniog -

 **01766 831066** •  BroFfestiniog@bywniach.cymru

Byw'n Iach Dwyfor, Pwllheli -

 **01341 423579** •  dwyfor@bywniach.cymru

Byw'n Iach Glan Wnion, Dolgellau -

 **01654 711763** •  GlanWnion@bywniach.cymru

Byw'n Iach Glaslyn, Porthmadog -

 **01766 512711** •  Glaslyn@bywniach.cymru

Byw'n Iach Pafiliwn, Bermo -

 **01341 280111** •  pafiliwn@bywniach.cymru



Cwmni Byw yn Iach

Byw'n Iach

Byw'n Iach Penllyn, Bala -

☎ 01678 521222 • ✉ penllyn@bywniach.cymru

Byw'n Iach Plas Ffrancon, Bethesda -

☎ 01248 601515 • ✉ PlasFfrancon@bywniach.cymru

Byw'n Iach Plas Silyn, Penygroes -

☎ 01286 882047 • ✉ PlasSilyn@bywniach.cymru



Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru
Wales National Exercise
Referral Scheme (NERS)

THE NATIONAL EXERCISE REFERRAL SCHEME

The National Exercise Referral Scheme has been designed for inactive adults who face the risk of developing health problems, or people who already have a health condition. The purpose of the scheme is to promote health and well-being by encouraging long-term physical activities. The scheme is part of the Wales National Exercise Referral Scheme, which is funded by Public Health Wales working in partnership with the Welsh Government. Ask your GP whether this scheme is suitable to you.

The scheme operates in 11 Byw'n Iach centres in Gwynedd.

☎ 07813594777 / 01286 676945

✉ terryowenwilliams@bywniach.cymru

🌐 <https://www.bywniach.cymru/activity/cynllun-ners/>



WILD ELEMENTS

Wild Elements connects people with nature in order to improve their lives, opportunities and aspirations. As well as helping people to improve their well-being, confidence and skills, they offer a weekly Jobs Club, a weekly Gardening Club, accredited training, general training and a range of volunteering opportunities for adults and young people. Wild Elements provides free public lectures and 96 free accredited training places for anyone who is interested in the environment, nature, horticulture and forestry.

Wild Elements also provides programmes and activities to support foster families, home-educated children, young carers and individuals leaving care. The other services that they offer include outdoor education for primary and secondary schools, a Nature Group for children, children's holiday clubs and Bushcraft events.

Rivendell Building, Treborth Botanic Garden, Bangor, Gwynedd, LL57 2RQ.

 **07799 566533**

 **info@wildelements.org.uk**

 **www.wildelements.org.uk**



DEMENTIA GO

DementiaGo offers physical activities classes throughout Gwynedd, supporting people with dementia and their carers to promote quality of life. The classes include exercises to assist with strength, balance and co-ordination; an opportunity to play games and receive support or to chat over a cup of tea at the end. The class costs £2 and people of all abilities are welcome! The classes are held in:

Bro Dysynni Leisure Centre - Tywyn
Glan Wnion Leisure Centre - Dolgellau
Glaslyn Leisure Centre - Porthmadog
Arfon Leisure Centre - Caernarfon
Cae Garnedd - Penrhosgarnedd
Community Centre - Llanwnda
Community Centre - Fairbourne
The Dragon Theatre - Barmouth
Bangor Swimming Pool
Plas Heli - Pwllheli

 **01766 510932 / 07768 988095**

 **emmajaynequaeck@gwynedd.llyw.cymru**



SMALL WOODS - ACTIVE WOODS WALES'S WOODLAND ACTIVITIES PROGRAMME

Small Woods is a charity supporting the use of woodlands. They run Active Woods Wales programmes across Wales, which are woodland activity sessions, and they include woodland craft, plants and nature identification, mindfulness, walking, living in the wild, working with willow, bushcraft, green woodworking, fire-cooking, and tea and biscuits! The sessions are aimed at adults who want to improve their health and well-being, and also families with young children.

