

## Social Groups - Ruthin / Llangollen and Corwen

30<sup>th</sup> September 2021

### Denbighshire Libraries



A blue poster for Denbighshire Libraries. At the top left is the 'llyfrgell library' logo and at the top right is the 'sir ddinbych denbighshire' logo. The main text in Welsh reads: 'Ar agor ar gyfer pori! Dewch i mewn, Galwch heibio i ddewis, casglu a dychwelyd eich llyfrau'. To the right, in English, it says 'Open for browsing! Drop in to choose, collect and return your books'. A red banner with a white border says 'come and WE'RE OPEN'. At the bottom are social media icons for Twitter (@llyfrgellDenb), Instagram (DenbighshireLibraries), and Facebook (Llyfrgellau Denbighshire).

### Working Denbighshire:



A poster for 'WORKING DENBIGHSHIRE' with the tagline 'Supporting you into work and/or better employment'. On the left, a graphic shows a staircase of colorful blocks with silhouettes of people climbing, including one in a wheelchair. The text on the right lists services: 'Training pathways leading to employment opportunities', 'Help finding a job, CV writing, applications, interview skills', 'Work experience and volunteering opportunities', 'Training provided to learn new skills and gain qualifications', 'Confidence building, support, motivation and wellbeing', and 'Regular advice and guidance from your own personal mentor'. Contact information includes the phone number 01745 551400, the email [workingdenbighshire@denbighshire.gov.uk](mailto:workingdenbighshire@denbighshire.gov.uk), and social media handles @WkDenbighshire and Sir Ddinbych yr Gweinio / Working Denbighshire.

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

## RUTHIN:

### **Gardening:**

**DVSC Allotment, Greenfield Road, Ruthin**

As and when gardening project

Contact Gareth DVSC: 01824 702441

### **Vale of Clwyd Mind**

Fridays Llanfwrog by Tennis Courts 10am to 2pm (ish!)

For information (3<sup>rd</sup> June 2021 - no need to book, just turn up)

[v.ward@valeofclwydmind.org.uk](mailto:v.ward@valeofclwydmind.org.uk) or phone the office on 01745 812461. You can leave a message and they will return the call

### **Walking Groups:**

#### **Mind Walking Groups**

Tuesdays 14:00 Ruthin from Llanfwrog by Tennis Courts

Contact Paul: 07770124874 (no need to book)

### **Arts and Craft:**

#### **Lost in Art - Group for people with Dementia**

Awaiting new start date: - probably will be on Tuesdays - Ruthin Craft Centre 2pm-3pm **NEED TO BOOK**

Contact Jo to book on and/or join the waiting [Jo.McGregor@denbighshireleisure.co.uk](mailto:Jo.McGregor@denbighshireleisure.co.uk)

### **Social Groups:**

#### **Mens Sheds (Will be moving location - waiting confirmation 6<sup>th</sup> Sept 2021)**

Saturdays 10am-12pm

Ian Williams 07932759602

#### **Trem Y Foel - Ruthin**

##### **Llain Goch**

Sitting Bowls Monday 2pm-4pm

Bowls Tuesday 2pm-4pm

Bingo Weds 2pm-4pm

Tea and a Chat Thursday 2pm-4pm

Bingo (evening) Friday 7pm (this is for prize money / cost to attend?)

Call Jock for info 01824 703227  
(bring a small donation for tea and coffee)

### **Ruthin Knit and Natter**

Naylor Leyland Centre

Thursdays 5:30-7:30pm

Weekly - £2 - bring your own knitting / crochet

Further information: Jan at the Wayfarer Shop - Ruthin

### **Tai Chi, slow, gentle exercising for everyone (seated)**

Friday 12-1pm

£5

The Community Centre, Llanfwrog

(have requested further information - 25<sup>th</sup> August 2021)

### **Woodys Lodge ( for veterans)**

Naylor Leyland Centre

Wednesdays 1pm-3pm

### **Ruthin and District U3A**

Joining fee / groups for retired and semi-retired

Look on their website: <https://u3asites.org.uk/ruthin/home>

### **St Peters Church**

**DROP IN  
FRIDAYS**

EVERY FRIDAY  
9AM-2PM  
STARTING  
1ST OCTOBER



ST PETERS  
CHURCH,  
THE SQUARE,  
RUTHIN



- Tea & Toast
- Clothes Swap
- Soup & Bread
- Storytelling
- Crafts & Activities for children
- Skill swap

A very warm welcome to our family awaits, we can't wait to meet you! Drop in for as little or as long as you wish!

