



Established in 2004, Golygfa Gwydyr is a social enterprise based in Llanrwst. We are a non-profit, community led organisation. Our values are based on community participation, anti-discriminatory and person centred practice. We generate income from room hire, ticketed events, courses and fund-raising but are largely dependent on grant aid.

Pick and Mix

Yoga/T'ai Chi/ Tea and Chat at St Grwsts

During February and March we received funding from Betsi Cadwallader Health Board to spend on activities to improve peoples health and well-being. A few members had said that they would like to try Yoga and T'ai chi but could not afford to pay. We do not have the room so used St Grwsts Church which is a beautiful space and comments were made about its appropriate calmness and serenity for these pursuits. We included tea and chat so that people could socialise as well as keeping healthy. It was very successful and well attended. We are now looking for more funding to carry it on.



Nature Activities

We have been working closely with 10 different organisations including Coed Lleol, MIND, Menter Iaith and Cartrefi arranging activities using nature to improve our mental and physical health. We received Welsh Government funding to employ Heli Gittins for one year when we trialed 9 woodland activity sessions and welcomed 115 participants producing a feasibility study report which is available for anyone to read.

Other activities have included Mindfulness, Foraging, Camp fire cooking, Nature Therapy Group, Five Ways to Well-Being, a Family Fun day with Wild elements forest school session including archery, crafts and den building. The mindfulness contents give participants 'takeaway' skills to use in their daily lives. We have also produced a Mindfulness in Nature podcast series and a site video.

There was also a Step into Nature course with Lou and Heli that was a mindfulness and nature connection programme. It just happened that participants were all women, so we then organised 'Guys go Wild' sessions which included foraging and mindfulness for men.

It was a great year with Heli and we are very pleased that we have been able to continue working with her in her new role at Coed Lleol.

Guys go Wild session with Dave Phillips AKA Coastal Wanderer



Macmillan Nurses Coffee morning

We worked in partnership with the Station adopters organising a Macmillan coffee morning on 24th September at our building. We had live music from our GG Jam Band, Tombola + coffee and cakes made by some members. We had a collection tin at the Co-op and made a total of £600.

WHAT'S AVAILABLE:-

- ◆ Use of WC/computers/WiFi/tea and coffee
- * Men's Sheds
Thursdays 10.30-12.30
- * Job Club Mondays 10-4
- * Music Tuesdays 10-12 at GG and 7-9 at Llanrwst Club
- * Woodland Management and Working Parties
- * Massage Therapy
- * Counselling
- * Community Woodfuel Co-operative
- * Nature/wellbeing activities
- * Friendship Group
Fridays 1.30-3.30
- * Dan Y Coed - theatre group/using the sites for:
- * Caerdroia Sensory Labyrinth



My tree, Our forest

The Woodland Trust and Welsh Government have started a project planting a tree for every household in Wales. We were one of the 5 distribution centres in this initial phase and took delivery of 1000 trees to distribute during the month of March. People who didn't have gardens big enough could donate their tree for us to plant at our site that had been devastated by the storms. We organised some planting days and have replaced our lost trees with around 40 more Oak, Alder, Birch, Flowering Cherry and Crab Apple.



Music Club

We have started a music club for health and well-being on Tuesday mornings with Ger and Ffiona. Members do not need to play an instrument or sing but can just come and listen and tap their feet. All are welcome.

The group was so popular that we started another group of musicians that meet at Llanrwst Club on a Tuesday night. Members then go along to the once monthly open mic night which is also great fun.

We have been asked to play at local gigs, one of them being at St Grwsts Christmas Fayre also Tyn Y Coed, Capel Curig.....



Crafty upcycling

The crafty upcycling group has developed into a grow your own, connect with nature project that will ultimately have produce for members to help themselves and cook from scratch. They have built window boxes and work benches from pallets and are using the Mens shed as a greenhouse to bring on their seedlings.



Massage

Jan continues with her massage therapy which is very popular, and people are reporting a great improvement in their physical and mental health. She has some unusual therapies, but they all seem to work. Of course, clients can choose whichever remedy works for them.

Heating

The most welcome improvement to our building is an air source heat pump. We have never managed to warm the building effectively until now so a very warm thank you to Llanrwst Relief in Need Charity, Clocaenog Forest Wind Farm and CVSC Voluntary Sector Emergency Fund.

Open Day

We held an open day on 14th August where people were taken up to the labyrinth site throughout the day. People were invited to participate in the activities that were on offer such as the Carneddau Partnership stall, Storytelling, T'ai Chi, Massage, Mindfulness, Stone Painting and Green woodworking. Or they could just sit with a cuppa, Skillicorns cake and listen to music provided by our GG Jam Band.

We used the opportunity to ask about any other activities that people might like to experience.



Who's Who at GG:

Rosie Evans Chair – Job Club
– Centre Management
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Roger Davies
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Liz Davies
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Check out our website for more information
www.golygfagywdyr.org
[still in the process of being updated] and also our facebook page

*Creating a healthy
and strong
community in
Conwy Valley*