Across Gwynedd.

☎ **07816 041570**

✉ **actifwoodsgwynedd@smallwoods.org.uk**

🌐 **smallwoods.org.uk**



ANTUR STINIOG

Antur Stiniog has a mountain-biking centre which includes 14 trails that cater for all abilities. The trails are graded green to black and are located amidst splendid Welsh views surrounding Blaenau Ffestiniog. As well as the biking trails, the centre has a café serving a variety of local produce and quality coffee, and also toilets, showers and a bike shop. Also on the site they have Nukeproof Dissent Downhill Bikes, and early in 2020 there will be children's bikes available for hire.

Llechwedd Slate Caverns, Blaenau Ffestiniog, Gwynedd, LL41 3NB.

☎ **01766 238007**

✉ **adrian@anturstiniog.com**

🌐 **www.anturstiniog**

PARTNERIAETH AWYR-AGORED
Prifbad • Mwynhau • Llwyddo



Experience • Enjoy • Achieve
OUTDOOR PARTNERSHIP

OUTDOOR PARTNERSHIP: OUTDOOR OPPORTUNITIES FOR EVERYONE

The Outdoor Partnership works with people in Gwynedd to take on outdoor activities as a way of changing their lives. They believe that together, we can change lives once and for all. From local clubs to the peaks of our mountains, there is an opportunity for everyone to take part.

The projects they offer are a means of giving people a boost and the confidence to help them develop skills and team-working so that they can benefit from new opportunities and healthier lives.

Through volunteering, taking advantage of education, participation, completion of training and working, everyone can start making life-long changes. The projects on offer include:

- o North Wales Outdoor Trainees
- o This Girl's Adventure
- o Pathways to Employment
- o Inclusive Adventure
- o Community Development Programme

Gwynedd, Conwy, Anglesey, Denbighshire, Flintshire and Wrexham.

 **01690 720168**

 **office@outdoorpartnership.co.uk**

 **www.partneriaeth-awyr-agored.co.uk**

LEARN SOMETHING NEW

Learning something new can be fun, make you feel good and build your confidence.



GWYNEDD LIBRARIES

Through the library, the following are available **FREE OF CHARGE**:-

- o Relaxing, reading a newspaper, borrowing books, use of the public computers, use of Wi-Fi, scanning, photocopying and more.
- o The loan of e-books, Welsh and English audio e-books, and on-line magazines.
- o The loan of **Reading Well: Mental Health** self-help books - selected by experts.
- o Help with computer skills and using computers.
- o Digital Support with computer skills and computer use at home if you are unable to visit your library.
- o A Touring Service to bring books to you home every month.
- o Help to find all sorts of information, including health information.
- o The *Ancestry* and *Find My Past* websites.
- o Joining in activities such as Colouring for Relaxation, Family History Sessions, Craft Sessions, Reading Groups and much more.

The Libraries of Caernarfon, Bangor, Porthmadog, Pwllheli, Dolgellau, Tywyn, Blaenau Ffestiniog, Barmouth, Bala, Penygroes, Cricieth, Nefyn and Dyffryn Ogwen, Bethesda.

☎ **01286 679463** • ✉ llyfrgell@gwynedd.llyw.cymru

🌐 www.gwynedd.llyw.cymru/llyfrgell

Follow the Llyfrgelloedd Gwynedd Libraries page on Facebook or Twitter:

📘 **Llyfrgelloedd Gwynedd Libraries** • 🐦 **@LlyfrGwyneddLib**



GWAITH GWYNEDD

Gwaith Gwynedd offers friendly advice and guidance, one-to-one support and mentoring to help individuals to develop their skills and find training, volunteering and employment. The service can also support you by addressing complex obstacles faced by individuals, whether they be mental health, well-being or housing issues. Gwaith Gwynedd includes a number of specific employment projects such as Communities for Work, ADTRAC and Communities for Work Plus.

