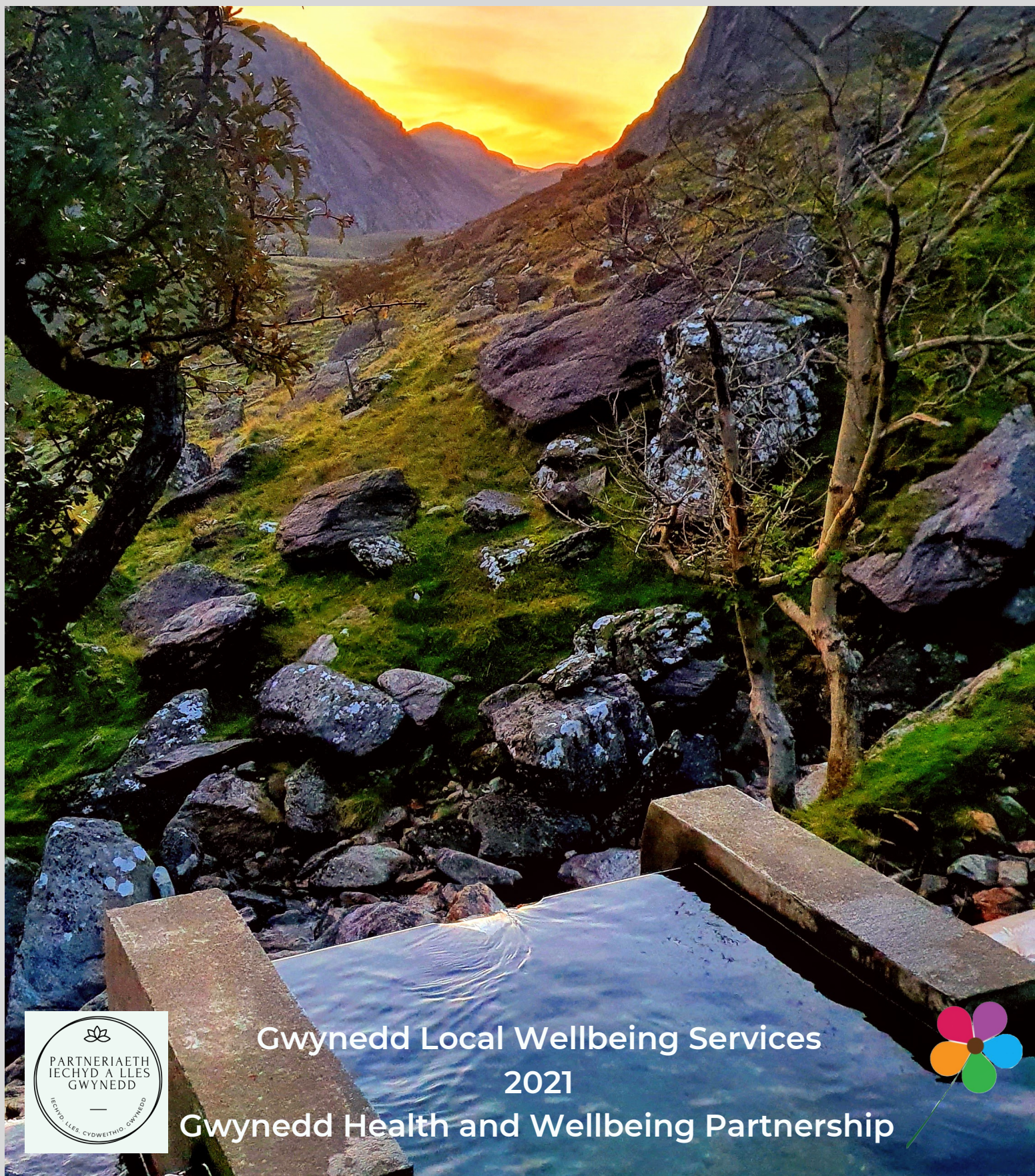
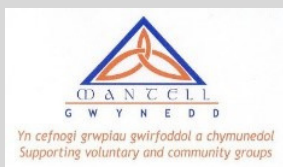


# Looking after myself



Gwynedd Local Wellbeing Services  
2021  
Gwynedd Health and Wellbeing Partnership










After quite a difficult time for all, which has affected many of us, it is now more important than ever that we look after ourselves. This booklet has been compiled by a number of agencies (who formed the Gwynedd Health and Wellbeing 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) and get different ideas on how to look after ourselves, which makes a positive contribution towards mental wellbeing.

### **What are the Five Ways to Wellbeing?**

Five simple things we can all do to give our wellbeing a boost. The Five Ways to Wellbeing are a set of evidence-based messages aimed at improving the mental health and wellbeing of the whole population.

The five actions are:

- |   |                  |
|---|------------------|
|  | 1. Connect       |
|  | 2. Be Active     |
|  | 3. Keep Learning |
|  | 4. Give          |
|  | 5. Take Notice   |



**For more information about the Five Ways to Wellbeing, follow the website link below -**

[www.bcuhb.nhs.wales/health-advice/five-ways-to-wellbeing/](http://www.bcuhb.nhs.wales/health-advice/five-ways-to-wellbeing/)

**If you would like more information about help for people and communities in Gwynedd, please follow the link below -**

[www.gwynedd.llyw.cymru/en/Residents/Emergencies/Coronavirus/Helping-people-and-the-community.aspx](http://www.gwynedd.llyw.cymru/en/Residents/Emergencies/Coronavirus/Helping-people-and-the-community.aspx)

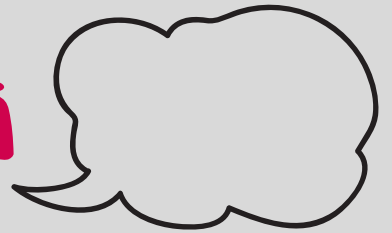
## Five Ways to Wellbeing Activity -

Here is a short activity for you to do in your own time if you wish. List the things you do for each of the Five Ways below. Perhaps you like going for a walk, note this by the 'Be Active' box, or you may be learning a new skill such as cooking or drawing, note this by the 'Keep Learning' box.

This can be a good way of identifying your strengths by seeing the places that are stronger than others and identifying any gaps that need to be filled.

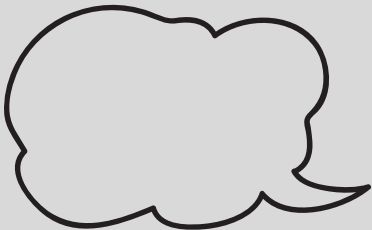
### CONNECT

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



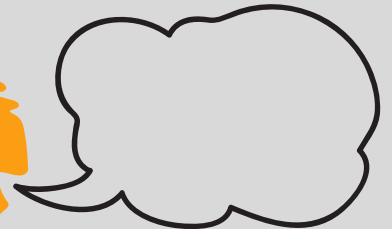
### BE ACTIVE

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



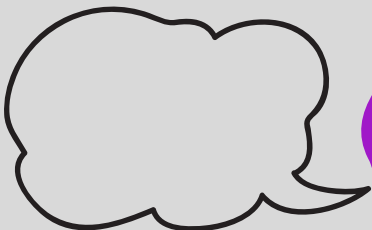
### KEEP LEARNING

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



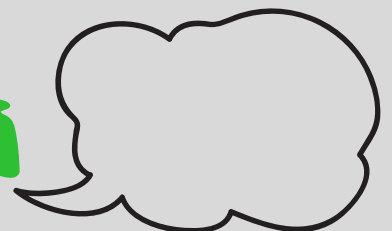
### GIVE

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



### TAKE NOTICE

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



If you would like more information, or if you wish to receive a hard copy of this booklet, please contact any of the following contact details below:

☎ 01286 682806

✉ [UnedLlesiant@gwynedd.llyw.cymru](mailto:UnedLlesiant@gwynedd.llyw.cymru)

## **CONNECT**

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

**Pages  
1 - 7**

## **BE ACTIVE**

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

**Pages  
8 - 13**

## **KEEP LEARNING**

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

**Pages  
14 - 20**

## **GIVE**

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

**Pages  
21 - 25**

## **TAKE NOTICE**

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

**Pages  
26 - 29**

## **IMPORTANT CONTACTS**

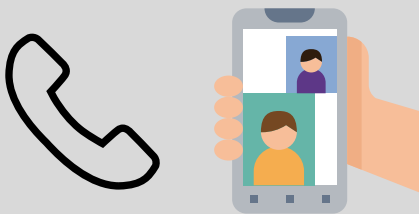
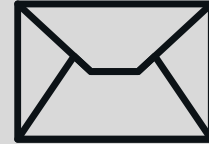
**Pages  
30 - 35**



# CONNECT

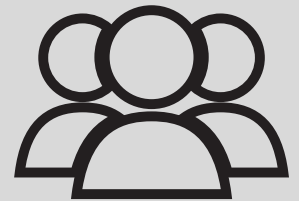
**Make time to connect with friends and family to help enrich your day.**

**You can send a card, letter or email to someone.**



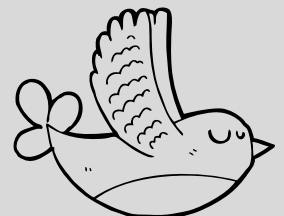
**What about having a telephone conversation or facetime with a friend or family member?**

**You could join a new group online to make new friends e.g. Arts group or Cookery club!**



**What about sharing your favourite song on social media to cheer up your friends?**

**Step outside and connect with the outdoors and nature. Perhaps you might see a familiar face along the way!**



*For more ideas on how to 'connect', you can find further examples within this booklet.*

## ABBEY ROAD CENTRE - BANGOR

Abbey 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 contact the centre during office hours, or visit their Facebook page and website at anytime. To find out the centre's opening hours, or how to get involved within their community by obtaining support, becoming a volunteer or member of the charity, please get in touch.

The centre offers activities and a listening ear as well as support from other charities and services that are located at Abbey Road. The centre is currently offering some of their services online and over the phone on weekdays.

They're looking forward to welcoming you to a community that is committed to improving mental health.



01248 354 888



ARC@abbeyroadcentre.co.uk



Canolfan Abbey Road Centre



www.abbeyroadcentre.co.uk

## TAN Y MAEN HEALTH AND WELLBEING CENTRE - DOLGELLAU A BLAENAU FFESTINIOG



Tan y Maen Health and Wellbeing Centre provides mental health and wellbeing support across North Wales. Their main offices are located in Blaenau Ffestiniog and Dolgellau and they have Wellbeing and Mentoring projects which cover all major towns in South Gwynedd and Conwy County Borough. Their services are open every weekday.

During the COVID-19 restrictions and when it is not possible to hold face to face sessions, they have established a Virtual Support hub which can be accessed through their website and can provide support over the phone, e-mail and messaging support, App Based Support, Support for Loss as a result of COVID-19, including bereavement support and access to a wide range of talking therapies through their Parabl Talking Therapies Service covering Gwynedd, Anglesey, Wrexham and Denbighshire. The Parabl services include Computer Cognitive Behaviour Therapy (CCBT), Mindfulness Courses, Courses of Anxiety, Depression and Self esteem, and counselling. The App Based Support covers the whole of North Wales and provides support using the Dayio App, WhatsApp, pre-assessment and support to use the Silvercloud support platform.



07964858095



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 and a chance to discuss anything that is worrying you and someone to listen. The centre offers a number of courses such as 'Anxiety and Lifestyle Management', which includes 6 two-hour sessions a week and a 'Confidence Building' course.

They have a 'Cuppa and a Chat' ZOOM meeting every Friday, therefore, contact them via the e-mail address below for more details. The centre has a new computer room for members of the public to use if they wish to search for work or any other digital needs. During COVID-19 restrictions, the support service continues over the phone, but unfortunately there are no face to face sessions.

☎ 01758 701 611      ✉ christinefelinfach@gmail.com / samifelinfach@gmail.com



Canolfan Felin Fach Centre

## ANTUR WAUNFAWR



Antur Waunfawr is a charity that gives individuals with disabilities opportunities to work and be part of the community. In addition, they provide weekly health and wellbeing activities such as gardening, yoga, boccia, crafts and much more.

The site in Waunfawr is a Nature Park of up to 7 acres with a cafe and a crafts shop that is normally open to the public. However, during COVID-19 restrictions the site will be closed in order to protect the individuals.

Despite this, Antur still offers hot meals that can be delivered to your door during lunchtime, and during the spring, they will begin to sell plants and vegetable that will be grown on site.

For more information, contact them via the contact details below.

☎ 01286650721      ✉ swyddfa@anturwaunfawr.cymru



Antur Waunfawr



[www.anturwaunfawr.org](http://www.anturwaunfawr.org)

GISDA is a charity that provides intensive support and opportunities to vulnerable young people in Gwynedd between 16 and 25 years old. GISDA seeks to improve young people's lives by working with them to develop their independent living skills and improve their employability, health and wellbeing, and sense of self-worth. The support they offer each individual is tailored to their needs, directly addressing the difficulties they are experiencing and aimed towards achieving the goals they have set for themselves. Through the range of projects and therapeutic support that GISDA offers, young people gain the skills and confidence required to live independently.

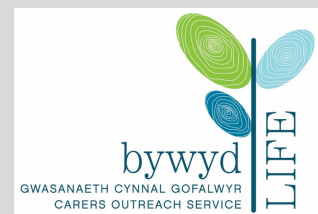
Some of their projects include supporting young parents, raising awareness of homelessness across schools, finding and providing accommodation for young people, and supporting their transition into employment. GISDA's social enterprises, such as their café in Caernarfon's town centre, provide further opportunities for young people.

Staff continue to offer a face to face service if there is a great need and in line with the RAG risk assessment with the young people. They have also adapted their service to be able to provide virtual support to the young people through telephone calls, 'Facetime', Microsoft Teams / Zoom if face to face sessions cannot take place.

 **01286 671153**  **gisda@gisda.co.uk**

   **Gisda Cyf**  **www.gisda.org**

## **CARERS OUTREACH SERVICE**



If you are an adult unpaid carer in North Wales, the registered charity Carers Outreach can 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 can help you cope with your carer responsibilities. If you need information, support, or simply need time to yourself, Carers Outreach is there for you.

Please note, during COVID-19 restrictions, Carers Outreach Service implement a remote service. One to one support can take place over the phone and Zoom calls. Support groups take place over Zoom.

 **01248 370797**  **help@carersoutreach.org.uk**

   **CarersOutreachServiceGwasanaethCynnalGofalwyr**

 **www.carersoutreach.org.uk**



Age Cymru Gwynedd a Môn is a registered charity that protects and promotes local residents' wellbeing, by addressing loneliness and social isolation and ensuring a voice and support for the older population locally.

Over the COVID-19 period Age Cymru Gwynedd a Môn has been providing a 'Keeping in Touch' telephone service for local older and/or vulnerable people who are isolated (including Veterans). With many having benefitted from the service and fewer opportunities to see people out in the community, they're offering people the opportunity to hear a friendly voice at the other end of the phone. They're providing regular phone calls, bilingual and confidential, to those who are isolated and would appreciate a chat; and they provide information, advice and assistance on issues including keeping the home safe and warm over winter, from the organisation's experts.