## Pathways to Well-Being



### JOIN OUR PWLLGLAS / GRAIG-FECHAN PATHS TO WELLBEING COMMUNITY EVENT

We're inviting you to come and tell us what we can do to help you put walking at the heart of your community!

Get your hands dirty, learn new skills and work with us on the ground to help make your community greener and more accessible to all.

**October 8**

09:00 - 13:00

**Pwllglas Community Shop  
LL15 2PB**

**Contact  
Heather.Martin@ramblers.org.uk  
to attend**

[www.ramblers.org.uk/pathstowellbeing](http://www.ramblers.org.uk/pathstowellbeing)

#PathsToWellbeing

Known to be operating September 2021

### Ruthin and District U3A Interest Groups

Away Days	Dorothea Harber	<a href="mailto:dvharber@yahoo.co.uk">dvharber@yahoo.co.uk</a>	01824 750150
Backyard Chickens	Isabel Stewart	<a href="mailto:isyhstewart@gmail.com">isyhstewart@gmail.com</a>	01824 750571
Badminton, Table Tennis & Snooker	Phil Webb	<a href="mailto:philandmarionwebb@gmail.com">philandmarionwebb@gmail.com</a>	01824 703081/ 01824 704163
Bird Watching for fun	Lyn Evans	<a href="mailto:levans41@hotmail.com">levans41@hotmail.com</a>	01824 703140
Canasta	Bob Blackburn	<a href="mailto:bob.blackburn@talktalk.net">bob.blackburn@talktalk.net</a>	01824 705580
Classical Music	Sandra Canter	<a href="mailto:s.canter@btinternet.com">s.canter@btinternet.com</a>	01824 750587
Creative Writing	Gillian Jones	<a href="mailto:gillian712jones@btinternet.com">gillian712jones@btinternet.com</a>	01824 703379
Cribbage	Rosanne Jarvis	<a href="mailto:rosannejarvis@yahoo.co.uk">rosannejarvis@yahoo.co.uk</a>	01824 704500
Crown Green Bowls	Rosanne Jarvis	<a href="mailto:rosannejarvis@yahoo.co.uk">rosannejarvis@yahoo.co.uk</a>	01824 704500
Cycling	Geraint Jones	<a href="mailto:geraint.lewisjones@gmail.com">geraint.lewisjones@gmail.com</a>	01824 707168
Disco Exercise	Beverley Williams	<a href="mailto:bevwilliams999@icloud.com">bevwilliams999@icloud.com</a>	01824 705936
Drama	Michael Van Der Eijk	<a href="mailto:mikevandereijk1112@btinternet.com">mikevandereijk1112@btinternet.com</a>	01824 703883
Film and Drama Discussion group	Margaret Jones	<a href="mailto:margaretjones94@sky.com">margaretjones94@sky.com</a>	01824 704724
Flower arranging	Dian Mouldsdales	<a href="mailto:nanadi47@gmail.com">nanadi47@gmail.com</a>	01824 707506
French life and language (4 groups)	Patricia Lyne	<a href="mailto:patricia.lyne@zen.co.uk">patricia.lyne@zen.co.uk</a>	01824 704269
Fun with Canines	Bernard Rinvoluceri	<a href="mailto:hacked10ff@hotmail.com">hacked10ff@hotmail.com</a>	01824 710677
Garden interest group	Dian Mouldsdales	<a href="mailto:nanadi47@gmail.com">nanadi47@gmail.com</a>	01824 707506
Genetics for Beginners	Dave Hislop	<a href="mailto:dmhislop@gmail.com">dmhislop@gmail.com</a>	01824 705331
Geology	Isabel Stewart	<a href="mailto:isyhstewart@gmail.com">isyhstewart@gmail.com</a>	01824 750571
Go	Peter Lund	<a href="mailto:peter.lund@btopenworld.com">peter.lund@btopenworld.com</a>	01824 705096
Hill Walking (cerdded bryniau)	Jill Marson	<a href="mailto:jillandraymond@tiscali.co.uk">jillandraymond@tiscali.co.uk</a>	01745 816970
History	Eric Bramhall	<a href="mailto:eric.bramhall@yahoo.co.uk">eric.bramhall@yahoo.co.uk</a>	01824 702757
Introduction to Philosophy	Buddug Pritchard	<a href="mailto:buddpritchard@gmail.com">buddpritchard@gmail.com</a>	01824 790046
IPads for beginners	David Hislop	<a href="mailto:dmhislop@gmail.com">dmhislop@gmail.com</a>	01824 705331
Ladies Coffee Afternoon	Lesley Bordoli	<a href="mailto:lesleyesl@btinternet.com">lesleyesl@btinternet.com</a>	07776 297963
Latin	Michael Skuse	<a href="mailto:michael.skuse@btinternet.com">michael.skuse@btinternet.com</a>	01824 702973
Men's Lunch Club	David Humphreys	<a href="mailto:jilldavidson1@btinternet.com">jilldavidson1@btinternet.com</a>	01824 703378
Petanque	Jack Shakespeare	<a href="mailto:jackshakespeare35@gmail.com">jackshakespeare35@gmail.com</a>	01824 707543
Poetry for Pleasure	Jean Leith	<a href="mailto:jeanleith@hotmail.co.uk">jeanleith@hotmail.co.uk</a>	01824 705592
Reading / Book Club	Helena Thomas	<a href="mailto:helena.thomas@talktalk.net">helena.thomas@talktalk.net</a>	01745 814596
Recorders	Sandra Canter	<a href="mailto:s.canter@btinternet.com">s.canter@btinternet.com</a>	07787 563198
Rubber Bridge	Ann Daniels	<a href="mailto:annandaniels384@gmail.com">annandaniels384@gmail.com</a>	01824 705640
Singing	Ruth Bacon	<a href="mailto:ruth.mbacon@btinternet.com">ruth.mbacon@btinternet.com</a>	01824 705357
Spanish Beginners	Peter Lund	<a href="mailto:peter.lund@btopenworld.com">peter.lund@btopenworld.com</a>	01824 705096
Strollers easy walking group	Jean Leith	<a href="mailto:jeanleith@hotmail.co.uk">jeanleith@hotmail.co.uk</a>	01824 705592
Sunday Lunch Group	Sylvia McCabe	<a href="mailto:sylvia.mccabe60@outlook.com">sylvia.mccabe60@outlook.com</a>	01690 770757
Sustainable Living	Carol or Nick Ward	<a href="mailto:welshwardies@btinternet.com">welshwardies@btinternet.com</a>	01824 703796
Ukulele	Keith Mouldsdales	<a href="mailto:keefiedi@gmail.com">keefiedi@gmail.com</a>	01824 707506
Walking (shorter)	Jo Sims	<a href="mailto:mail@jandisims.co.uk">mail@jandisims.co.uk</a>	01824 707729
Whist	Jack Shakespeare	<a href="mailto:jackshakespeare35@gmail.com">jackshakespeare35@gmail.com</a>	01824 707543

