





**Medrwn Môn** is the County Voluntary Council for Anglesey.

The aim of **Medrwn Môn** is to promote and support volunteering, voluntary and community organisations by working with individuals, groups and communities on Anglesey to ensure that they play a full and prominent role in developing the potential of the Island.



**Môn Community Link** is a Social Prescribing service within **Medrwn Môn** and is available to support people over the age of 18 living on Anglesey.

The purpose of this **Information Booklet** is to ensure that the residents of Anglesey are aware of organisations and services that can support their health and well-being.

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# MÔN COMMUNITY LINK

Many things can have an effect on your health and well-being. These include relationships, difficulties at home, or in your social environment. We know from experience that many people visit their GP because they feel lonely or stressed, isolated or low.

At **Môn Community Link** we are working with GPs, Anglesey Council's Social Services, Anglesey Council's Children's Services and the Betsi Cadwaladr University Health Board to use social prescribing as a way of providing help and support.

The idea behind social prescribing is to help you decide what matters to you and to give you more choice as to how you manage your own health and well-being. It can offer many different levels of support. This may simply be to provide information and guidance on what activities and groups are available locally, to help you to attend those activities, or supporting you to be more involved in your community.

Social prescribing often starts with a phone call to **Môn Community Link**, who can offer information and advice, and depending on your needs may then refer you to one of our Local Asset Co-ordinators (LACs) who will then have a face to face conversation with you. They are there to listen and to support you with whatever you may need. The Local Asset Co-ordinator will help you identify what matters to you, learn about your interests and hobbies, and help you find activities that make you feel better in a way that suits you.

If you need community transport you will also be offered information about *Car Linc Môn*, a voluntary community transport scheme run by Medrwn Môn.

For more information speak to your GP, or contact:

**Môn Community Link**

**01248 725745** or **[linc@medrwnmon.org](mailto:linc@medrwnmon.org)**

**Linking you  
with community  
activities to  
improve your  
health and  
wellbeing**





# ANGLESEY SINGLE POINT OF ACCESS SERVICES

## Housing Support Grant Single Point of Access (SPOA)

The Single Point of Access referral pathway for the Housing Support Grant carries out checks relating to suitability and eligibility and then directs the referral to the most appropriate support provider.

Email: [spoa@ynysmon.gov.uk](mailto:spoa@ynysmon.gov.uk)  
Tel: 01248 751937

## Teulu Môn is a free and inclusive service for families on Anglesey

It is the first point of contact for all children, families and professionals for information, advice and assistance relating to children or the families of children, aged 0-25 years.

Phone 01248 725888 Monday - Friday between the hours of 8:45am - 5pm. Ask for Teulu Môn  
Email: [teulumon@ynysmon.gov.uk](mailto:teulumon@ynysmon.gov.uk)



## Linc Môn

Our Community Link Officer will:

- Work with you to identify activities and community services in your area that suit your interests.
- Our Local Asset Coordinators will then offer support for you to access these activities and services that can help improve wellbeing, confidence and independence.

01248 725 745 / [linc@medrwnmon.org](mailto:linc@medrwnmon.org)



## Adult Services

Our aim is to support and maintain people's independence. We will do this through supporting people to live in their homes as long as possible.

If you think that you, a family member, neighbour, friend or person you care for may need **information, advice and signposting to general community support** and, where appropriate, access into health and social care community services, we can help you to find the most appropriate solution.

01248 752752 / [asduty@ynysmon.gov.uk](mailto:asduty@ynysmon.gov.uk)

## Community Mental Health Team

Isle of Anglesey County Council works with Betsi Cadwaladr University Health Board in a co-located Community Mental Health Team (CMHT) based at Ysbyty Cefni in Llangefni. We offer specialist help for mental health problems to people and their families.

Access route via your GP or contact Adult Services, details above



CYNGOR SIR  
YNYS MÔN  
ISLE OF ANGLESEY  
COUNTY COUNCIL



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board





# Support your mental wellbeing

## Feeling down or anxious?

Extra help for your mental wellbeing is available across Wales, online and over the phone. These resources are safe, free, and you don't need a referral, so take a look and see what can help you today.

### SilverCloud

**SilverCloud** is an online course which offers support for anxiety, depression, and much more, all based on Cognitive Behavioural Therapy (CBT).

Anyone aged 16 or over can sign up at:  
[nhs.wales.silvercloudhealth.com/signup](http://nhs.wales.silvercloudhealth.com/signup)

### CALL Mental Health Listening Line

**CALL** provides a confidential mental health listening and emotional support line which is open 24/7. CALL can also signpost to support in local communities and a range of online information. **Call 0800132737, text "help" to 81066 or visit:**  
<http://callhelpline.org.uk/>

### Beat eating disorders helpline

**Beat** provides helplines and information for adults and young people, offering a supportive environment to talk about eating disorders and how to get help.