Operating across Gwynedd.

 **01286 674698**

 **gwaithgwynedd@gwynedd.llyw.cymru**

 **www.gwynedd.llyw.cymru**



AD-TRAC

The ADTRAC project supports young people aged 16-24 years old who are not in education, training or employment.

ADTRAC can provide support with:

1. Employability
2. Well-being Support

The team at Gwynedd Council is responsible for providing the Employability support and the team at Betsi Cadwaladr University Health Board is responsible for providing the Emotional Well-being Support.

Operating across Gwynedd.

 **01286 679600**

 **timADTRAC@gwynedd.llyw.cymru**

 **www.gllm.ac.uk/adtrac**



VARIOUS WORKSHOPS LED BY BANGOR UNIVERSITY'S WIDENING ACCESS CENTRE

Bangor University's Widening Access Centre offers a comprehensive programme of workshops. The workshops are led by the University's members of staff and part-time tutors. They have a number of activities available including art, coding, photography, music, science, film, gardening etc.

Operating across Gwynedd and Anglesey, on request or at the University itself.

☎ **01248 383761** • ✉ **delyth.murphy@bangor.ac.uk**

🌐 **<https://www.bangor.ac.uk/widening-access/about.php.cy>**



GWYNEDD COMMUNITY ARTS

Gwynedd Community Arts hold a series of annual schemes aimed at supporting people to have access to, enjoy and experience the arts, for the benefit of individual, society, economic and community well-being. Every year, the Gwynedd Community Arts Unit runs a programme of various activities and projects across the county.

Workshops • Exhibitions • Courses

Grants for community groups • Creative schemes

Operating across Gwynedd.

☎ **01286 679721** • ✉ **celf@gwynedd.llyw.cymru**

🌐 **www.gwynedd.llyw.cymru/arts**



CREATIVE GWYNEDD

Creative Gwynedd is a voluntary organisation that aims to promote opportunities for taking part in and enjoying the arts. The arts can be a good way of contributing towards achieving the 5 Ways to Well-being. Visit their website to find out what is available in the county. You can learn about opportunities to attend events, workshops, courses and all sorts of creative projects. You will be able to participate in drama, music, art and dance activities and much more!

Operating across Gwynedd.

☎ **01286 679721** • ✉ post@gwyneddgreadigol.com

🌐 www.gwyneddgreadigol.com



Grŵp

**Llandrillo
Menai**

LLANDRILLO MENAI GROUP

The Llandrillo Menai Group offers courses for adults, courses in the community and evening courses across north-west Wales where you can: foster your skills and develop confidence, improve your prospects for employment, learn a new skill and make new friends at the same time!

Whatever your interests, there will be a course suited to you! Courses are run on all the campuses, and also in informal locations in the community such as libraries and community centres.

Gwynedd, Anglesey, Conwy, Denbighshire (community locations and college campuses).

☎ **01248 370 125**

✉ dafydd1g@gllm.ac.uk

🌐 <http://www.gllm.ac.uk/adult-and-community/>



YOUTH SUPPORT SERVICE

The Youth Support Service works with young people between 16 and 24 years old across Gwynedd to support them, and provide them with skills and various accreditations and opportunities to give them the confidence to be able to move on in their lives.

They have hubs in Caernarfon and Dolgellau and are looking to expand the hubs to other areas of the county. The hubs offer somewhere safe for young people to socialise, gain confidence, develop life skills such as cooking, and receive support and information on a number of issues.

The service offers a Supper Club for young people every second Monday to promote cooking skills, socialising and free food.

The hubs are based in Caernarfon, Dolgellau and Dwyfor, and there are also projects across the county.

☎ **01286 673211 • Aron - 07785 458163 • Carina - 07780 955968**

✉ **AronMorgan@gwynedd.llyw.cymru**

✉ **CarinaElias@gwynedd.llyw.cymru**

GIVE TIME TO HELP OTHERS

Acts of kindness, helping others or even volunteering can make you feel happier.



