COLWYN BAY POP UP SHOP OFFICIALLY OPENS WITH A MACMILLAN COFFEE MORNING

The Pop up Shop at 24 Station Road, Colwyn Bay had its official launch on Friday 26th September, where it was opened by Mayor of Colwyn Bay, Cllr Val Smith.

The shop, which is run as a joint venture between Colwyn Bay Townscape Heritage Initiative Project, Conwy Communities First and Affinity Business Services, gives people an opportunity to test trade their retail ideas with minimum financial outlay.

24 Station Road has already helped a number of businesses test trade including Chrissy Smith an international knitwear designer for a well-known knitwear company, who now sells her own range of knitwear and hand woven yarn from the pop up shop.

Part of the opening celebrations included hosting a Macmillan coffee morning which raised £171.87 for the cancer support charity.

Are you interested in a town centre retail opportunity with minimal financial risk?

Test trade for 2 – 12 weeks (possibly longer depending on our waiting list) Business support and advise is also available.

We welcome applications from individuals looking to test trade a new business or product. Do you currently sell online and are looking to have a high street presence? Please get in touch to request your application form today. Email jennifer.dutton@conwy.gov.uk or contact the Prosperous Communities Team on 01492 338914.
Just the Job – If you are looking for work, help is at hand!
We have been offering Just the Job sessions throughout the Conwy Communities First Cluster area. We can help to create good quality CVs, assist with job applications and interview skills and can support people to register onto Universal Job Match.

Find us at:
Llandudno – Ty Llywelyn Community Centre, Thursdays 10am – 3pm
Colwyn Bay – Universal Job Match drop-in session, Wednesday’s 3.30pm – 5pm
Kinmel Bay - Job Club, every Monday at Kinmel Bay Community House 3pm - 5 pm

One to One CV appointments – phone Jen on 01492 338914

If you would like to attend an informal course on ‘How to use Universal Job Match more effectively’ please get in touch so we can book you onto one of our forthcoming courses in a location near you.

Just the Business – Support to help you develop your new business
We can help you in your new venture! Come and have an informal chat at our monthly Just the Business Enterprise sessions to find out what’s on offer. We are now working in partnership with Affinity Business Services offering 1-1 business support and a rolling programme of informal courses to help you set up or improve your business.

- Colwyn Bay - Enterprise club First Tuesday of the month at Pop up Shop, 24 Station Road. Colwyn Bay. 1pm – 3pm
- Llandudno - Enterprise club Third Monday of the month at Ty Hapus Community Resource Centre. 9.30 – 11.30am

MAKE DO AND MENDING V’S SPENDING CRAFT AT TAN LAN COMMUNITY CENTRE.

JOIN US FOR COFFEE AND THE CHANCE TO LEARN NEW CRAFTS AND HOW TO MAKE YOUR MONEY GO FURTHER!

Upcycle pre loved items and Furniture! Be creative and save money! All materials provided and everyone welcome. Penny Pinchin’ money help and advice will also be available. Contact the Prosperous Team on 01492 338914

<table>
<thead>
<tr>
<th>Time</th>
<th>Day</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am-12pm</td>
<td>Wednesday</td>
<td>8th October</td>
<td>Driftwood boat garland and a different sort of bunting</td>
</tr>
<tr>
<td>10am-12pm</td>
<td>Wednesday</td>
<td>15th October</td>
<td>Scrap basket birds</td>
</tr>
<tr>
<td>10am-12pm</td>
<td>Wednesday</td>
<td>22nd October</td>
<td>Jam Jar and bottle lanterns</td>
</tr>
<tr>
<td>10am-12pm</td>
<td>Wednesday</td>
<td>29th October</td>
<td>Family Halloween Crafts</td>
</tr>
<tr>
<td>10am-12pm</td>
<td>Wednesday</td>
<td>5th November</td>
<td>Christmas decorations, tin can tea lights, candy cane, sock snowman</td>
</tr>
<tr>
<td>6pm-8pm</td>
<td>Thursday</td>
<td>13th November</td>
<td>Shabby Chic upcycling a piece of furniture</td>
</tr>
<tr>
<td>6pm-8pm</td>
<td>Thursday</td>
<td>20th November</td>
<td>Shabby Chic upcycling a piece of furniture – continued from last week</td>
</tr>
<tr>
<td>6pm-8pm</td>
<td>Thursday</td>
<td>27th November</td>
<td>Jam Jar and bottle lanterns</td>
</tr>
<tr>
<td>6pm-8pm</td>
<td>Thursday</td>
<td>4th December</td>
<td>Handmade Christmas gifts</td>
</tr>
<tr>
<td>6pm-8pm</td>
<td>Thursday</td>
<td>11th December</td>
<td>Christmas decorations, tin can tea lights, candy cane, sock snowman</td>
</tr>
</tbody>
</table>

Make a SUPER SAVVY SHOPPER...