**Call 0808 801 0677 or visit:**  
[www.beateatingdisorders.org.uk/](http://www.beateatingdisorders.org.uk/)

### Mind Active Monitoring

Provides six weeks guided self-help for anxiety, depression, self-esteem, and more. To get started, talk to your GP, any other health professional, or sign up directly at:

[www.mind.org.uk/AMWales](http://www.mind.org.uk/AMWales)

### Activate Your Life

The **ACTivate Your Life** online video course shares practical ways to cope with thoughts and feelings causing distress and help live life with more confidence.

To start go to: <https://phw.nhs.wales/services-andteams/activate-your-life/>

### Young Person's Mental Health Toolkit

The **Young Person's Mental Health Toolkit** links young people, aged 11 to 25, to websites, apps, helplines, and more in order to build resilience.

You can access the toolkit at:  
[bit.ly/ympmhten](http://bit.ly/ympmhten)

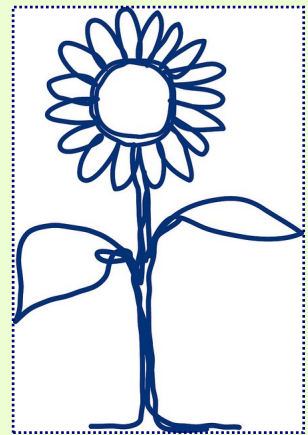




We are **MIND** - the mental health charity.

We believe that no one should have to face a mental health problem alone. We're here for you. Today. Now. We're on your doorstep, on the end of a phone or on-line. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

We provide information and services concerning mental health and well-being to the people of Ynys Môn (Anglesey) and Gwynedd. We are based in Caernarfon, but also have a Rural Outreach service which serves the wider community.



## **LEADING THE WAY IN ANTI-STIGMA WORK**

**Ynys Môn & Gwynedd Mind's** main focus of service delivery is anti-stigma work. We aim to tackle stigma and discrimination in the wider community through our projects, training and campaign work. Our main aim is to create a community where people feel they can talk openly about their mental health problem without fear of rejection or discrimination.

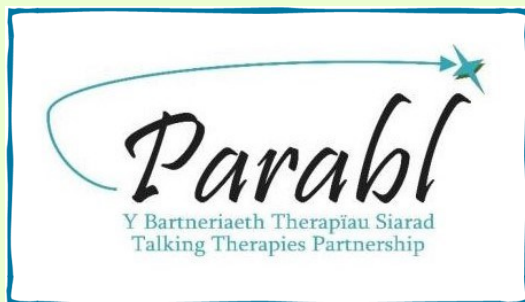
At **Ynys Môn & Gwynedd Mind** we also aim to promote good mental health and well-being, which is important to us all. We run all our projects out in the community and believe recovery is possible for everyone. We focus on ability and not disability and our projects are open to the wider public.



**01286 685279**

**[info@monagwyneddmind.co.uk](mailto:info@monagwyneddmind.co.uk)**





**Parabl Talking Therapies** provides short-term therapeutic interventions for individuals facing the following difficulties:

- ♦ Mild to moderate anxiety, depression
- ♦ Other common health difficulties
- ♦ Bereavement issues
- ♦ Relationship issues
- ♦ Stress

### How can Parabl help you?

If you are 18 or over, we can offer a range of services including:

- ♦ Self Help
- ♦ Online Workbooks and Support
- ♦ CCBT
- ♦ Therapeutic Groups
- ♦ Mindfulness
- ♦ Counselling

Our services are provided in a non-judgemental, non-stigmatising environment.



### Covid 19 Update:

During the pandemic Parabl has been delivering all of its services through the use of telephone, *Skype* and *Zoom*. Isle of Anglesey County Council have also invested in more Parabl resources for residents on Anglesey in response to the need of the community during and following the pandemic.

### How to arrange a Parabl assessment?

To find out if our services are right for you:

- ⇒ Refer yourself in confidence by phoning **0300 777 2257** (Monday - Friday 8.30-17.00) or
- ⇒ Ask to be referred by your healthcare worker or GP.

**Contact:** Phone: **0300 777 2257**

E-mail: [ask@parabl.org](mailto:ask@parabl.org)

Website: **www.parabl.org**



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



# BRITISH RED CROSS

## *BETTER MENTAL HEALTH*



The **British Red Cross** has a new service which will provide tailored support for individuals to find sustainable solutions to factors impacting their mental health because of *Covid-19*. The support will:

- Help service users improve their mental health and well-being in the short-term;
- Increase their resilience to be able to cope with the possibility of a further wave of infections and associated restrictions through an increased knowledge and awareness of available support services.