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

## **CORWEN:**

### **Lunch Club**

**Canolfan Ni - 01490 266004**

Tuesday and Thursday

Contact the community centre to book

(6<sup>th</sup> May 2021 - currently a waiting list)

### **Social Group**

**Mind**

Thursdays at Canolfan Ni (2 sessions)

Contact Jenny Bolton of Mind for info and to book on 01745 812461

**Clwb Y Berwyn (RVS)**

Every other Friday at Canolfan Ni

Waiting list for attendance - Contact Rebecca, Community Navigator for info.

**Cynwyd**

Social group, not meeting at the moment but have trips planned. Generally meet up between April and August and September until Christmas.

Waiting list - contact Rebecca, Community Navigator for information

**Glyndyfrdwy**

Coffee Mornings

St Thomas Church

Firdays 10am-12pm

### **Walking Groups:**

**Mind Walking Groups**

Tuesdays 09.00 Corwen from War Memorial Park by Tennis Courts

Wednesdays 09.30 Corwen from War Memorial Park by Tennis Courts





Group sessions or individual  
appointments available

AMANDA ROBERTS  
e: [mindfulmatters@btinternet.com](mailto:mindfulmatters@btinternet.com)  
m: 07813 360476  
[www.mymindfulmatters.co.uk](http://www.mymindfulmatters.co.uk)