They also offer the following paid services:

- Providing hot meals delivered to the home, and also items such as medication and food essentials.
- Providing personal care, shopping service, a sitting service to assist carers.

A call for new volunteers!

Would you like to join the team of volunteers to extend their 'Keeping in Touch' service? They offer registration with "Volunteering Wales" and training.

 01286 677 711 / 01286 685926

 [info@acgm.co.uk](mailto:info@acgm.co.uk)

  AgeCymruGaM



[www.ageuk.org.uk/cymru/gwyneddamon/](http://www.ageuk.org.uk/cymru/gwyneddamon/)


## GWYNEDD AND ANGLESEY SHARED LIVES SCHEME



The Gwynedd and Anglesey Shared Lives Scheme offers long term placement, short term placements, respite, day services and emergency services for vulnerable adults aged 18+. The service is provided in the homes of enablers and their families who live in Gwynedd and Anglesey and who have been recruited, trained and approved by the Shared Lives Panel.

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. Arrangements can be made with individuals with the following support needs:- Learning Disabilities, Mental Health problems, Physical Disability, Sensory impairment and Dementia.

The long term service provided by the scheme is continuing through the COVID period. Nevertheless, to keep everyone safe, respite care sessions are only available on a needs basis (emergency) at present.

 01758704145 / 01341 424511

 [cynllun.lleoli@gwynedd.llyw.cymru](mailto:cynllun.lleoli@gwynedd.llyw.cymru)



[www.gwynedd.llyw.cymru](http://www.gwynedd.llyw.cymru)

# FAMILY INFORMATION SERVICE



The Family Information Service offers specialist information free of charge to the residents of Gwynedd and the professionals who are there to support families. They provide guidance on childcare, support services, young people and family issues and are happy to assist with your enquiries. The service regularly share up to date information on family related information on their social media sites, the Council's official 'Hwb Teuluoedd Gwynedd' site and the FIS website. Links to all the above and their contact details can be found below. Contact them at any time, and they will do their best to reply to your enquiry as soon as possible. During COVID-19 restrictions, their office is closed for face to face visits but other contact methods below are still available.

 01248 352436  [ggtgwyneddfis@gwynedd.llyw.cymru](mailto:ggtgwyneddfis@gwynedd.llyw.cymru)

 **GwybodaethiDeuluoeddGWYNEDDFamilyInformation**

 **Hwb Teuluoedd Gwynedd:** [www.gwynedd.llyw.cymru/HwbTeuluoedd](http://www.gwynedd.llyw.cymru/HwbTeuluoedd)

**Gwefan GGD:** [www.ggd.cymru](http://www.ggd.cymru)

## CANOLFAN GERDD WILLIAM MATHIAS



CGWM arrange a number of musical activities aimed at maintaining and improving wellbeing and bringing people together to socialize in communities across Gwynedd. Here are just a few of the projects that they offer:

**Sgwrs a Chân** - An opportunity for adults to chat and sing over a cuppa during the day. As the face to face sessions are not possible when COVID-19 restrictions are in place, they provide pre-recorded video sessions and sessions via Zoom.

**Doniau Cudd** - Creative music sessions for adults who have Learning Disabilities. The sessions are usually held in Galeri Caernarfon on Thursday nights, but currently the sessions are held via Zoom and they conduct virtual performances.

**Canfod y Gân (funded by Spirit of 2012)** - An integrated and inclusive group for people aged 16+ who have 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 wellbeing. Sessions in Harlech, Caernarfon and Pwllheli (currently on zoom).

**One to One lessons** - CGWM offers 1-2-1 instrumental and vocal lessons to children and adults of all ages and abilities from the Centre at Galeri Caernarfon and online.

 01286 685230

 [post@cgwm.org.uk](mailto:post@cgwm.org.uk)

   @cgwmathias


 [www.cgwm.org.uk](http://www.cgwm.org.uk)



Seren Ffestiniog was established to support people with learning disabilities, and 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.

Their projects include:

- **Meals on Wheels:** Preparing and delivering hot, nutritious meals to the elderly and vulnerable people in the community.
- **Gerddi Stiniog:** This is a therapeutic horticulture site that gives an opportunity for individuals with learning disabilities to learn and participate in growing a variety of plants and vegetables.
- **Furniture centres:** The centres are located in Blaenau Ffestiniog and Porthmadog. In line with Government guidelines and in compliance with COVID-19 restrictions, a click and collect service is available.
- **Cylch yr Efail:** This is a crafts centre that produces a special variety of arts and craft items; the majority of which have been produced from recycled materials.
- **Gainsborough - High street shop:** In the shop, they sell a variety of souvenirs and arts and crafts items, including some of the products created by Seren themselves. During COVID-19 lockdown periods, the shop will remain closed.
- **Gwesty Seren** in Ffestiniog provides unique respite care.

 **01766 832 378**       **info@serencyf.org**

   **@serenffestiniogcyf**       **www.serencyf.org**

# BE ACTIVE

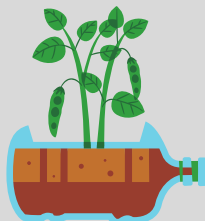
Being active makes you feel good. Get moving - dance, sing; step outside - go for a walk, a run or cycle.

**Venture outdoors to walk, run or cycle!**



**You could participate in a fitness class online.**

**Play your favourite song and dance!**



**What about doing some gardening?**

**You could take time to stretch your body during the day in order to relax and have a break.**



*For more ideas on how to 'be active', you can find further examples within this booklet.*



In line with Welsh Government guidelines, during lockdown periods, the centres will be closed and will remain closed until further notice, therefore look at the Byw'n Iach website for updates.

## **Live Fitness Classes:**

When all of the Centre's are closed, Byw'n Iach will be running live fitness classes for you to do at home. These will be hosted live over the Zoom App and available bilingually. To see a copy of the current timetable visit their webpage [www.bywniach.cymru](http://www.bywniach.cymru).

## **Byw'n Iach Cymru Youtube Channel:**

They have a number of fitness videos available to assist you with health and fitness in various activities and classes. An opportunity to keep fit from home! Visit their channel today and click subscribe! The channel is available for anyone to view and use.

## **Active for Life:**

This a new programme that will be delivered by Byw'n Iach over the coming months. This programme is funded by Sport Wales. In mid-January of this year Byw'n Iach employed two part-time officers to develop the scheme. These officers will look at providing low intensity fitness and sports sessions for residents of Gwynedd. They will also be combining elements of the Men's Shed project and the gardening projects. And once the centres open, they will look to introduce the 60+ swimming scheme.

Byw'n Iach have 11 sites across Gwynedd, offering a broad range of fitness programmes, training, swimming facilities and sports clubs.

- **BYW'N IACH ARFON**, Caernarfon - 01286 676451
- **CANOLFAN TENNIS**, Caernarfon - 01286 676945
- **BYW'N IACH BANGOR**, Bangor - 01248 370600
- **BYW'N IACH BRO DYSYNNI**, Tywyn - 01654 711763
- **BYW'N IACH DWYFOR**, Pwllheli - 01758 613437
- **BYW'N IACH GLAN WNION**, Dolgellau - 01341 423579
- **BYW'N IACH GLASLYN**, Porthmadog - 01766 512711
- **BYW'N IACH PENLLYN**, Y Bala - 01678 521222
- **BYW'N IACH PLAS FFRANCON**, Bethesda - 01248 601515
- **BYW'N IACH PLAS SILYN**, Penygroes - 01286 882047
- **BYW'N IACH PAFILIWN**, Abermaw / Barmouth - 01341 280111
- **PWLL NOFIO BRO FFESTINIOG**, Blaenau Ffestiniog - 01766 831066

✉ [cyswllt@bywniach.cymru](mailto:cyswllt@bywniach.cymru)

🖱 [www.bywniach.cymru](http://www.bywniach.cymru)



**Byw'n Iach Gwynedd Healthy Lifestyles**



**BywnIachCymru**



# 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 wellbeing 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 if this scheme is suitable to you.