We can support people over the age of 18 yrs. They can either be referred from health, social care & third sector partners or self-refer into the service, because their mental health has suffered / is at risk of suffering due to factors relating directly / indirectly to *Covid-19*.

The service will be provided in Anglesey, Gwynedd and Wrexham. We will take referrals for people who are experiencing:

- employment concerns
- housing issues
- anxiety about relatives
- loneliness and isolation
- loss of confidence and anxiety about going outside
- being unable to do essential tasks i.e. shopping/personal care.



We have an experienced team who can offer individual and tailored one to one support for up to twelve weeks. There will be an initial assessment, to agree the service user's desired outcomes and the support needed / identified. The Service will also include support for families.

For further information e-mail: **northwales@redcross.org.uk**  
or phone: **07725 201 506**



**CAIS** is a registered charity and leading voluntary sector provider of personal support services in Wales.

We help people who are having problems with addictions, mental health, personal development and employment – as well as offering assistance and information to their families and friends.

Our wide range of services includes residential treatment and rehabilitation, counselling, peer mentoring, supporting people in their homes, assisting people back into work or education, group work and other motivational interventions.

We can also offer a comprehensive range of training courses, together with training and support for employers. We are very active in the field of employment interventions including the development of our own social enterprises.



**CAIS** is committed to working in partnership with others in keeping with the All Wales Strategy - *Tackling Substance Misuse in Wales*. All of our services aim to help people recover from addiction and rebuild normal, productive lifestyles in the belief that people can and do change.

You can refer yourself to **CAIS** in confidence by completing the online referral form or contacting us by telephone Monday to Friday from 9.00am to 5.00pm:

**CAIS**

**0345 061 2112**



## ANGLESEY & GWYNEDD DOMESTIC VIOLENCE SERVICES

### MOBILE SUPPORT

We can offer free, confidential advice, information and support to women, men and children affected by Domestic Violence. We can also offer support on benefits, grants and legal issues, safety, health issues, education, training, practical skills and children's issues.

### SERVICE FOR CHILDREN AND YOUNG PEOPLE

We support and work with children and young people to enable them to talk about their problems. The service includes play sessions, one-to-one work, group work, etc. - all to help children handle their feelings, to try and make sense of what happened, and feel happier.

### IDVA SERVICES

We have Independent Domestic Violence Advisors (IDVAs) who provide emergency support for high risk Domestic Violence cases. This service is offered to individuals who are victims of Domestic Violence, giving priority to their safety and that of the children.

We provide a professional and confidential service stemming from police and criminal justice department inquiries. We can act with these agencies on your behalf, exploring your legal options, or supporting you through the court. We can contact agencies such as the Crown Prosecution Service, the Police, solicitors etc with you or on your behalf.

Our aim is to support you by ensuring that other relevant agencies and organisations act on your behalf. We advise and provide information on the range of relevant and effective options that would suit your safety and that of the children.

**Gorwel Domestic Violence Services - Gwynedd & Anglesey:**  
**0300 111 2121    [gorwel@gorwel.org](mailto:gorwel@gorwel.org)**



**Wales Live Fear Free Helpline** - free of charge 24 hours a day:  
**0808 80 10 800** or by text message 24/7 on **07860 077333**



## WALES DRUG AND ALCOHOL HELPLINE

The Wales Drug and Alcohol Helpline, also known as **DAN 24/7** is hosted by the Betsi Cadwaladr University Health Board with funding provided by the Welsh Government.

**DAN 24/7** is a free and bilingual telephone helpline providing a single point of contact for anyone in Wales wanting further information and/or help relating to drugs and/or alcohol.

**The service is available 24 hours a day, 7 days a week.**

The helpline will assist individuals, their families, carers, and support workers within the drug and alcohol field to access appropriate local and regional services 24 Hours a day, 365 days a year.

**Phone: 0808 808 2234      Text: 81066**







## ALCOHOLICS ANONYMOUS

**Do you seem to be having trouble with your drinking?**

If your drinking has reached the point where it is a worry for you, you may be interested to know something about **Alcoholics Anonymous** and the AA programme of recovery from alcoholism.

**Call our National Helpline FREE:**

**0800 9177 650** or E-mail: **[help@aamail.org](mailto:help@aamail.org)**



**Talk to us now!**

**GamCare** is the Gambling Helpline which provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

You can speak to our Advisers over the phone or via live chat every day of the year - 24 hours a day. They will be able to listen to what's going on for you, and can talk you through all of the options available to you for support in your local area, online or over the phone.

Call us on: **Freephone 0808 8020 133**  
or visit: **[www.gamcare.org.uk](http://www.gamcare.org.uk)**





## Citizens Advice Anglesey

provides free, confidential and impartial advice, and campaigns on big issues affecting people's lives.