*Yn cefnogi grwpiau gwirfoddol a chymunedol
Supporting voluntary and community groups*

GWYNEDD VOLUNTEER CENTRE (MANTELL GWYNEDD)

Have you thought about volunteering but are unsure who could help you? At the Volunteer Centre they provide advice and support to individuals who are interested in volunteering. Mantell Gwynedd can help you find volunteering opportunities in your local area, including support for individuals who have any additional support needs. They also promote and celebrate volunteering in the County, and support organisations that already involve volunteers or those wishing to recruit new volunteers. The centre offers training to new volunteers and sessions on managing volunteers to organisations.

The main office is in Caernarfon and there is an area office in Dolgellau..

 **01286 672 626**

 **gwirfoddoli@mantellgwynedd.com**

 **www.mantellgwynedd.com**



ICAN

Law yn llaw at iechyd meddwl
Together for mental health

ICAN SERVICE

The ICAN Service supports individuals who require support when they are in a crisis, and in a situation that is impacting negatively on their emotional health and well-being. The ICAN team will support children, young people and adults by offering a safe and quiet space for them to talk about their problems, and will refer them to specialist and bespoke services within their own area. The service will also coordinate early intervention by agencies that can offer support and advice to the individuals. The service can also contact statutory partners to offer a specialist health and well-being service as required.

The service will be open 10am - 4pm Monday to Friday from January 2020.

Felin Fach Centre, Pwllheli

 **01758 701611**

 **christinefelinfach@gmail.com**

 **www.felinfach.com**



ydrefwerdd
YD REFESTINGO'S COMMUNITY ENVIRONMENTAL PROJECT

Y DREF WERDD

Y Dref Werdd is a community environmental project providing a service and resources to the community for a broad range of needs which include support

with:

- o Well-being matters.
- o Social prescriptions.
- o Support with the route back to work.
- o Ways to save money and energy in the home.
- o Volunteering and training opportunities.
- o A variety of environmental projects.
- o Developing opportunities for young people in the local area.

Monday - Friday: 9am - 5pm.

5 High Street, Blaenau Ffestiniog, Gwynedd, LL41 3ES.

 **01766 830 082**

 **ymholiadau@drefwerdd.cymru**

 **www.drefwerdd.cymru**

MENTER FACHWEN

Menter Fachwen has been supporting people with learning disabilities for over 30 years. They offer work-based opportunities in social enterprises by running small businesses in the community in Dyffryn Peris and the surrounding area. These businesses provide volunteering opportunities in conservation, catering, horticulture, joinery and care.

They provide a day service for people with intensive needs, and every support focuses on the individual. Their Walk and Discover Centre in Caxton House, Llanberis offers guided tours, talks and maps. The aim of Menter Fachwen is to make the most of the beautiful area surrounding them, therefore, walking, climbing and canoeing is available to anyone working for them or to any person approaching them for support.

See their Facebook page for more details: Menter Fachwen.

Locations in Fachwen, Deiniolen, Llanberis and Cwm y Glo.

 **01286 872 014**

 **cbee@menterfachwen.org.uk**

 **www.menterfachwen.org.uk**



THE BRITISH RED CROSS

Rehabilitation Service - Home from Hospital.

**British
RedCross**

This service exists to make a difference by providing practical support and advice to individuals as they are discharged and transferred from hospital to their home.

How can the service help?

- o Practical support before being discharged from hospital.
- o Assistance with practical issues after being discharged from hospital - prescription collection, transport, shopping and essentials.
- o Well-being and building confidence.
- o **Advice** - connecting the individual with befriending networks/social activities.

Operating across Gwynedd.

