



A healthy and prosperous springtime to all!

We at Age Cymru Gwynedd a Môn wish you all a healthy and prosperous springtime. Last year proved to be a very busy and exciting period for us as a charity based at Y Cartref Bontnewydd with many hundreds of people visiting us. We sincerely hope that we get the same success and support during 2019.

How about changing your routine and be active and fit during 2019 and to take advantage of the range of activities and events taking place at Y Cartref? On a weekly basis we have activities including keeping the body active, and also various craft sessions to help keep the mind active!

Nutritious meals are essential for keeping healthy and our Cafe is an important resource in assisting with this in addition to providing socialising opportunities, for those that volunteer at Y Cartref or who are loyal customers.

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'Meals at home' service in the Bro Lleu area

Are you struggling to shop, or in need of a nutritious meal? An important development is our provision of a meals at home service which we will be offering in the Bro Lleu area. We can deliver meals to local homes for £7 per head for two nutritious and tasty courses freshly prepared in our kitchen in Bontnewydd!

If you require any further information about what is available at Y Cartref Bontnewydd, or to reserve a table at the Café and order meals at home, or if you have any suggestions on the types of activities you would to see being offered, then please contact Nicola Jennings on 01286 808 732 or nicola@acgm.co.uk.



Age Cymru Gwynedd a Môn meeting the standards!



This year we are pleased to have achieved and been given both the Age UK Charity Quality Standard (CQS) and also the Advice Quality Standard (AQS) recognition which acknowledges the high standard of our performance as an organisation.

The CQS Standard is externally assessed and awarded to members of the Age UK network who have demonstrated good governance and management; that they have a clear direction and strategy; and that they are committed to promoting the well-being and safety of older people, and their staff and volunteers.

The AQS Standard is awarded to organisations that provide advice to the public on social welfare issues. In order to meet the standard, organisations must prove that they are managed effectively and that they employ officers who have the skills and knowledge to meet their clients' needs.

**Age UK Charity
Quality Standard**

certified by



SGS

Cartref Bontnewydd's success on the national stage!

During September 2018 Eleri Lloyd Jones and Aled Evans went down to an awards evening at Cardiff City Hall on behalf of the charity. This was as a result of Y Cartref Bontnewydd Community Hub being shortlisted as a Welsh Social Business Awards finalist under the Health and Care category. Although we did not win the award, we are delighted that Y Cartref Bontnewydd has been given such recognition on a national level.



Be scam aware!

We hear daily stories of new scams targeted at older people. We wish to thank the Caernarfon Santander team for recently holding a scams prevention session at Y Cartref Bontnewydd to our Craft Club which meets every Tuesday. The team came along on 19th February 2019 and gave an interesting and useful talk on how to keep safe and prevent being affected by the numerous scams that are around! Look out for details of similar events in the near future!



Bevan Commission publishes an article written by our Advocacy Officer

Age Cymru Gwynedd a Môn has an Advocacy Officer, Sylvia Targett, who has been awarded Bevan Commission Advocate status - a commission that has been set up to promote health and health services in Wales. Sylvia was recently invited to write a Blog dealing with her area of work. This Blog is titled "Allies not adversaries: how the NHS can better engage with advocates" and you can access it via the following link:

<https://bit.ly/2HGrW9L>

In addition to appearing on the Bevan Commission website, the article has also been published in the British Medical Journal.

Men's Shed Caernarfon goes from strength to strength

The Men's Shed project continues to go from strength to strength. The group has worked on several projects for the benefit of the community over the two years since the shed was established.

Recently the men worked alongside Ysgol Maesincla Caernarfon pupils to create a 'Maesincla Mates Bench' to be placed in the Key Stage 2 yard. (Thank you also to CL JONES for providing the materials free of charge and also to Little Greene - Bethesda for providing all the paint free of charge.)



Trip i /Trip to Fangor/Bangor

Cynnwys siwrne adref
Including home drop off



Trafnidiaeth yn
brolenn a
methu gwneud eich
siopa wythnosol?
Beth am fynd ar Trip
Siopio Cymunedol?



Transport a
problem, struggling
to do your weekly
shop?
Why not join our
weekly community
shop?

Tesco, Morrisons,

Aldi, Lidl

Unwaith yr wythnos ar ddydd Iau yn cychwyn o Bontnewydd
am 10 y bore.

Once a week on a Thursday, departing from Bontnewydd 10
am

Y Cartref, Bontnewydd
LL54 7UW.

01286 808732

Age Cymru Gwynedd a Môn's shopping trips service

With springtime now upon us, we are thinking about activities that will enable people to be active as well as socialise as the weather begins to improve. One idea we are considering setting up is a weekly shopping trip every Thursday to places like Bangor and Pringles Llanfairpwll for local area residents and by using Mini Bus which is located at Y Cartref Bontnewydd. We can drop you and your shopping off at home.

If you are interested please contact us to discuss further!

Age Cymru Gwynedd a Môn shops

This time of the year is associated to spring-cleaning within the home!

Do you have donations that we can sell from Age Cymru Gwynedd and Môn shops?

We, as an independent local charity, are very much reliant on donations, and are always very grateful for any clothing, bric a brac, books and other items that you no longer need.

We can sell these in our shops in Caernarfon, Porthmadog, Blaenau Ffestiniog and Llangefni to generate additional income to meet the costs of the range of services we provide locally without charge. We can arrange to pick up local donations, or you can leave them at the reception at Y Cartref Bontnewydd. If you are looking for someone to help you with a house clearance we can also provide that assistance.



Good quality social care



It's vitally important that people receive the support they need to help them be independent. We believe that preventive measures will benefit more people and at a lower cost in the long run. By providing a wide range of services tailored to individual needs, the quality of life will improve while also aiding independence and wellbeing.

Age Cymru Gwynedd a Môn provides a range of preventative services which respond to local needs, supporting people in their communities to receive care at home or within locations in the community.

As an independent local charity we have by now been registered with the Care Inspectorate Wales (CIW) for a number of years. This enables us to provide a personal care service when needed. More people now wish to receive daily care at home so that they can continue to be part of their local community.