## U3A Berwyn

For retired / semi Retired

Membership fee

Their website has the contact details: <https://u3asites.org.uk/berwyn/home>

Mon Sep 20th	Open Meeting. 2 pm at Canolfan Ni
Mon Oct 18th	Open Meeting. 2 pm at Canolfan Ni
Mon Nov 15th	Open Meeting. 2 pm at Canolfan Ni
Mon Dec 20th	Open Meeting. 2 pm at Canolfan Ni?
<b><u><a href="#">Art and Craft</a></u></b>	
Thu Sep 23rd	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
Thu Oct 14th	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
Thu Oct 28th	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
Thu Nov 11th	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
Thu Nov 25th	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
Thu Dec 9th	10.30 am-12.30 pm in Scout Hostel, Cynwyd.
<b><u><a href="#">Strollers</a></u></b>	
Mon Sep 13th	Stroll. Details t.b.a.
Mon Oct 11th	Stroll. Details t.b.a.

## LLANGOLLEN

### Walking Groups:

#### **The Outdoor Partnership**

Walking in Llangollen

Starting Friday the 25<sup>th</sup> of June at 11am and it will run through to 3 pm.

To book: [dafydd.davis@partneriaeth-awyr-agored.co.uk](mailto:dafydd.davis@partneriaeth-awyr-agored.co.uk)

*The group will be weekly and the sessions four hours long. The walks will be pretty gentle with a stop for a picnic but people will need to be able to walk reasonably well and be pretty mobile. We are doing four hour sessions so that we have flexibility in terms of the walks and we are also looking to do other activities such as paddle sports and maybe climbing if people want to.*

#### **Mind Walking group:**

Fridays 09.30 Llangollen from Plas Newydd

**Walk and Talk - Postponed for 2 weeks (as of the 27<sup>th</sup> Sept) - please check before attending.**



#### **Social Group - Vale of Clwyd Mind**

Small group at Welfare House every Friday 10am - 12 noon

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Contact Rebecca and Susan, Community Navigators, Age Connects

Market Street, LL20 8RA

Contact Mind to book: 01745 812461 & 01745 351635

Pengwern Community Hwb

### COFFEE MORNINGS BORE COFI



EVERY THURSDAY 9.30-11.30  
BOB DYDD IAU 9.30-11.30  
STARTING / CYCHWYN 07/10/2021

PENGWERN COMMUNITY HWB CYMUNEDOL PENGWERN

COME ALONG FOR A CATCH UP WITH A CUPPA  
DEWCH I DAL I FYNY AM SGWRS GYDA PANED

Some weeks there will be craft, wellbeing & information  
activities during the session

Rhai wythnosau bydd gweithgareddau crefft, lles a gwybodaeth  
yn ystod y sesiwn

Contact Heulwen on / cysylltwch a Heulwen ar  
01490 266004 heulwen@sdcpc.org

Partneriaeth Gymunedol De Sir Ddinbych  
South Denbighshire Community Partnership



### KNITT & NATTER / CUPPA & CROCHET GWEU & SGWRS / PANED & CROSIO



EVERY WEDNESDAY 10-12  
POB DYDD MERCHER 10-12  
STARTING / CYCHWYN 06/10/2021

PENGWERN COMMUNITY HWB CYMUNEDOL PENGWERN

COME ALONG TO THIS RELAXED AND INFORMAL  
SESSION & HAVE A CATCH UP WITH A CUPPA

DEWCH I YMUNO A SESIWN YMLACIOL AC ANFFURFIOL YMA  
A DAL I FYNY AM SGWRS GYDA PANED

Suitable for all abilities - Yn addas i pob galluoedd

Warm welcome to all- Croeso cynnes i pawb  
Contact Heulwen on / cysylltwch a Heulwen ar  
01490 266004 heulwen@sdcpc.org

Partneriaeth Gymunedol De Sir Ddinbych  
South Denbighshire Community Partnership