 **01248 364677 / 07899 913203**

 **hwilliams@redcross.org.uk**

 **www.britishredcross.org.uk**



OGWEN PARTNERSHIP

PARTNERIAETH
OGWEN

This is a community environmental service that provides support to individuals and organisations across the valley for the benefit of our citizens and the environment. They are part of a partnership that promotes volunteering and employment opportunities. They also promote the concept of a Green Valley - a sustainable and prosperous area pioneering in renewable energy. They have offices available to hire, hot-desking opportunities, a 'Making Space' and administrative services.

Ogwen Valley.

☎ **01248 602131** • ✉ huw@ogwen.org • 🌐 www.ogwen.org



CYNGOR IECHYD CYMUNED
COMMUNITY HEALTH COUNCIL

THE NORTH WALES COMMUNITY HEALTH COUNCIL (NWCHC)

The NWCHC is the community's health services independent watchdog that represents the voice of patients and the public who use the health service in our area. They are made up of local volunteers and are looking for enthusiastic people to encourage others to have their say about NHS services and be the important link between those who plan and deliver NHS services, those who inspect and regulate it, and those who use it.

**11 Chestnut Court, Ffordd Y Parc, Parc Menai, Bangor, Gwynedd,
LL57 4FH.**

☎ **01248 679284**

✉ admin@waleschc.org.uk

🌐 www.communityhealthcouncils.org.uk/betsicadwaladr

TAKE NOTICE

Take time for yourself, notice things around you and savour the moment..



YNYS MÔN AND GWYNEDD MIND

Ynys Môn and Gwynedd Mind is a local mental health service. They provide support for adults and young people encountering problems with their mental health, in community and educational settings.

Their services include:

- o Time to Talk - free, one-to-one confidential help and support.
- o Courses on coping with life, self-management courses that work within the cognitive behavioural therapy (CBT) framework: including managing anxiety, managing depression, assertiveness and building self-esteem.
- o Mindfulness Courses.
- o Creative Art Workshops - open to everyone.

Gwynedd and Anglesey.

 **01286 685279**

 **info@monagwyneddmind.co.uk**

 **www.monagwyneddmind.co.uk**



GWYNEDD MINDFULNESS

Gwynedd Mindfulness offers Mindfulness sessions by using a gentle curiosity to explore what is happening in our experiences in the moment. It can help anyone who wants to reduce stress, improve health and open the door in general towards more positive well-being. They are experienced teachers who offer a broad range of mindfulness approaches for groups and individuals in various locations. These groups could be general courses for the public or sessions in the workplace. Contact them to discuss which approach would suit best for your needs.

Across Gwynedd.

 **07719 792209**

 **info@gwyneddmindfulness.co.uk**

 **www.gwyneddmindfulness.co.uk**



CAIS

CAIS is a registered charity that seeks to help people make positive changes in their lives. These people may be affected by dependence, mental health problems, unemployment, offending as well as other life challenges.

The services they offer include:

- o Alcohol and Drugs residential treatment.
- o Alcohol and drug counselling in the community.
- o Specific support for veterans, families and their carers through the 'Change Step' mentoring service.
- o Mentoring and employment support for people who have a history of substance misuse and mental health conditions through 'Cyfle Cymru'.
- o Fellowship support groups, such as JIGSAW, for people who have a history of offending and associated challenges.
- o Housing support for people who need help to manage their tenancy.
- o A wide range of employment opportunities.

Across Gwynedd.

☎ **0345 06 121 12**

✉ **enquiries@cais.org.uk** • 🌐 **www.cais.co.uk**

Follow the CAIS Facebook or Twitter page:

f CAIS **t @CAISLtd**



ARMED FORCES (Veterans' NHS Wales)

This is a specialised service, prioritised for individuals who have served in the armed forces, at any time in their lives and are suffering from mental health difficulties related specifically to their military service. Each local health board has appointed an experienced clinician as a Veteran Therapist with an interest or experience of military (mental) health problems. The VT will accept referrals from health care staff, GPs, veteran charities and self-referrals from ex-armed forces personnel. The appropriate VT can be contacted by going to your Local Health Board page or using one of the contact methods including telephone, e-mail or accessing their website.

