

## Annual Report 2010-2011

### Summary of services and activities:

The Family Support Service offers carers' assessments, one-to-one emotional support and group support for carers.

The Rural Family Support Service offers carers' assessments, one-to-one emotional support and group support for carers in rural areas.

Colwyn Bay Day Services offer a range of daytime activities at our Resource Centre and accompany service users to join groups/activities in the community.

Llanrwst Rural Service offers a range of daytime activities at our centre in Llanrwst and activities in the community.

### Highlights of the Year:

- Darren Miller AM for Clwyd West met carers in Colwyn Bay. This is the third year that Mr Miller has met with the carers and his input and support is much appreciated by them.
- A monthly Obsessive Compulsive Disorder (OCD) group has been developed as a result of needs highlighted in recent carers' assessments and advice taken from Roslin psychology department.
- A joint Conwy and Denbighshire Carer Day was organised at a local hotel. There were taster sessions in Tai Chi, chair aerobics and extend exercises and massage sessions were provided by the Red Cross. Information on accessing local exercise classes, educational classes and other interests was provided.
- Ten carers have been supported to attend computer courses for beginners at the local college. Two carers successfully applied for a training grant and enrolled on more advanced courses. This initiative was a follow-on from Hafal's successful 'We Can Do It' IT training campaign.
- We had a very successful Health and Wellbeing Day in April, held in Llandudno, which included service users from Llanrwst as well as Colwyn Bay. The day included Tai Chi, Wii Fit, Yoga/Relaxation, Belly Dancing and Healthy Eating information. We also "launched" our new bikes.
- In June we had an extra "Road to Recovery" campaign event on the promenade at Colwyn Bay. Over 70 people attended including the Mayor of Llanrwst and Deputy Mayor of Colwyn Bay.

- Service users went on a day trip to Chester. Some went shopping, some had a look at the Roman amphitheatre and other historical sights and others went on a boat trip on the river.
- The new kitchen at the Resource Centre was completed and service users helped with the painting.
- In October service users took part in Conwy County's World Mental Health Day. One of the service users helped Hafal staff to run a Tai Chi Group.
- A member of staff and several service users went to Bodelwyddan Castle to a meeting chaired by the Bodelwyddan Castle Trust to discuss the benefit of museums and art galleries in maintaining mental wellbeing. The visit included a tour around the castle and grounds, included lunch and was organised in partnership with the Open Minds project.
- Walking groups are proving very popular. The more strenuous Hiking Group continues to be very well attended. Hikes this year have included Cadair Ifan Goch, Llyn Crafnant and Geirionydd, Great Orme, Deganwy and West Shore, and Llanberis.
- The Photography Group has had several interesting outings to places including Bodnant Gardens, Bangor Pier and Colwyn Bay Mountain Zoo.
- Tai Chi sessions are still attracting service users and we are fortunate to have a member of staff who is a Tai Chi instructor and able to run this group. We have many people who practice Tai Chi at various levels and we are able to be flexible and change the group around so that those who are quite advanced are able to help the beginners.
- We have taken the Colwyn Bay Service to Abergele in the form of a small group of five to six people who meet regularly, support each other and share information about local activities that they might access.

*Walking group at "Druid Circle" above Penmaenmawr in Snowdonia National Park*