Our goal is to help everyone find a way forward, whatever problem they face. We are an independent charity and part of the Citizens Advice network across England and Wales. People come to us with all sorts of issues. You may have money, benefit, housing or employment problems. You may be facing a crisis, or just considering your options. We value diversity, promote equality & challenge discrimination wherever we see it.

**/ CAN** is our new approach to improving the mental health and well-being of people across North Wales.



Please see below details of how to access our services through a range of platforms including video conferencing, telephone, email and webchat. We also have access to free legal advice through our duty solicitor rota scheme.

General advice is available to Anglesey residents via our telephone service on **0300 330 11921**. This is open Monday to Friday - from 9.30 a.m. to 4 p.m. After your initial advice session, you may be referred to a specialist for ongoing advice in debt, welfare benefits, employment or energy.

- **Webchat** - <https://www.citizensadvice.org.uk/wales/about-us/contact-us/contact-us/contact-us/>
- **Citizens Advice consumer helpline on: 0808 223 1133**
- **Universal Credit Helpline: 0800 1448444**
- **Feeling anxious or stressed?** Please call the **/ CAN** team for a chat, or text on **077496 571241**

***Digartref can offer tenancy advice due to loss of employment, or changes in finances, as well as family intervention advice for parents & children struggling to cope during this difficult time.***



***Digartref's*** Homeless day Centre - **LIGHTHOUSE** - is open daily:

- ⇒ 10 a.m. - 5 p.m. weekdays
- ⇒ Weekends 10 a.m. - 3 p.m.

For those who are rough sleeping, in Bed & Breakfast or sofa surfing, the Lighthouse provides take away food.

Telephone advice / contact via Zoom and support with homelessness issues are available during the hours above.

**Contact number: 01407 769995**

### ***Digartref's Mediation and Family Led Intervention Service***

The service will continue to offer telephone support, advice and signposting to children and young people, parents experiencing family difficulties, loss and bereavement issues.

They will be able to link people and families to future programmes being delivered such as *Parallel Lines* and *Seasons for Growth*.

**Contact details: Catrin 07918624655 / Grant 07425623976.**

# GOLAU

## ***Mental Health and Wellbeing support for 8-18 year olds on Anglesey***

Our practitioners offer well-being early intervention and prevention therapy and support for children and young people aged 8 to 18 and their families.

We will work with each person to support them with issues such as:

- ⇒ anxiety
- ⇒ bereavement and loss
- ⇒ bullying
- ⇒ low mood
- ⇒ breakdown in child/parent relationship
- ⇒ anger/aggression/unmanageable behaviour
- ⇒ low self esteem
- ⇒ self-harm
- ⇒ social isolation
- ⇒ stress



**New cases** – you can contact **GOLAU** via email:  
**GOLAU@barnardos.org.uk** or telephone **01248 751194/**  
**07714754625**.

***We will accept self-referrals or referrals from professionals.***



***All open cases to GOLAU*** - we can offer telephone sessions or link via social media such as Facetime or WhatsApp.

Also available to guide and send useful links to support the Mental Health and Well-being of 8-18 year olds.





# MEIC

A helpline service in Wales for children and young people up to the age of 25.

**MEIC will listen to you - even when nobody else will.**

Our helpline service can give you all sorts of advice - from finding out what's going on in your local area, to helping you to deal with a tricky situation.

We won't judge you and will help by giving you information, useful advice and the support you need to make a change.

Contact us in Welsh or English - it's up to you!

We are open 8 a.m. to midnight - 7 days a week.

You can contact us by phone, text message or online chat. **Meic** is confidential and you don't have to give your name. It's a free service for everyone.



**Freephone: 080880 23456**

**Text message: 84001**

**Online chat: [www.meic.cymru](http://www.meic.cymru)**



## Mudiad Meithrin

We are a voluntary organisation, and the main provider of Welsh medium early years care and education in the voluntary sector.

Our aim is to give every young child in Wales the opportunity to benefit from early years care and education experiences through the medium of Welsh.

We employ over 200 staff nationally, and an additional 1,500 members of staff work in the *cylchoedd meithrin* (Welsh medium playgroups) throughout Wales. Development Officers work at a local level in each county offering guidance and practical advice to staff, volunteers and parents at our *cylchoedd*.

As play is integral to every aspect of children's development, the experiences and activities offered across our range of provision are based on learning through play. Special emphasis is placed on language development and the personal, social and emotional development of the children in our *cylchoedd*.

**Phone:** 01970 639639

**E-mail:** [post@meithrin.co.uk](mailto:post@meithrin.co.uk)





**Gweithredu  
dros Blant**

Our vision is that every child and young person in the UK has a safe and happy childhood, and the foundations they need to thrive. We do this by working closely with children and their families, from before they're born until their twenties.