STOP AND THINK BEFORE YOU BUY OR BORROW

SAVVI TOP TIPS

- Shop around… Can you get it cheaper from somewhere else?
- If you’re paying weekly or borrowing how much is it going to cost you in total? Remember to include all the charges.
- Can you afford it? Visit www.moneysense.cymru for some great budgeting advice and tools.
- Would you ‘upcycle’ by getting a ‘mailed item’ from a local re-use centre and pick up a bargain?
- Stop and think! Do you need the item?

FIND OUT MORE

If you’re in debt and you would like help through Citizens Advice contact helpline Cymru 0844 477 3020 or answer phone line 01745 828708. If you feel you have been treated unfairly in a financial agreement you can complain at www.financial-ombudsman.org.uk or call from a phone hotline 0800 0234567 or 0300 123 9163 from a mobile.

If you’re interested in finding out more about Penny Pinchin’ making the most of your money and budgeting in fun and creative ways contact Communities First on 01492 338914 or email Helen.jackson@conwy.gov.uk.

For further details on your local credit union or to apply online please visit www.northwalescu.co.uk or contact 0333 2000 601.
Community Grant Scheme

now open

Gwanwyn is a month-long national festival held across Wales in May each year celebrating creativity in older age. Gwanwyn, which means ‘spring’ in Welsh, celebrates older age as a time of opportunity for renewal, growth and creativity. Our aim is to offer opportunities for greater participation by older people in the arts, whether visual arts, drama, storytelling, music, literature, photography, dance or film. The festival provides an opportunity for older people to get inspired, get immersed and get involved.

The festival operates a community grants scheme offering sums of up to £500 to enable groups all over Wales to organise an event, or a series of events, for the festival in 2015. All kinds of groups can participate, (choirs, care homes, community groups, art, dance and theatre groups, writers clubs...) The scheme can support a range of exhibitions, events and performances all over the country. In 2013 over 65 groups participated in events involving over 9000 people.

Applications are now open with the deadline for submission on Friday 5th December 2014.

For an application form and an information pack with details on how to apply please download from the Gwanwyn website http://gwanwyn.org.uk/ or to request a pack by post please call Age Cymru on 029 20 431 555

COMMUNITY FOOD CO-OPERATIVES

Conwy CF are proud to support this fantastic initiative by helping to raise awareness of local food co-ops, helping community organisations to recruit volunteers and set up links with their local development workers.

We have worked closely with Karen Robertson, the North and Central Wales Food Development Worker, to bring low cost food to your community. A notable success in our local cluster area is the Ty Hapus Food Co-op in Llandudno which has gone from strength to strength thanks to the work of lead volunteer Jo Entwistle (not forgetting her loyal helper and husband Matt) and the support of the Ty Hapus Community Resource Centre administrator Jayne Black. A key component of their success has been the use of social media as they regularly post on the Ty Hapus Community Resource Centre Facebook page (www.facebook.com/pages/Ty-Hapus-Community-Resource-Centre)

The food co-op has been running since summer 2013 and now stocks a wide selection of veg, meat and bakery products. Orders are taken through the week and deliveries made on Thursday lunchtimes. We have also recently helped the Tan Lan community centre to set up their food co-op – its early days but hopefully, like Ty Hapus, this will develop into a thriving project offering great savings to Old Colwyn residents.

How to order

Customers simply go along to their chosen food co-op at the allocated time/day and place their order one week in advance with the volunteer running the food co-op. They can order as many or as few bags as they want and must pay for their bags at the time of ordering. They then goes along the following week to collect their bags and may order for the following week at the same time if they want to. Bag prices can vary according to supplier, area and bag size, with an average fruit, vegetable or salad bag costing in the region of £2.50 - £4.00

You can search for your nearest food co-op here: http://www.foodcoopswales.org.uk/find_a_coop.php
Up your Arts – Business support for artists and craftspeople

Up your Arts is back due to popular demand and its bigger and better than ever!

Communities First and TAPE Music and Film have been supporting artists, craftspeople and creative groups across the Conwy cluster for some time with a successful collaborative arts project. Up your Arts was born from an identified need from local artists and makers for support in exploring and developing their creative skills and turning hobby into business whilst creating a sustainable future for themselves and maximising income. We are providing some excellent informal, arts focused workshops on photographing products, taking products to the online market, case studies from existing creative businesses and funding and development advice from arts specific organisations in Conwy.