At present, the scheme has been postponed across Wales due to the COVID-19 pandemic, therefore, they are only supporting their existing clients who were on the scheme pre-lockdown.

 **07813594777 / 01286 676945**  **terryowenwilliams@bywniach.cymru**

 **[www.bywniach.cymru/activity/cynllun-ners/](http://www.bywniach.cymru/activity/cynllun-ners/)**

## DEMENTIA ACTIF GWYNEDD



**Physical and social activities for people affected by dementia.**

The main aspect of the Dementia Actif Gwynedd programme is the DementiaGo physical activity classes which support and enhance quality of life for people affected by dementia. There are classes delivered throughout Gwynedd where people can take part in gentle exercise to help improve strength, balance and co-ordination. Other activities of the Dementia Actif Gwynedd programme include a Gwynedd Boccia League and tournaments, Sporting Memories Clubs, a DEEP support group, activities with the care homes and raising awareness about dementia through information sessions.

During the COVID pandemic, all face-to-face activities will be on hold until it is safe to restart. The programme offers online activities:-

**Gentle Exercise Class** - Monday 14:00pm a Thursday 11:00am

**Sporting Memories Club** - Friday 11:00am

**Coffee Morning** - First Wednesday of every month 11:00am

To register and for more information, please contact the details below.

 **07768 988095**  **dementiaactif@gwynedd.llyw.cymru**

 **[www.dementiaactifgwynedd.cymru](http://www.dementiaactifgwynedd.cymru)**

 **Dementia Actif Gwynedd**  
 **@DementiaGo**

# OUTDOOR PARTNERSHIP



The Outdoor Partnership is an organisation that collaborates with a number of other partners to offer opportunities for the people of Gwynedd to experience and participate in all types of Outdoor activities; from mountain walking to climbing, from sailing to rowing, from kayaking to surfing, skiing, cycling and much more. If you wish to participate in activities that are local to you regularly, the Outdoor Partnership can put you in contact with all community groups in the area that hold activities like these on your doorstep.

In addition to the above, opportunities to volunteer in the outdoors are available, by working in events, festivals and competitions with children and young people, training programmes where you can assist others and develop your personal skills, and contact other volunteer programmes such as the Snowdonia National Park.

The Outdoor Partnership can provide advice and information on how everyone of all abilities can participate in outdoor activities. They also collaborate with organisations, clubs and schools in order to improve access to the outdoors for people with disabilities.

They run various programmes that offer direct opportunities for various groups within the community:

- **Healthy and Active Programme**, which holds walking tours with the Community Mental Health teams in the area.
- The **Young Trainees Scheme** that works with people aged 18-30, preparing them for work in the outdoor field.
- The **Pathways to Employment programme** that works with young people aged 18-24 who are not in education, employment or training. The scheme uses activities such as walking and climbing to develop skills and build confidence.
- **This Girl's Adventure** - a scheme that attempts to inspire more women from North Wales to take part in outdoor activities for health, social and economic reasons.

They will endeavour to provide online learning, advice and support where possible. Please visit their website for the latest updates or for more information, contact the Outdoor Partnership to enquire about any of the above projects to see how you can have a go and join in the fun.

 [gwybodaeth@partneriaeth-awyr-agored.co.uk](mailto:gwybodaeth@partneriaeth-awyr-agored.co.uk)

 [www.partneriaeth-awyr-agored.co.uk](http://www.partneriaeth-awyr-agored.co.uk)

 **Y Bartneriaeth Awyr Agored - The Outdoor Partnership (@OutdoorPartnership)**

 **@PAA\_TOP**


Dawns i Bawb is a community dance organisation. They believe that everyone can dance and they continue to profess the advantages of dance to our communities within the context of personal growth, health and well-being, social and community networking and cultural identity.

**Here are some of the services they offer -**

- Children and Young People Programme.
- Dance Fitness for adults.
- Dance in education.
- Dance and health programme.
- Dance programme for care homes.
- Young children and their parents.
- Apprenticeship and professional training for local artists.
- Inclusive dance companies for people with disabilities.
- Community projects.

When it has not been possible to hold face-to-face sessions due to Covid, each session is held via Zoom.

 **01286 685220**       **post@dawnsibawb.org**

   **Dawns i Bawb**       **www.dawnsibawb.org**

**Want to take part from home? Why not watch the Dawns i Bawb YouTube channel?**



## COED LLEOL (Small Woods Wales)



Coed Lleol (Small Woods Wales) connect people and nature the woodland way. They run sessions for groups that focus on nature-based activities in woodlands, and online. They also have designed each session to build self-confidence, self-esteem and social interaction. Coed Lleol offer a range of opportunities to try and learn new skills such as, fire lighting, woodland skills, nature identification, foraging, campfire cooking, nature crafts and many more! Through the Active Woods Wales projects, they provide sessions open to families and adults.

At a time where it is not possible to hold face-to-face sessions, they provide activity sessions and nature information and training opportunities online.

 **07395 012275 / 01654 700061 Est/Ext. 4**       **melissadhilton@smallwoods.org.uk**

 **ActifWoodsGwynedd**       **www.smallwoods.org.uk/en/coedlleol/**





Wild Elements connects people with nature to improve their lives, opportunities and aspirations. To help people improve their wellbeing, confidence, and skills, they offer Job Club, Gardening for Wellbeing Club, Wild Woodwork Club (joinery), accredited training, general training and many volunteering opportunities for adults and young people. Free public lectures and accredited training are available for anyone who is interested in nature, horticulture, environment, and forestry.

Wild Elements also provides a Nature's Play Group for children under 5 years, children's holiday clubs, bushcraft events, crafts sessions for all ages, and programmes to support foster families, home educated children, young carers, and individuals leaving care. Other services include forest schools, beach schools, outdoor learning programmes that are associated with the curriculum for primary and secondary schools and children's clubs, and STEM education packs to support schools during the COVID-19 pandemic. As environmental specialists, the organisation offers community garden development (e.g. wildlife gardens, sensory spaces, picnic areas) and outdoor learning space development (e.g. outdoor classrooms, learning zones, gardening zones).

Wild Elements have a COVID-19 policy and they adhere to government guidelines. When it is not possible to hold face-to-face sessions, some training will have moved online and some will be postponed for the time being. When the Gardening Club, Jobs Club and Woodwork Club start being held, each person will be required to register and maintain social distancing at all times.



**07799 566533**



**info@wildelements.org.uk**



**www.wildelements.org.uk / www.elfennaugwyllt.org.uk**

# KEEP LEARNING

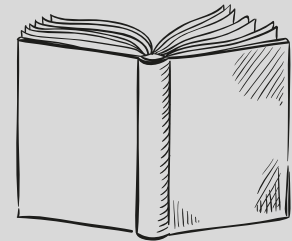
Learning something new can be fun, make you feel good and build your confidence.