### **Ynys Môn and Gwynedd Young Carers Projects**

We provide direct support to children and young people who have caring responsibilities at home.

This is usually caring for a family member such as a parent, brother or sister who may have an illness, disability, mental health disorder or substance misuse problems.



We provide information and support over the phone, via video calls and face to face.

All our latest information can be seen on our Facebook page:

**<https://www.facebook.com/GofalwyralfancYnysMonGwynedd>**

E-mail: **[ynysmonyoungcarers@actionforchildren.org.uk](mailto:ynysmonyoungcarers@actionforchildren.org.uk)**

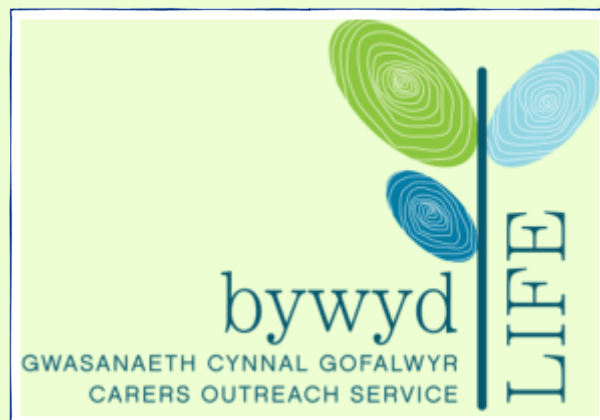


**Gweithredu  
dros Blant**

Contact numbers: **01248 353 095**

or (temporary): **07809595221**

# CARERS OUTREACH SERVICE



**Carers Outreach Service** offers support to carers through our *Keep in Touch Calls* service - to ensure that our carers receive the best possible support over the phone. This service allows us to keep in regular contact.

We offer emotional support and specialist information, which includes financial information. This can be over the phone, via e-mail and Facebook - and can include video calls and video calls with sign language.

We have access to individual grants for carers where suitable, and therapeutic services. We also offer a Planning for the Future service, to include Emergency Planning for carers.



**Carers Outreach Service / Gwasanaeth Cynnal Gofalwyr**

**Phone: 01248370797**

**E-mail: [help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)**

**Facebook: Carers Outreach Service**



# CARERS TRUST NORTH WALES



**Carers Trust North Wales** continues to support unpaid carers during this uncertain time.

We can provide 1-1 support in your home; support to look after the person you care for whilst you attend a medical appointment (including dental / optician appointments). We can also offer other services including shopping calls, prescription collection, help with



bathing/showering, help with household chores etc.

Please contact us on **01492 542212** to find out more.



## CARERS WALES

**Carers Wales** is available on our support line in Cardiff on: **029 2081 1370** every day during office hours and at: **info@carerswales.org** - 24 hours a day. These messages are checked daily.

Our website contains information and advice for carers and we hold multiple interactive online sessions each week.

Find out more at:

**<https://www.carersuk.org/wales>**



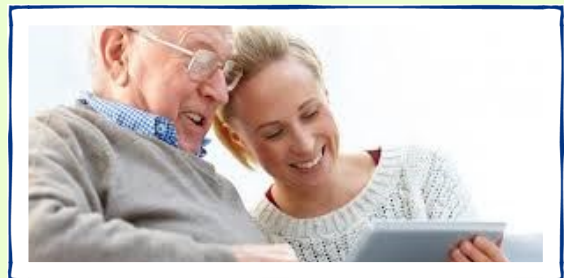


Age Cymru Gwynedd a Môn, Medrwn Môn and Isle of Anglesey County Council are working in partnership with five Community Hubs across Anglesey to pilot an **ANGLESEY VIRTUAL HUBS** project. The aim is to help build individuals' digital confidence and reduce loneliness and isolation in our communities.

This is currently a pilot project, working to support 5 selected community hubs. However, please get in touch if you or your community hub would be interested in taking part in this project in the future.

### **We are looking for volunteers!**

We are looking to recruit volunteers to provide one-to-one support to people who may have never been on the internet before, or are looking to improve their digital skills.



Tasks may include introducing people to Social Media, *Skype*, Online Shopping, and any other things that may be of interest to the individual. Participants will also be given access to a new website to stay informed and in touch with their local community.

The pilot project will initially be supporting individuals from five selected communities on the Island, though we welcome volunteers from all over Anglesey. Volunteers don't need to be IT experts, but are expected to have a comfortable understanding of how to use tablets / computers / smartphones and be able to explain technology in a simple, clear way. Other required skills include having a friendly and welcoming nature, being patient and personable. Volunteers will receive full training from *Digital Communities Wales*.