Previous workshop have been well attended and the feedback had been excellent and very positive with one of the main features being that it had created a well-needed hub for like minded people to meet and support each other and boosting their confidence to develop their creative skills and enterprises.

Feedback has included:
“Inspiring, networking, encouraging, new horizons”
“I feel more confident about the items I make and putting myself out there”
“Best thing I have done in a long time”
“Been able to meet a lot of like minded people and learn new things”

This year we have an extra knitwear design module with local artist Chrissy Smith which is a response to local need. We are now offering more comprehensive photography sessions too. There is also an extra opportunity this year for participants to run workshop at the Twilight Christmas Festival in Colwyn Bay town centre.

Places are filling up quickly so contact us today to reserve your place. Tel: 01492 338914 or email jennifer.dutton@conwy.gov.uk

Coming Soon in Llandudno
Basic Skills taster day
Come along and learn how we can all benefit from improving our English and Maths. Improve punctuation and communication skills and increase confidence in maths and budgeting skills. Date and venue to be confirmed, for more information on this or any other courses please contact Mary on 01492 531996.
FREE MICROCHIPPING!
No appointment - just bring your dog along on the day.
For more information contact
Laura at Dogs Trust on 07443 981713
or Louise at Dogs Trust on 07443 981793
Mobile rates apply. We can call you back.

Tan y Marian Community Centre, Swn y Don, Old Colwyn, Colwyn Bay. LL29 9LL
Thurs 27th Nov 11.30am – 3.30pm

Farm and Pet Place, Rhuddlan Road, Abergele. LL22 7HZ
Fri 24th & Sat 25th Oct 11am – 3.30pm

Ty Llywelyn, Ffordd Yr Orsedd, Llandudno. LL30 1LA
Fri 31st Oct 11am – 3.30pm

UPCOMING HEALTH THEME COURSES

Weight Matters – Weight loss and exercise programme
Wednesday’s at the Dewi Sant centre in Pensarn LL22 7RG.
Starting Wednesday 22nd October and will run for 9 weeks from 1pm until 3pm.

Thursday’s at TAPE Music and film in Colwyn Bay LL29 9SD.
Starting Thursday 16th October and will run for 10 weeks from 9:30am until 11:30am.

Come and Cook – Cookery and nutrition skills
Tuesday’s at the Douglas Road Youth Centre in Colwyn Bay LL29 7PE.
Am session 9.30am till 12.30pm PM session 1.00pm till 4.00pm
Both sessions will run for 7 weeks.
Please note priority for the above courses will be given to Communities First residents.

Level 2 Food Safety Course
Friday 28th November at the Interchange in Old Colwyn, 9.30am-4pm. Open to volunteers and partners working on the Come & Cook cookery and nutrition course.

FOOTBALL LEADERS AWARD
15 hour course in Tan Lan Community Centre
Do you want to help out at your community with football or other activity sessions?
Would you like to go on to complete coaching qualification?
The Football Leaders Award course will introduce:
- Assisting Football Activity Sessions
- Learn the skills to help with football and other sporting events

For more information or to register contact Mary Brown:
mary.brown@conwy.gov.uk or 01492 531 996

This course is completely FREE to attend!
We need a minimum number of 16 people to run the course.
Date will be confirmed once there is sufficient number of people registered.
Please note that the minimum age to attend this course is 16.
**SUMMER CYCLING WAS A GREAT SUCCESS!**

Congratulations to all who participated in the Summer Cycling Project this year. Over 40 people took part in the weekly sessions which were held in Llandudno, Colwyn Bay and Pensarn. The rides were attended by a mixture of families and individuals of all different ages and abilities. Each session the rides would get longer and also covered topics around bike skills, maintenance and the environment.

The progression in fitness and confidence in everyone from week one to week six made the sessions a huge success. As a follow on activity we have since held a maintenance day and repaired 15 community bikes that were not in use. These bikes have been given back to their owners or donated to other participants who would use them.

Big thanks to 1mtb1 for delivering the sessions and providing the bikes and a special thanks to Chris Rooney for his valued support during the sessions. See you all again next year and look out for more cycling news coming soon!

**CHRISTMAS IN YOUR COMMUNITY**

*Hapus Christmas*
Ty Hapus Community Centre
Ffordd Penrhyn
Llandudno,
LL30 1HB
Coffee, crafts and mince pies
Friday December 12th starting at 10am

*TWILIGHT Christmas Festival*
Colwyn Bay town centre
Late night shopping, coffee, crafts and mince pies
Beginning of December. Details TBC.