## What's on in OCTOBER at Pengwern Community Hub

Monday	Tuesday	Wednesday	Thursday	Friday
4  CAD ADVICE & SUPPORT APPOINTMENTS 13:00-15:30	5 CENTRE CLOSED	6 KNITT & NATTER / CUPPA & CROCHET 10:00-12:00	7 COFFEE MORNING 09.30—11.30	8 CENTRE CLOSED
11  CAD ADVICE & SUPPORT APPOINTMENTS 13:00-15:30	12 CENTRE CLOSED	13 KNITT & NATTER / CUPPA & CROCHET 10:00-12:00	14 SPOON WHITTLING ADULTS 9.30—12.30 	15 CENTRE CLOSED
18  CAD ADVICE & SUPPORT APPOINTMENTS 13:00-15:30	19 CENTRE CLOSED	20 KNITT & NATTER / CUPPA & CROCHET 10:00-12:00	21 COFFEE MORNING 9.30—11.30	22 CENTRE CLOSED
25 SPOON WHITTLING FOR TEENS 13:00-16:00 FULLY BOOKED 	26 CENTRE CLOSED	27 MULTI SPORT & PLAY ACTIVITY 14:00 -15:30 LOCATION TO BE CONFIRMED	28 HALLOWEEN ART & SNACKS 10:00-12:00 Come along in Fancy Dress costumes	29 CENTRE CLOSED
		 Partnriaeth Gymunedol De Sir Ddinbych South Denbighshire Community Partnership		Contact Pengwern Community Hub Coordinator Heulwen 01450 366004 heulwen@sdcp.org

### Volunteering Denbighshire Countryside Services

Thursday 10am-3pm Wenffrwd Nature Reserve

Need to book [ellie.wainwright@denbighshire.gov.uk](mailto:ellie.wainwright@denbighshire.gov.uk)

### Plas Newydd gardening:

Tuesdays 10am-12pm

[Lisette.Davies@denbighshire.gov.uk](mailto:Lisette.Davies@denbighshire.gov.uk)

### Matts Community Breakfast

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects



**Sunday Lunch = Once a month:**

£12 for 3 courses with tea/coffee.

Email: [stcollens@gmail.com](mailto:stcollens@gmail.com)



**Coffee/ Tea available with a chat - Llangollen Food Share (Sitting outside - so be mindful of the weather)**

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects


10am - 11am First and Third Tuesday of every month -

Market Street Car Park (building on the left hand side if facing away from the toilets)

(Kept on for reference - have requested Oct programme. )

August 2021

### Thursday Volunteer Programme



Bryniau Clwyd a  
Dyffryn Dyfrdwy  
Clwydian Range  
and Dee Valley

**Thursday 12<sup>th</sup> August, 10am – 3pm**  
**Ty Mawr Balsam Bashing**  
Join us as we remove the non-native and invasive Himalayan Balsam from the Banks of the river Dee.  
Please wear trousers and long-sleeved tops. Meet at Ty Mawr Country Park Carpark, LL14 3PE.

**Thursday 19<sup>th</sup> August, 10am – 3pm**  
**Eglwyseg Escarpment**  
Help us repair sections of the Offa's Dyke Path National Trail as it traverses this spectacular escarpment.  
Meet at Worlds End layby just before the cattle grid (SJ 232 484), and we will walk down to the escarpment.

Ellie.wainwright@denbighshire.gov.uk

07918224784

## Llanarmon Yn Ial.

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

### **Raven Inn**

The lunch club will be starting on the 27<sup>th</sup> May 2021

Thursdays £12 Approx. for 2 courses.

To Book and further info: Joy 07720 909 247

Karate and Pilates have restarted in the Old School Room again with limited numbers and covid regulations in place.

### **Llandegla.**

The only club to reopen to date is the Badminton Club who meet once a week in the village hall.

### **Llanferres.**

Pilates has restarted with two classes to accommodate safe numbers every Monday evening in the village/school hall.

## DENBIGH (Check with Red Cross Com Nav's)

### Nature for Health

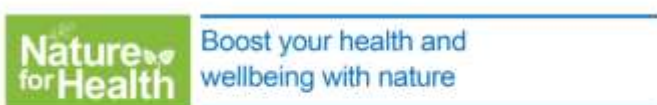
Denbigh

Friday Mount Wood, Denbigh. 10:00 - 12:30

meet at the site entrance by the junction of Lon Llewellyn and Smithfield Road (just up from the Caledfryn offices)

Ricky James 01824 708397

**The first session for new volunteers will be Friday 4<sup>th</sup> June.**



#### Art in Nature Sessions

Would you like to:

- Learn new skills
- Meet new people
- Explore your community
- Take part in walking and environmental art sessions

Community Arts, Dementia Friendly Denbigh and Nature for Health are working together to encourage people to get out into nature and to socialise outdoors for their wellbeing. Sessions are led by bi-lingual artists.