Across Wales.

 **0800 132 737**

 **admin.vnhswc&v@wales.nhs.uk**

 **www.veteranswales.co.uk**

*dros adferiad
o afiechyd
meddwl difrifol*

hafal

*for recovery
from serious
mental illness*

HAFAL

Hafal Gwynedd is a bilingual service and is one of the main charities in Wales working with people, and their carers, to help them recover after a serious mental illness. Hafal's aim is to empower people who are suffering from a serious mental illness, enabling equal access to health and social care, housing, income, education and employment, and ensuring a better quality of life.

Hafal is run by the people it supports, and every project enables people to make decisions as to how the service can proceed.

Arosfa, 110 Y Stryd Fawr, Porthmadog, Gwynedd, LL49 9NW

☎ **01766 513800** • ✉ **gwynedd@hafal.org**

🌐 **www.hafal.org**



PARABL

Following a comprehensive telephone assessment with an assessor (in order to find whether you are eligible, and to discuss your individual needs) you will agree the most appropriate service for you from a range of options. The services include guided self-help, computerised cognitive behavioural therapy, therapeutic groups and individual therapy.

Across Gwynedd.

☎ **0300 777 2257** • ✉ **ask@parabl.org**

🌐 **http://www.parabl.org.uk**

IMPORTANT CONTACTS

FOOD BANKS

Bangor - ☎ 07425 307959 • Caernarfon - ☎ 07847 192896
Pwllheli - ☎ 01758 612 023 • Bermo - ☎ 07973 914599

BEAT

A helpline and on-line support to help adults and young people overcome their eating disorders.

☎ 0808 801 0677 • 🌐 www.b-eat.co.uk

BARBARA BUS GWYNEDD

A service for wheelchair users who cannot transfer from chair to vehicle. The vehicles have been specially adapted and can be loaned for up to a week subject to specific conditions.

☎ 07967 223696
🌐 www.barbarabusgwynedd.com

JOB CENTRE PLUS

Advice about work, benefits and more.

☎ 0800 012 1888
🌐 www.gov.uk/contact-jobcentre-plus

VICTIM HELP CENTRE

This service is for anyone affected by crime, not only the victim themselves, but also their friends, family and any other people involved.

☎ 0300 3030 159
🌐 www.victimhelpcentrenorthwales.org.uk

CALL

A confidential helpline offering emotional support and information on mental health and related matters.

☎ 0800 132 737 • 🌐 www.callhelpline.org.uk

CRUSE

Information and support following bereavement.

 **01492 536577**

 www.cruse.org.uk/get-help/local-services/wales/north-wales

CITIZENS' ADVICE BUREAU (CAB)

A helpline to help people solve their legal, financial or any other type of problems.

 **03444 772020**

 www.citizensadvice.org.uk

DYFFRYN NANTLLE COMMUNITY TRANSPORT SCHEME (The Station, Penygroes)

The scheme helps people to reach where they want to go through individuals volunteering their time and using their own car to take people to medical appointments, shops and on social visits.

 **07410 982467**

 post@yrsaf.cymru

DAN 24/7

A free, bilingual helpline providing information and help around drugs and alcohol.

 **0808 808 2234**

 www.dan247.org.uk

DEAF BLIND CYMRU

A national charity providing expertise, information and advice to support people with dual (sight and hearing) impairments.

 **07884 658027** •  GwendaHughes@deafblind.org.uk

 **0800 132 320** •  info@deafblind.org.uk

 www.deafblind.org.uk

FRANK

Friendly and confidential advice on drugs.

 **0300 123 6600**

 www.talktofrank.com

GALW GWYNEDD (CYNGOR GWYNEDD)

The helpline is open from Monday to Friday, 8:30am - 5:30pm.