Giving as little as an hour or two a week, in this role, can have a great impact on someone's life. In return, you will gain valuable experience, skills, and a real sense of achievement, as well as on-going training, supervision and support.

If you are interested in supporting this project as a volunteer, get in touch with Sioned Young, Age Cymru Gwynedd a Môn's Anglesey Community Hub Liaison and Support Officer:

**sioned.young@acgm.co.uk / 01286 808 735**



# KEEPING IN TOUCH SERVICE



Over the Covid-19 period **Age Cymru Gwynedd a Môn** is providing a *Keeping in Touch* service for local older and / or vulnerable people (including Veterans).



We provide bi-lingual services such as regular phone calls to those who are isolated and would appreciate a chat; and we provide information, advice and assistance on a range of well-being issues including keeping the home safe and warm over the winter period.

In addition we provide hot meals delivered to the home and also personal care, shopping service and a sitting service to provide respite for carers. There will be a charge for these services.

If you, or anyone that you know of, could benefit from our *Keeping in Touch* service or would like to volunteer for this really worthwhile service, then please contact **Age Cymru Gwynedd a Môn**:

**Phone: 01286 677 711**

**E-mail: [info@acgm.co.uk](mailto:info@acgm.co.uk)**



# CALL COMPANION SERVICE



The British charity, **Re-engage**, has been running social gatherings for older people for 50 years. Now, we're also running a free *Call Companion* service to brighten their week with a friendly phone call.

Our Call Companions are supportive volunteers who have been ID checked and trained, and who love to chat. We do our best to match each older person with a Call Companion with whom they have something in common, to make sure that the conversation flows and friendships blossom.

The service is for people aged 75 and over who live alone or are residents of housing providers. However, we do consider applications on a case-by-case basis, so if you think our Call Companions can help, please do get in touch.



Once signed up, older people can enjoy a warm, friendly chat with their Call Companion every week or two. They can continue receiving the calls for as long as they want to.

Call Reengage on **0800 716 543** (calls are free) or visit our website - [www.reengage.org.uk](http://www.reengage.org.uk) or [www.reengage.org.uk/refer](http://www.reengage.org.uk/refer)



# MÔN OLDER PEOPLE PROJECT



The **Môn Older People Project** provides housing related support for people aged 55 years and over on Anglesey, to enable people to live as independently as possible.

The support provided may include:

- ♦ Assistance with life skills and independent living skills
- ♦ Assistance with managing rent, mortgage or other debts
- ♦ Assistance regarding adaptations to improve accessibility in the home
- ♦ Support in establishing community or social contacts and activities
- ♦ Assistance with managing finances and maximising income, budgeting and welfare benefits
- ♦ Support to access education, training and employment opportunities
- ♦ Advice and support to lead a healthy and active lifestyle
- ♦ Signposting to other services where appropriate.

The support is provided 7 days a week, 9 a.m. - 5 p.m. on weekdays and 9:30 a.m. - 12:30 p.m. on weekends. The scheme is run by *Gorwel* which supports services for vulnerable people.

*Gorwel* is part of Grŵp Cynefin. This scheme is funded by Anglesey County Council's *Supporting People* Team.



For more information please contact Gorwel's Office: Hen Argraffdy, Ffordd yr Efail, Llangefni LL77 7ER on: **0300 111 0226** or e-mail: **poblhyn@gorwel.org**





# ROYAL VOLUNTARY SERVICE

Here at the Royal Voluntary Service we are offering various support services within the community, such as our community transport service that includes collecting shopping for individuals, collecting prescriptions and taking people to hospital appointments.

We are able to take new referrals right away for ***Safe and Well*** - a phone call once or twice a week to individuals who may be feeling lonely or isolated. If the person needs further support we can refer for medical attention or to the correct service.



Due to increased demand we are running a volunteer drive and are therefore looking for willing volunteers to increase our capacity to support individuals in the community - more information here:

<https://volunteering.royalvoluntaryservice.org.uk/>

We also have our *Tech Angels* available to help over the phone - if anyone requires any IT support.

For more information please e-mail:

[ynysmongwyneddhub@royalvoluntaryservice.org.uk](mailto:ynysmongwyneddhub@royalvoluntaryservice.org.uk)

Or phone: **01248 661915**





## DEMENTIA CONNECT

has been specifically built to reach as many people affected by dementia as possible.

This includes supporting people diagnosed with any type of dementia, carers and family/friend support networks. We also support people who are worried about their memory or who have Mild Cognitive Impairment.

The five key components of **Dementia Connect** are designed so that people's support can be tailored to their individual needs.