**WHEN?** Every other Friday throughout the summer months, commencing on Friday 9 July at 10am

**WHERE?** Mount Wood Nature Reserve, Denbigh

**WHO?** This site is accessible to most people and all are welcome including those who are living with dementia. Children accompanied by an adult are also welcome

Please contact Jo McGregor on 07799 562706 / jo.mcgregor@denbighshiretelere.com for more information or to register your interest. Follow us on twitter @DfLLetArts





### **Mind Walking Group:**

Thursdays 10:00

Hwb Denbigh.

### **Goblins Farm**

£15 per person - Check what days currently a Thursday

Farm type activities

<https://tootell.wixsite.com/goblincommunityfarm>

### **The Carriage Works:**

Check their website: [www.carriageworksdenbigh.co.uk](http://www.carriageworksdenbigh.co.uk).

### **Social Groups:**

Eirianfa



### **Vale of Clwyd Mind (starting 7<sup>th</sup> Oct)**

Eirianfa Community Centre, Thursdays 10am-12pm

Please call to book to attend - 01745 812461

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

## Re-Engage Wales

0800 716 543

Weds 6<sup>th</sup> October (weekly? - tried to call to obtain information - Left message 28/9)

Over 75 at Eirianfa Community Centre










## HWB Denbigh

Currently offering art groups, sewing group, walking group and a new parent and pram walking group

[https://sites.elementalsoftware.co.uk/app/WebObjects/ES-QA.woa/cms/arts\\_in\\_health\\_registerstart](https://sites.elementalsoftware.co.uk/app/WebObjects/ES-QA.woa/cms/arts_in_health_registerstart)

**SEPTEMBER - OCTOBER**

## WHAT'S ON? HWB Dinbych

<div style="text-align: center;"></div> <h3>JOB CLUB</h3> <p>Every Thursday - 10am - 12pm Various agencies here to offer support and employment. <b>NEED TO BOOK AN APPOINTMENT</b> Julia: 07880785184 Jean: 07779356482</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>	<div style="text-align: center;"></div> <h3>CITIZENS ADVICE DENBISHIRE</h3> <p>Every Monday - Gwener - HWB Dinbych opening hours As CAB is not yet making face-to-face appointments, come along to HWB Dinbych. CAB advisers are ready and able to see you online and help wherever they can.</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>
<div style="text-align: center;"></div> <h3>ART FOR HEALTH</h3> <p>Weekly art sessions to improve the health and well-being of individuals. <b>NEED TO BOOK</b> Contact HWB Dinbych staff for more information Monday - 9:30am - 11:30am and 12:30pm - 2:30pm Wednesday - 9:30am - 11:30am Friday - 9:30am - 11:30am and 12:30pm - 2:30pm</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>	<div style="text-align: center;"></div> <h3>ADVICE ON ENERGY EFFICIENCY</h3> <p>Drop in session September 22nd, 1pm - 3pm A chance for you to try and save some money!! Support with change of provider, support with Nest (private sector) applications, bill and tariff clarification, negotiation help with energy provider, information on Welsh Water's 'Warm Home Discount' and 'Help Scheme'.</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>
<div style="text-align: center;"></div> <h3>DENBIGH COVID SUPPORT HUB</h3> <p>For some months HWB Dinbych has opened as a Support Hub following the impact COVID has had on the community. You can pick up Lateral Flow Tests</p> <p>Tuesday: 8:30am - 1pm / Wednesday: 4pm - 6pm / Thursday: 8:30am - 1pm / Friday: 8:30am - 1pm Additional Support Available:</p> <ul style="list-style-type: none"><li>• Welfare Support</li><li>• Employment Support</li><li>• Digital Support</li><li>• Housing Support</li><li>• Energy Advice</li><li>• Mental Health Support</li></ul> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>	<div style="text-align: center;"></div> <h3>DIGITAL SUPPORT</h3> <p>1 to 1 Sessions Are you looking to increase your confidence and learn the basic skills when using a mobile phone, laptop or tablet? Contact HWB Dinbych staff for more information and to book a session.</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>
<div style="display: flex; justify-content: space-between; align-items: center;"><div><p>01745 818 485</p><p> @HWBDinbych</p></div><div><p><a href="mailto:hwbd@hwbdinbych.org">hwbd@hwbdinbych.org</a></p><p> @HWB_Dinbych</p></div><div><p>HWB Dinbych, Fford y Ffair, Dinbych, LL16 3RD</p><p> @HWBDinbych</p></div></div>	
<div style="text-align: center;"></div> <h3>PARENT AND BABY GROUP</h3> <p>Starts Thursday - September 23rd - 1pm - 2.45pm Open to all parents / carers of pre-school age children. Come and join us for a drink and a chance to play and socialise in a relaxed and friendly environment. For more information contact: Rachel Jones - 01745 816949 (Denbigh Youth Project) Due to the limited number of people able to attend, we are unable to accommodate children.</p> <p style="text-align: right; border: 1px solid black; border-radius: 50%; padding: 2px;">free</p>	