**Everyone can learn a new skill e.g. cooking, drawing or learn how to play an instrument!**



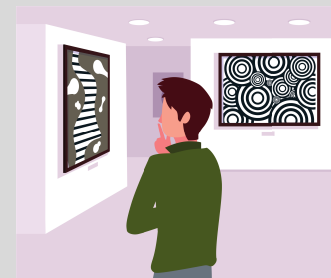
**Why not join an online educational course?**

**Read a good book, the news or listen to a podcast!**



**You could search for an interesting tutorial on YouTube and give it a go yourself e.g. a drawing tutorial!**

**What about visiting an online art or history exhibition?**



*For more ideas on how to 'keep learning', you can find further examples within this booklet.*

During these times, not all Library services may be available. The services you can access during current restrictions and when libraries are fully open are detailed below.

## Click & Collect and Home Delivery Service

Contact the libraries through the online form on the Gwynedd Council website, email or telephone to order books and book packs which have been specially selected for you or to order specific books you want to read. Library staff will contact you to arrange a collection date.

Can't visit the library? No problem. Contact them via the online form on Gwynedd Council's website, email or phone to order books and they can arrange for the van to bring the items to your home upon request. You can place books you have finished with in the return bins outside the Libraries (the boxes will be out during library staffed hours).

Visit Gwynedd Council's website for details of how to order and library hours - [www.gwynedd.llyw.cymru/library](http://www.gwynedd.llyw.cymru/library). There are no fines on any items during this period and books will be automatically renewed therefore there is no need for you to worry about returning your books on time.

## Digital Library available at all times

You can borrow e-books, e-audiobooks, magazines and newspapers through Gwynedd Libraries for free - [www.gwynedd.llyw.cymru/librarycatalogue](http://www.gwynedd.llyw.cymru/librarycatalogue). They also have a scheme called Borrowbox where you can borrow e-books and audio e-books for adults and children in Welsh and English. Perfect to relax!

Like reading magazines? What about looking at Libby where you can get the best choice of popular e-magazines e.g. New Scientist, BBC magazines, Cara, Radio Times, Amateur Photographer, Hello! 'Lingo Newydd' and many more. Also, new to the service is the Press Reader which includes magazines and daily newspapers from Britain and across the world.

You can also obtain temporary access to the Ancestry website. All you will need is to be a member of Gwynedd Libraries and know your PIN number.

## Home Library

You can request this service if you want a regular monthly library service to your home. You can apply online for the home library from the website below :- <http://www.gwynedd.llyw.cymru/library>, or by email to [library@gwynedd.llyw.cymru](mailto:library@gwynedd.llyw.cymru) or call the contact number below.

## Adult Courses

A number of adult courses are available. You can get the latest information by following the Facebook page of Addysg Cymunedol Gwynedd a Môn Community Learning.

## Other Library Services – contact to arrange an appointment or for more information

- o Using public computers.
- o Printing or photocopying.
- o Borrow self-help books curated by experts Reading Well: Mental Health.
- o Help with computer skills.

**Caernarfon, Bangor, Porthmadog, Pwllheli, Dolgellau, Tywyn, Blaenau Ffestiniog, Barmouth, Bala, Penygroes, Cricieth, Nefyn & Dyffryn Ogwen, Bethesda Libraries.**

 **01286 679463**       **[llyfrgell@gwynedd.llyw.cymru](mailto:llyfrgell@gwynedd.llyw.cymru)**

 **[www.gwynedd.llyw.cymru/llyfrgell](http://www.gwynedd.llyw.cymru/llyfrgell)**

 **Llyfrgelloedd Gwynedd Libraries**

 **@LlyfrGwyneddLib**



Gwaith Gwynedd offers friendly advice and guidance, one-to-one support and mentoring to help individuals to develop their skills and find training and employment. Despite the COVID-19 restrictions, they are still able to provide a comprehensive advice and employment service. By using social media and interactive software, we can ensure that there will be no barrier between you and the opportunity to move forward in your working world.

They can also support you by addressing the complex barriers of individuals, whether mental health, wellbeing and housing matters.

Contact Gwaith Gwynedd for:

- Advice about your future in employment.
- Training in order to improve your opportunity for work.
- Acknowledgement of your current skills and how to develop them.
- Information about the opportunities that you can take advantage of.
- Contact with an individual officer who will always be there to advise you.
- An informal chat.

They will be available to discuss your enquiry!

Do not be on your own when thinking about your future in employment. They have experienced officers who are enthusiastic and ready to advise you and point you in the right direction.

The service is open to everyone of all ages throughout the whole of Gwynedd, therefore contact Gwaith Gwynedd.. they're ready when you are!



**01286 679211**



**GwaithGwynedd@Gwynedd.llyw.cymru**



**Llwyddo'n Lleol Gwynedd / @Gwaith Gwynedd**

## GWYNEDD COMMUNITY ARTS



Gwynedd Community Arts holds a series of annual schemes aimed at supporting people to have access to enjoy and experience the arts for the benefit of individuals, society, the economy and community wellbeing. Every year, the Gwynedd Community Arts Unit runs a programme of various activities and projects across the county.

When it is not possible to hold face-to-face sessions, all events and activities will be held online. Contact them for more information.

Workshops ● Exhibitions ● Courses  
Grants for community groups ● Creative projects

☎ 01286 679721 ✉ [celf@gwynedd.llyw.cymru](mailto:celf@gwynedd.llyw.cymru)

🖱 [www.gwynedd.llyw.cymru/celf](http://www.gwynedd.llyw.cymru/celf)

## CREATIVE GWYNEDD



Creative Gwynedd is a voluntary organisation that aims to promote opportunity 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 the website to find out what is available in the county. You can learn about opportunities, workshops, courses and all sorts of creative projects. You will be able to participate in drama, music, art and dance activities and much more!

When it is not possible to hold face-to-face sessions, all events and activities will be held online. Contact them for more information.

☎ 01286 679721 ✉ [post@gwyneddgreadigol.com](mailto:post@gwyneddgreadigol.com)

🖱 [www.gwyneddgreadigol.com](http://www.gwyneddgreadigol.com)

📘 [gwyneddgreadigolcreativegwynedd](https://www.facebook.com/gwyneddgreadigolcreativegwynedd)

🐦 [CelfGwyneddArts](https://twitter.com/CelfGwyneddArts)

# GWYNEDD YOUTH SERVICE





Gwynedd Youth Service offers a wealth of opportunities for young people between 11-25 years to develop personal, social and educational skills. In addition, they enable young people to develop a voice, an influence and a place in Society in a safe and supportive environment. The Youth Service can provide this in a number of ways through working within schools or online. Here are some of the activities and projects they offer during COVID-19 restrictions:

- Caernarfon Friendly Club, for young people with Special Educational Needs.
- HWB – for young people age 16+.
- Duke of Edinburgh Award and various courses.
- Quizzes & Chil'n'Chat.
- Health & WellBeing - fitness sessions, healthy eating.
- Online discussions / debates.
- Creativity – crafts, recycling.
- Online Youth Clubs.
- Sports.
- Cooking.

Youth Workers offer information and support on many issues such as:

- Wellbeing.
- Bullying.
- Relationships & Sexual Health.
- Drugs & Alcohol.
- Internet Safety.
- Homelessness.
- Mental Health.

If the Youth Service are unable to support you, they will know or will find an agency who can.