 **01766 771000**

 **www.gwynedd.llyw.cymru**

STOP SMOKING SERVICE

 **0800 085 2219**

 **www.helpafiistopio.cymru/**

CAREERS WALES

Information and advice about jobs, careers, learning or training.

 **0800 028 4844**

 **www.gyrfacymru.com**

MEDDWL.ORG

Mental health information and experiences through the medium of Welsh.

 **<https://meddwl.org/>**

O DDRWS I DDRWS

A service in the Dwyfor area for older people and disabled people who cannot get to public transport.

 **01758 721777**

RASAC

A free helpline for survivors of rape and sexual abuse, and their friends and family.

 **0800 0288 022**

 **www.rasasc.org**

RCS

A service providing free, confidential support to employed and self-employed people with health problems that are affecting them at work.

 **01745 336442**

 **www.rcs-wales.co.uk**


SHELTER CYMRU


A helpline for advice on housing, social services and advocacy.

 **0345 075 5005**

 www.sheltercymru.org.uk/cy/

GWYNEDD COMMUNITY MENTAL HEALTH TEAM

Ysbyty Alltwn (Porthmadog) -  **0300 852 407**

Hergest Unit (Ysbyty Gwynedd, Bangor) -  **01248 363470**

TRAVELINE CYMRU

An information service about public transport in Wales.

 **0800 464 0000**

 www.traveline.cymru/

DOMESTIC VIOLENCE

Live fear free: Advice on domestic abuse.

Sexual violence and violence against women and men.

 **0808 801 0800**

THE FARMING COMMUNITY NETWORK (FCN)

A national, confidential helpline open

7am - 11pm every day of the year.

 **03000 111999**

 www.fcn.org.uk

SAMARITANS

Confidential, emotional support, 24 hours a day for people experiencing feelings of distress or despair, including those that may lead to suicide.

 **0808 164 0123**

 www.samaritans.org.uk

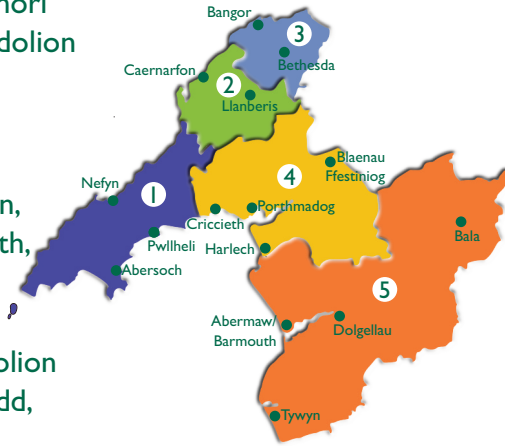
Area map of the Community Resource Teams

**MANYLION CYSWLLT NEWYDD AR GYFER
GWASANAETHAU GOFAL I OEDOLION**

**NEW CONTACT DETAILS FOR
ADULT CARE SERVICES**

Mae gwasanaeth newydd yn cymryd lle Tîm Cyngori ac Asesu Oedolion Gwynedd.

O hyn ymlaen, am wybodaeth, cyngor a chymorth ar gyfer oedolion yng Ngwynedd, cysylltwch â:



A new service is replacing the Gwynedd Adult Advice and Assessment Team.

From now on, for information, advice and assistance for adults in Gwynedd, please contact:

1 Llŷn 01758 704099
OedolionLlyn@gwynedd.llyw.cymru

2 Caernarfon 01286 679099
OedolionCaernarfon@gwynedd.llyw.cymru

3 Bangor 01248 363240
OedolionBangor@gwynedd.llyw.cymru

4 Eifionydd-Gogledd/North Meirionnydd 01766 510300
OedolionEifionydd/GogMeirionnydd@gwynedd.llyw.cymru

5 De/South Meirionnydd 01341 424499
OedolionDeMeirionnydd@gwynedd.llyw.cymru

www.gwynedd.llyw.cymru



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