## Woodys Lodge ( for veterans)

Hwb Denbigh

Wednesdays 10am - 12pm

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

# DENBIGH PLANT SWAP & SHARE



You are invited to join us on Saturday  
9th of October from 12pm until 2pm  
@ Denbigh Cons Club for our first  
ever Plant Swap & Share!

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## Bring a plant

You can bring as many plants as you like, the motto is "bring a plant, take a plant" & Denbigh Plant Swap & Share welcomes house plants, garden plants, seeds, bulbs and plant pots! All we ask is that the plant you bring is healthy, pest-free and labelled.

## Take a plant

Plant swaps are free & it is down to both parties to mutually agree on a fair plant trade. Put plainly, you both agree on what plants you would like to swap and when both parties are happy, swap!

## Make friends

It's not just about the plants! This social planty gathering allows you to meet new people, converse, learn a new skill or share your plant wisdom with someone else, and maybe even make some long lasting friendships!

# OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 10-2.30 Drop in community gardening	28	29	30 10-2.30 Drop in community gardening	1	2
3	4 10-2.30 Drop in community gardening	5 9.30-11.30 Community Makers £2 suggested donation 12.30-2.30 Community Makers £2 suggested donation	6 9.30-11.30 Journaling with Carol £4.50 12.30-2.30 Making a Mark £4.50	7 10-2.30 Drop in community gardening	8	9
10	11	12 9.30-11.30 Community Makers £2 suggested donation 12.30-2.30 Community Makers £2 suggested donation	13 9.30-11.30 Journaling with Carol £4.50 12.30-2.30 Making a Mark £4.50	14 10-2.30 Drop in community gardening	15	16
17	18	19 9.30-11.30 Community Makers £2 suggested donation 12.30-2.30 Community Makers £2 suggested donation	20 9.30-11.30 Journaling with Carol £4.50 12.30-2.30 Making a Mark £4.50	21 10-2.30 Drop in community gardening	22	23
24 October 1/2 Term Week	25 9.30-12.00 Ages 6-9 Textile Crafts £5.00 1.00-2.30 Ages 10-13 Sewing (machine) Crafts £5.00	26 9.30-11.30 Community Makers £2 suggested donation 12.30-2.30 Community Makers £2 suggested donation	27 9.30-11.30 Journaling with Carol £4.50 12.30-2.30 Making a Mark £4.50	28 10-2.30 Drop in community gardening 9.30-12.00 Ages 6-9 Screen Printing Workshop £12 1.00-2.30 Ages 10-13 Screen Printing Workshop £12	29 9.30-12.00 Ages 6-9 Spooky Autumn Crafts £4.50 1.00-2.30 Ages 10-13 Spooky Autumn Crafts £4.50	30
31	1	2	3	4	5	6

This is a guide only: please do check details before attending. –  
Contact Rebecca and Susan, Community Navigators, Age Connects

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## Chargeable Day Services

### **Awel Day Care in Ruthin Football club**

Tuesdays and Weds

9am-4pm £55 per day to include lunch

Or £10 per hour drinks and snacks included -£5 for lunch.

To book call: [01824 308010](tel:01824308010)

### **Safe Hands are opening up in Llys Erw (Ruthin) The community centre.**

9:30 - 3:30pm Monday to Friday

£60 per day inc lunch

£30 half a day 1pm-3:30pm

They have transport at a cost of 50p per mile. Plus an addition charge if being picked up before 9:30 (£2.50) and dropped home after 3:30 (£2.50)

They are continuing to offer their day centre in Trefnant.

### **Valley Lodge**

Opening soon - day centre

Monday -Friday 9am-4pm

No transport provided.

# Christmas

Llangollen

St Collens Church

Christmas day Lunch - Start, Main (with trimings),  
dessert

Call to book - Mike/Val - 01978 86 0708

[Info@t-c-p.co.uk](mailto:Info@t-c-p.co.uk)