 01286 679187  [ieuenctid@gwynedd.llyw.cymru](mailto:ieuenctid@gwynedd.llyw.cymru)

 [www.gwynedd.llyw.cymru/en/Residents/Health-and-socialcare/Hwbteuluoedd/Youth.aspx](http://www.gwynedd.llyw.cymru/en/Residents/Health-and-socialcare/Hwbteuluoedd/Youth.aspx)

 [ieuenctid Gwynedd Youth](https://www.facebook.com/ieuenctidgwyneddyouth)  [ieuenctidgwyneddyouth](https://www.instagram.com/ieuenctidgwyneddyouth)

 [@ieugwyneddyouth](https://twitter.com/ieugwyneddyouth)  [ieugwyneddyouth](https://www.snapchat.com/add/ieugwyneddyouth)

 [@ieuenctidgwyneddyouth](https://www.tiktok.com/@ieuenctidgwyneddyouth)

## **LLANDRILLO MENAI GROUP - ADULTS AND COMMUNITY**



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.

The Llandrillo Menai Group will offer online or face-to-face courses, subject to Government guidance.

 **01248 370125**       **dafydd1g@gllm.ac.uk**

 **[www.gllm.ac.uk/adults-and-community/](http://www.gllm.ac.uk/adults-and-community/)**

 **Grŵp Llandrillo-Menai**

 **LlandrilloMenai**



# GIVE

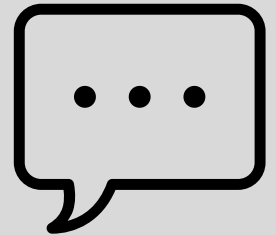
**Acts of kindness, helping others or even volunteering can make you feel happier.**

**What about volunteering in order to help others or join a community group? You can also volunteer from home or through online schemes!**



**Smile at a friend, a member of family or a stranger!  
It can make a major difference to your day and the person that you have smiled at.**

**What about sharing one of your favourite quotes on social media in order to share with friends?**



**Do something nice for a friend, a member of family, neighbour or a stranger!**

**Think what you are doing to look after yourself and share any tips with your friends.**



*For more ideas on how to 'give', you can find further examples within this booklet.*

## CANOLFAN GWIRFODDOLI GWYNEDD (MANTELL GWYNEDD)



Have you thought about volunteering but unsure who could help you? The Gwynedd Volunteer Centre provides advice and support to individuals who are interested in volunteering. They 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. Mantell Gwynedd can also offer training to new volunteers and sessions on managing volunteers to organisations. The main office is in Caernarfon with an area office in Dolgellau.

By following COVID-19 guidelines, Mantell Gwynedd staff members work from home and support can be received during normal office hours. Support is offered over the phone or via video call.

 **01286 672 626**  **[mantellgwynedd.com](http://mantellgwynedd.com)**

 **[gwirfoddoli@mantellgwynedd.com](mailto:gwirfoddoli@mantellgwynedd.com) / [volunteer@mantellgwynedd.com](mailto:volunteer@mantellgwynedd.com)**

 **Canolfan Gwirfoddoli Gwynedd & Mantell Gwynedd**

  **@mantellgwynedd**

## OGWEN PARTNERSHIP



The latest development of Partneriaeth Ogwen is Dyffryn Gwyrdd - a scheme that addresses environmental and social challenges in Dyffryn Ogwen. Working from the High Street, they;

- Offer opportunities to improve our local environment - volunteering and training sessions for all ages.
- Health and Wellbeing support.
- Electric community vehicles and e-bicycles.
- Support and advice on energy saving.
- Opportunities to participate in growing and planting locally.
- Community Support Scheme - food packages and regular food sharing sessions.
- Community Befriending Service - hot and nutritious meals delivered to your house.

During the COVID-19 pandemic, the staff will be working from home and face-to-face opportunities will be restricted.

 **01248 602131**  **[huw@ogwen.org](mailto:huw@ogwen.org)**  **[www.ogwen.org](http://www.ogwen.org)**

 **Partneriaeth Ogwen**  **@Siop Ogwen**

## ICAN SERVICE



The ICAN Service supports individuals who require support when they are in crisis, and in a situation that is impacting negatively on their emotional health and wellbeing. The ICAN team will support 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 wellbeing service as required.

Due to COVID-19 restrictions, some of the service they offer and the method in which they provide the above-mentioned support may have changed. If you are experiencing difficulties with your mental health, the ICAN service may be able to offer you emotional support via regular telephone calls 'Stay Well Phonecalls'. This service is not possible through self-referral, therefore, a referral will be required by a GP, a member of the Mental Health Team, the Probation Service, North Wales Police etc.

 **01758 701611**       **christinefelinfach@gmail.com**

 **[www.bipbc.gig.cymru/mi-fedraf/](http://www.bipbc.gig.cymru/mi-fedraf/)**

## MENTER FACHWEN



Menter Fachwen has been supporting people with learning disabilities for over 30 years. They provide support and a day service for people with intensive needs. This support has been tailored to meet the needs of all individuals and the support they provide varies from intensive support to low-level support at one of their social enterprises in the villages of Llanberis, Cwm-y-Glo, Fachwen and Deiniolen. 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.

During the COVID-19 pandemic, Menter Fachwen has continued with the service as they have plenty of locations for people to meet safely, in line with the Government's guidelines.

For more information, contact them via the contact details below:

 **01286 872 014**       **cbee@menterfachwen.org.uk**

 **[www.menterfachwen.org.uk](http://www.menterfachwen.org.uk)**

  **Menter Fachwen**

# THE BRITISH RED CROSS



The British Red Cross offers a number of support services as noted below:

- Practical support before being discharged from hospital.
- Rehabilitation Service - Home from Hospital. This service can provide practical support and advice to individuals as they are discharged and transferred from hospital e.g. collecting prescriptions, transport, shopping and essential items.
- Wellbeing support and building confidence.
- Provide advice and assistance when connecting individuals with networks or social activities.
- Short-term mental health and emotional welfare support.

When it is not possible to facilitate face-to-face support, support may be available via telephone calls.

 **01248 364677**     **hwilliams@redcross.org.uk**

 **[www.britishredcross.org.uk](http://www.britishredcross.org.uk)**

## Y DREF WERDD



Y Dref Werdd is a community environmental project providing a service and resources to the communities of the areas of Bro Ffestiniog and Penrhyndeudraeth for a broad range of needs which include support with:

- Wellbeing.
- Social prescriptions including Ecotherapy.
- Support to return to work.
- Ways to save money and energy in the home.
- Volunteering and training opportunities.
- A variety of environmental projects.
- Developing opportunities for young people in the local area.
- Telephone befriending scheme - SGWRS.
- Digital inclusion scheme.
- Zero waste shop - Y Siop Werdd.

During the COVID-19 pandemic, their 'drop-in' centres are closed and will not be offering face-to-face sessions. However, they're available for telephone consultations and can help with most things over the phone. All environmental volunteer group work have been suspended, but they're still coordinating some individual volunteers who are helping in the community e.g. shopping, deliveries, food bank etc.

 **Blaenau Ffestiniog - 01766 830082 / 07435290553    Penrhyndeudraeth - 07769343572**

 **[ymholiadau@drefwerdd.cymru](mailto:ymholiadau@drefwerdd.cymru) neu [hwb@drefwerdd.cymru](mailto:hwb@drefwerdd.cymru)**

 **[www.drefwerdd.cymru](http://www.drefwerdd.cymru)**



**Y Dref Werdd & HWB Cymunedol & Siop Werdd**





# CYNGOR CYMUNED GOGLEDD CYMRU (CICGC)



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 their area. They are made up of local volunteers and are looking for enthusiastic people to encourage others to have their say about NHS service and be the important link between those who plan and deliver NHS services, those who inspect and regulate it, and those who use it.

Due to COVID-19 restrictions and social distancing, the office is closed and the majority of staff members work from home. Nevertheless, the service is still running and phone messages/voicemails and e-mails are answered as soon as possible.