These components include:

- ⇒ Self-management
- ⇒ Telephone based support
- ⇒ Local face-to-face support
- ⇒ 'Keeping in Touch' calls
- ⇒ *Side by Side*



We will work with you to identify what component of **Dementia Connect** will help support you best and ensure that it's tailored to your individual needs. We will support you throughout your journey. Our door is never closed.

Self-referrals via telephone: **0330 0947 400** (Welsh language line)  
**0333 1503456** (UK-wide line)

E-mail: **[Dementia.connect@alzheimers.org.uk](mailto:Dementia.connect@alzheimers.org.uk)**

## Dementia Connect

I gael y cymorth iawn heddiw

Get the right support today

**03300 947 400**

**[dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk)**



# CRUSE BEREAVEMENT CARE



*Rhywle i droi pan fydd rhywun wedi marw  
Somewhere to turn when someone dies*

**Cruse Bereavement Care** is the leading charity for bereaved people in Wales, England and Northern Ireland.

We offer support, advice and information to children, young people and adults when someone dies, and work to enhance society's care of bereaved people.

**Phone: 01492 536577**

**E-mail: [northwales@cruse.org.uk](mailto:northwales@cruse.org.uk)**



A totally confidential conversation with someone you don't know can often feel easier than trying to talk to friends or family. That's why we're contacted 5.7 million times every year.

You don't have to be suicidal to contact us. People often call us because of:

- ⇒ Relationship and family problems
- ⇒ Loss, including loss of a job, a friend or a family member through bereavement
- ⇒ Financial worries
- ⇒ Job-related stress or overwork
- ⇒ Body image issues



**Phone the Samaritans on: 116 123**





**SSAFA** helps the armed forces community in a number of ways, though our focus is on providing direct support to individuals in need of physical or emotional care.

Addiction, relationship breakdown, debt, homelessness, post-traumatic stress, depression and disability are all issues that can affect members of our Armed Forces community. Many of these problems only become apparent when an individual has to leave their life in the Forces and join *Civvy Street*.

SSAFA is committed to helping our brave men and women overcome these problems, and rebuild their lives.

Contact **Forcesline** - our help desk for any member of the armed forces, veterans and their families, on: **0800 731 4880**



General enquiries: **020 7463 9200**

## EPILEPSY WALES

During this extremely difficult time **Epilepsy Wales** are still providing support for people with epilepsy and their families.

As an **Epilepsy Wales** North Wales Outreach Worker I am still providing support and advice over the phone and e-mail. I can also provide emotional support and I am here to listen to people's worries and concerns.



**Lynne Pearce: 07525806511 / [lynnepearce@epilepsy.wales](mailto:lynnepearce@epilepsy.wales)**



Cymunedau  
**Digidol**  
Cymru

Hyder Digidol,  
Iechyd a Lles

**Digital**  
Communities  
**Wales**

Digital Confidence,  
Health and Well-being

## DIGITAL COMMUNITIES WALES

Our project can help organisations that are working with people who could benefit from having basic digital skills.

The support available includes:

- **Digital inclusion assessment** – An initial assessment of your organisation to help you develop and deliver digital inclusion activities.
- **Digital training for frontline staff and volunteers** – Training for staff and volunteers to help others get online and use the internet effectively and safely.
- **Digital equipment loan** – Short-term loans of digital equipment including tablets, laptops and *Fitbits* so you can deliver digital activities.
- **Digital volunteer support** – Help to develop a digital volunteering programme, match organisations with digital volunteers and train existing volunteers. There are also opportunities to link in with our *Digital Heroes* programme.
- **Digital inclusion accreditation** – The Digital Inclusion Charter can show your organisation's commitment to alleviating digital exclusion.
- **Partnerships** – Any organisation is welcome to join our network of local *Get Online* partnerships which have been developed with stakeholders across Wales.

Phone: **0300 111 5050**

E-mail: **[info@wales.coop](mailto:info@wales.coop)**





**Môn CF** is a charity and company owned by the people of Anglesey. It was originally established to support the most deprived areas of the Island, but since 2012 it has evolved to become the go-to organisation for individuals looking for help to upskill, find work and progress.

We have a highly qualified, experienced in-house Training Team, delivering employability training which perfectly complements the personalised mentoring service offered by our Employment Team. We pride ourselves on our excellent reputation and our close links with local employers, large and small, which mean that we are able to offer exclusive job opportunities.

In addition to what's on offer for individuals, we have a free recruitment support service available to local businesses, which includes help with hiring new staff and developing and implementing HR policies in line with equality and diversity legislation.

In summary, we have a history of successfully matching participants with companies looking to recruit suitably qualified and motivated staff, and the expertise to help individuals start, change or further their careers.