 01248 679284     admin2@wales.nhs.uk

 [www.gogleddcymrucic.gig.cymru/](http://www.gogleddcymrucic.gig.cymru/)  
[www.northwaleschc.nhs.wales/](http://www.northwaleschc.nhs.wales/)

 CIC Gogledd Cymru North Wales CHC

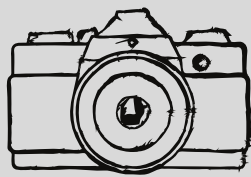
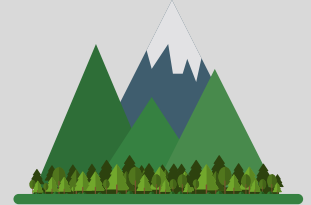
 @NWCHC

 CICGC-NWCHC

# TAKE NOTICE

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

**Take notice of the incredible things around you.**



**What about challenging yourself to take one picture a day?**

**What about taking notice of how your friends or someone you may know feels today? Why not ask someone - 'How are you today?'**



**You can try and do some Mindfulness to relax!**

**What about having a day sorting or clearing things in the house? This could be good practice to clear the mind!**



*For more ideas on how to 'take notice', you can find further examples within this booklet.*

## MIND GWYNEDD A MÔN



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

Their services include:

- Time to Talk - free, one-to-one confidential help and support.
- 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.
- Mindfulness courses.
- Creative Art Workshops - open to everyone.
- Anxiety management courses for young people (14-18) within the framework of cognitive behaviour therapy (CBT) and gives an opportunity for young people to understand what anxiety is, and learn self-management skills and techniques.

When it is not possible to hold face-to-face sessions/courses, all Ynys Môn and Gwynedd Mind services are run either via a phone call or online via video call. In addition, mindfulness courses and art workshops have been postponed until government guidelines allow.

 **01286 685279**       **info@monagwyneddmind.co.uk**

 **www.monagwyneddmind.co.uk**

 **Ynys Môn Gwynedd Mind**

 **@monagwyneddmind**

## PARABL



Following a comprehensive telephone assessment with an assessor (in order to find if 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.

During COVID-19 when it is not possible to have face-to-face support, Parabl continue to provide support via telephone call and video calls by appointment.

 **0300 777 2257**       **ask@parabl.org**

 **www.parabl.org.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 wellbeing. 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.

When it is not possible to hold face-to-face sessions, each mindfulness session happens online via Zoom. For more information, visit their website or contact them via the contact details below.



**07719 792209**



**info@gwyneddmindfulness.co.uk**



**Gwynedd Mindfulness**



**www.gwyneddmindfulness.co.uk**

## LLUOEDD ARFOG (Veterans' NHS Wales)



This is a specialised service, giving priority to 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 contact them by telephone, e-mail or accessing their website.

During COVID-19, when it is not possible to have face-to-face support, it will be possible to offer support over the phone or via Skype calls.



**0800 132 737**



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



**www.veteranswales.co.uk**

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

The services they offer include:

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

During the COVID-19 pandemic, when it is not possible to have face-to-face support, CAIS has continued to provide support via phone calls, video calls and through various other platforms.



**0345 06 121 12**



**enquiries@cais.org.uk**



**www.cais.co.uk**



**CAIS**



**@CAISLtd**





Hafal is a member-led charity supporting people with mental health problems – with a special emphasis on those with a serious mental illness and their carers and families. Hafal Gwynedd helps people with serious mental illness and their families to work towards recovery. All their services are underpinned by Hafal's Recovery Programme which empowers clients and families to take control of their lives and achieve recovery.

Hafal's services in Gwynedd for clients and families include:

- Resource Centre
- General Support
- Information
- Advice
- Groups
- A voice in planning

The resource centre is currently closed due to the COVID-19 pandemic, however they're still accepting referrals and providing support to all clients via telephone, email and Zoom support sessions etc.



Charlotte Roberts – 07970436129 / Sam Hughes - 07970436297



charlotte.roberts@hafal.org / Samantha.hughes@hafal.org



[www.hafal.org/cy/yn-eich-ardal-chi/gwynedd/](http://www.hafal.org/cy/yn-eich-ardal-chi/gwynedd/)

[www.clic-uk.org](http://www.clic-uk.org) (Cymuned ar-lein am ddim sy'n cefnogi unigolion a'u iechyd meddwl)



Hafal



@Hafal\_

# IMPORTANT CONTACTS

## **Arfon Foodbank -**

Canolfan Gwyrfai, Lôn Cae Ffynnon, Cibyn, Caernarfon, LL55 2BD.

For more information, contact [info@arfon.foodbank.org.uk](mailto:info@arfon.foodbank.org.uk) or telephone 07586 053961 or visit the Facebook page: Banc Bwyd Arfon Foodbank.

## **ARFON COMMUNITY LINK SCHEME (Mantell Gwynedd)**

The scheme can offer practical help for people who are looking for information and appropriate support that meets their individual needs.

01286 672626

[linc@mantellgwynedd.com](mailto:linc@mantellgwynedd.com)

[www.mantellgwynedd.com/prescripsiwn-cymdeithasol.html](http://www.mantellgwynedd.com/prescripsiwn-cymdeithasol.html)

## **Bangor Cathedral Foodbank -**

Canolfan yr Esgobaeth, Cathedral Close, Bangor, LL57 1RL (behind the Cathedral).

For further information, contact [anglicanchaplain@esgobaethbangor.net](mailto:anglicanchaplain@esgobaethbangor.net)

## **Banc Bwyd De Gwynedd / South Gwynedd Foodbank - Barmouth -**

Revelation, Park Road, Barmouth, LL42 1PH.

For further information, telephone 07973 914599 or contact

[info@southgwynedd.foodbank.org.uk](mailto:info@southgwynedd.foodbank.org.uk) or visit the [southgwynedd.foodbank.org.uk](http://southgwynedd.foodbank.org.uk) website.

Emergency food parcels can be collected from **Porthmadog, Penrhyndeudraeth, Bala, Dolgellau and Tywyn** - for more information, contact the Centre on the telephone number or email above.

## **Banc Bwyd Ffestiniog Foodbank -**

Church Hall, Church Street, Blaenau Ffestiniog, LL41 3HB (opposite the Tan y Maen Centre). You will need to go to the Dref Werdd office to receive a referral to the Foodbank. For further information, telephone 07435 290553 or visit the Facebook page: Bank Bwyd Blaenau Foodbank.

## **Banc Bwyd Pwllheli Foodbank -**

St Peter's Church, Pwllheli, LL53 5DS. For further information, contact

[pwllhelifoodbank@gmail.com](mailto:pwllhelifoodbank@gmail.com) or telephone 07747 800320 / 07557 774359 or visit the Facebook page: Banc Bwyd Pwllheli Foodbank.

## **BEAT**

A helpline and online support to help adults and young people overcome their eating disorders.

0300 123 3355 / 0808 801 0677 • [www.b-eat.co.uk](http://www.b-eat.co.uk)

### **BARBARA BUS NORTH WALES**

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.

07484 223696

[info@barbarabusnorthwales.com](mailto:info@barbarabusnorthwales.com)

[www.barbarabusgwynedd.com](http://www.barbarabusgwynedd.com)

### **BABI ACTIF**

Babi Actif sessions are for parents and carers and their babies / children up to the age of two.

Facebook Page - Babi Actif

### **Bangor Islamic Centre (BIC) - Mosque**

A Mosque is a place to provide a place of prostration where Muslims may join together to perform Salat prayer together. It can also be used to celebrate festivals such as Ramadan and Eid. Bangor Islamic Centre is generally a very symbolic place for a Muslim, being a humble way for Muslims to recreate pure divine presence on earth. For more information, contact the centre via the contact details below.