**PHONE**

**01407 762004**

**E-MAIL**

**[info@moncf.co.uk](mailto:info@moncf.co.uk)**





**Small Woods Wales** (*Coed Lleol*) is a charity that supports the use of woodlands. They run Active Woods Wales programmes across Wales. These woodland activity sessions include woodland crafts, nature and plant identification, mindfulness, walking, bush-craft, working with willow, coppicing and green wood working.

Due to current restrictions, many of our events are currently on line. If you would like to know more about our activities, please contact us:-



- **Vivienne Roberts** – Woodland Mentor, Isle of Anglesey:  
(Thursday, Friday): [actifwoodsanglesey@smallwoods.org.uk](mailto:actifwoodsanglesey@smallwoods.org.uk) / 07932 924652
- **John Llewelyn Pritchard** – Leader, Anglesey: 07590 383153
- **Karen Williams** – Isle of Anglesey 'Gym' Leader: 07811 323935

You are also welcome to follow us on social media:



Facebook: **@actifwoodsanglesey**

Instagram: **@actifwoods\_anglesey**

Twitter: **@actifwoodswales**





# Cadw Môn Yn Actif Keeping Anglesey Active



- 1  Canolfan Hamdden Amlwch  
Amlwch Leisure Centre  
LL68 9TH 01407 830060
- 2  Canolfan Hamdden Caergybi  
Holyhead Leisure Centre  
LL65 2YE 01407 764111
- 3  Canolfan Hamdden David Hughes  
David Hughes Leisure Centre  
LL59 5SS 01248 715653
- 4  Canolfan Hamdden Plas Arthur  
Plas Arthur Leisure Centre  
LL77 7QX 01248 722966



## #CadwMônYnActif

Mae amrywiaeth eang o gyfleustarau hamdden ar gael i bobl o bob oed a gallu ac mae ein prisiau yn rhoi gwerth ardderchog am arian.

Gweledigaeth Cyngor Sir Ynys Môn yw uno cenedl sy'n caru'r campau, lle mae pob plentyn wedi gwirioni ar chwaraeon am oes.

## #KeepingAngleseyActive

A wide variety of leisure facilities are available for people of all ages and abilities and our prices represent excellent value for money.

Isle of Anglesey County Council's vision is to unite a proud sporting nation, where every child is hooked on sport for life.



@Mon\_Actif



@MonActif



@MonActif

monactif@ynysmon.gov.uk

monactif@anglesey.gov.uk





## **Pum ffordd at les** **Five ways to wellbeing**

**Pum peth syml y gallwn ni i gyd eu gwneud i roi hwb i'n lles**  
**Five simple things we can all do to give our wellbeing a boost**



### **Bod yn sylwgar**

Take notice

**Cymrwch amser i chi'ch hun, sylwch ar bethau o'ch cwmpas a sawrwcw y foment**

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



### **Cysylltu**

Connect

**Gwnewch amser i gysylltu â ffrindiau a theulu i helpu i gyfoethogi'ch diwrnod**

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



### **Bod yn fywiog**

Be active

**Mae bod yn fywiog yn gwneud i chi deimlo'n dda. Symudwch - dawnsiwch, canwch; camwch allan - ewch am dro, i redeg neu i feicio**

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



### **Dal ati i ddysgu**

Keep learning

**Gall dysgu rhywbeth newydd fod yn hwyl, gwneud i chi deimlo'n dda a datblygu'ch hyder**

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



### **Rhoi**

Give

**Fe all gweithredoedd o garedigrwydd, helpu eraill neu hyd yn oed gwirfoddoli eich gwneud i deimlo'n hapusach**

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

**These 5 Anglesey residents discovered ways to give their well-being a boost during lockdown.....**



**CONNECT ...** *"Our lives are so busy normally with both parents working, and the children having different hobbies. Being furloughed from work enabled us to slow down and spend quality time together, home-schooling, going for walks and learning new gardening skills."*  
**SARAH**



**BE ACTIVE ...** *"During lockdown we have appreciated and made use of our local surroundings enabling us to get out for walks and bike rides. This helped to improve my mental health and helped me to lose weight."*  
**LINDA**



**TAKE NOTICE ...** *"During lockdown I have been lucky enough to be able to tend to the allotment at Morlo Mens Shed in Holyhead on most days. This has given me the satisfaction of seeing the results of growing produce from seed to plate."*  
**RICHARD**



**KEEP LEARNING ...** *"During the Covid 19 pandemic I have learnt how to use a tablet. This has helped me a lot, as I can now keep in touch with friends and family online. I don't feel as lonely and it has helped with my mental health as well."*  
**WILL**



**GIVE ...** *"During lockdown I volunteered by making weekly 'check in and chat' calls to members of the Lunch Club and Senior Citizens Club in Gwelfor. The members appreciated having someone to chat to, and I really enjoyed myself as well"*  
**SANDRA**