01248-354612

[bic@nwis.org.uk](mailto:bic@nwis.org.uk)

Tudalen Facebook - [www.facebook.com/bangoric/](http://www.facebook.com/bangoric/)

### **CAREERS WALES**

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

0800 028 4844

[www.gyrfacymru.com](http://www.gyrfacymru.com)

### **CALL**

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

0800 132 737 • [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

### **CRUSE**

Information and support following bereavement.

01492 536577

[www.cruse.org.uk/get-help/local-services/wales/north-wales](http://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](http://www.citizensadvice.org.uk)

### **DAN 24/7**

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

0808 808 2234

[www.dan247.org.uk](http://www.dan247.org.uk)

## **DYFFRYN NANTLLE COMMUNITY TRANSPORT SCHEME**

(Yr Orsaf, Penygroes)

The scheme helps people to get to 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.

For more information, or to inquire about volunteering opportunities, please contact them:

07529 222670

[elliw@yrsaf.cymru](mailto:elliw@yrsaf.cymru)

## **DEAF BLIND CYMRU**

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

0800 132 320 • [info@deafblind.org.uk](mailto:info@deafblind.org.uk)

[www.deafblind.org.uk](http://www.deafblind.org.uk)

## **FRANK**

Friendly and confidential advice on drugs.

0300 123 6600

[www.talktofrank.com](http://www.talktofrank.com)

## **GWYNEDD MIDWIVES**

Bangor - 03000 850034

Caernarfon - 01286 684105

Dwyfor: Pwllheli - 07796 337433

Porthmadog - 07790 813059

Meirionnydd - 07790 813056

## **GORWEL - DOMESTIC VIOLENCE**

Live fear free: Advice on domestic abuse.

Sexual violence and violence against women and men.

0300 111 2121 (open from 9:30-17:00pm)

08088 010800 (24 hour helpline)

[gorwel@gorwel.org](mailto:gorwel@gorwel.org)

## **GALW GWYNEDD (CYNGOR GWYNEDD)**

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

01766 771000

[www.gwynedd.llyw.cymru](http://www.gwynedd.llyw.cymru)

## **GWYNEDD & MÔN ADDITIONAL LEARNING NEEDS AND INCLUSION SERVICE**

01286 679007 • [GweinyddolADYaCh@gwynedd.llyw.cymru](mailto:GweinyddolADYaCh@gwynedd.llyw.cymru)

[www.adyach.cymru](http://www.adyach.cymru)

## **GWYNEDD COMMUNITY MENTAL HEALTH TEAM**

Ysbyty Alltwen (Porthmadog) - 03000 850027

Hergest Unit (Ysbyty Gwynedd, Bangor) - 01248 363470

### **HEALTH VISITORS**

Arfon (Bethesda, Bangor, Caernarfon Area): 03000 851609 / 851610

Blaenau Ffestiniog (Meirionnydd): 03000 853489

Cilan (Dwyfor): 01758 701152

### **JOB CENTRE PLUS**

Advice about work, benefits and more.

0800 012 1888

[www.gov.uk/cysylltu-canolfan-byd-gwaith](http://www.gov.uk/cysylltu-canolfan-byd-gwaith)

### **MEDDWL.ORG**

Mental health information and experiences through the medium of Welsh.

[www.meddwl.org](http://www.meddwl.org)

### **MUDIAD MEITHRIN**

A leading voluntary organisation specialising in Welsh-medium early years provisions.

[www.meithrin.cymru](http://www.meithrin.cymru)

### **O DDRWS I DDRWS**

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

01758 721777

Tudalen Facebook - O Ddrws i Ddrws

### **RASAC**

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

01248 670628

[info@rasawales.org.uk](mailto:info@rasawales.org.uk)

[www.rasawales.org.uk](http://www.rasawales.org.uk)

### **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](http://www.rcs-wales.co.uk)

### **STOP SMOKING SERVICE**

0800 085 2219

[www.helpafiistopio.cymru/](http://www.helpafiistopio.cymru/)

### **SHELTER CYMRU**

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

08000 495495

[www.sheltercymru.org.uk](http://www.sheltercymru.org.uk)



### **SCHOOL NURSES**

For a confidential chat or support from a  
School Nurse based in Gwynedd, call:  
03000 851631.

### **TRAVELINE CYMRU**

An information service about public transport in Wales.  
0800 464 0000  
[www.traveline.cymru/](http://www.traveline.cymru/)

### **TI A FI GWYNEDD A MÔN**

Facebook Page - Ti a Fi Gwynedd-Mon

### **THE FARMING COMMUNITY NETWORK (FCN)**

A charity that gives practical and pastoral support to members of the farming community during difficult times.  
National and confidential helpline open 7am - 11pm every day of the year.  
03000 111999  
[www.fcn.org.uk](http://www.fcn.org.uk)

### **THE DPJ FOUNDATION**

The DPJ Foundation supports those who work in agriculture with mental health problems. They provide fully funded counselling and provide mental health awareness training.  
0800 587 4262 (Phone number)  
07860 048799 (Text message number)  
[kate@thedpjfoundation.co.uk](mailto:kate@thedpjfoundation.co.uk)  
[www.thedpjfoundation.co.uk](http://www.thedpjfoundation.co.uk)

### **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](http://www.victimhelpcentrenorthwales.org.uk)

### **SAMARITANS**

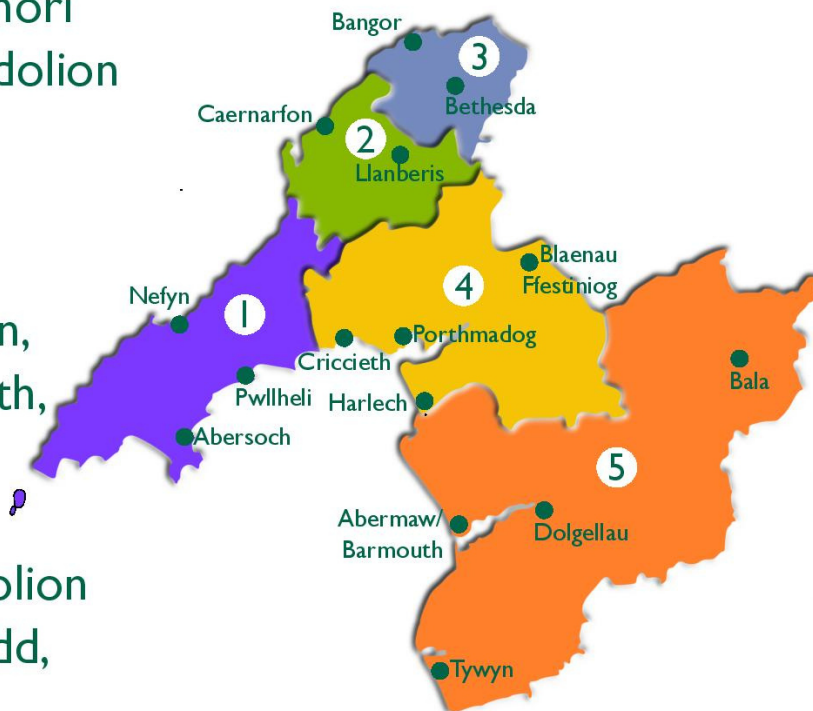
Confidential, emotional support, 24 hours a day for people experiencing feelings of distress or despair, including those that may lead to suicide.  
116 123 (open 24 hours a day)  
0808 164 0123 (open 19:00-23:00pm Wednesday/Friday/Saturday/Sunday)  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

# 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** Llyn 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](http://www.gwynedd.llyw.cymru)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

