

CREU CONWY

CREU'R SBARDUN

CREATING THE SPARK



Lleisiant / Wellbeing

CYSYLLTIEDIG
CONNECTED



Coleg Adfer Conwy

Mae'r Coleg Adfer yn ddull wedi'i arwain gan ddysgu, sy'n cefnogi pobl i gynyddu eu dealltwriaeth o heriau iechyd meddwl maent yn eu profi a chymryd rheolaeth drwy hunan-reoli eu symptomau.



Conwy's Recovery College

The Recovery College is a **learning-led approach** that supports people to increase their understanding of the mental health challenges they are experiencing and **take control** by **self-managing** their symptoms

Taith

Siwrnai Greadigol tuag at Les

A creative Journey to Wellbeing

- Partneriaeth gyda Mind Conwy, Creu Conwy a'r Tîm Iechyd Meddwl
- Cyngor Celfyddydau Cymru a Chronfa Celfyddydau, Iechyd a Lles y Loteri.
- Medi 2023 – Medi 2024
- Cysylltiad â datblygiad Coleg Adfer Conwy

- Partnership between Conwy Mind, Creu Conwy and the Mental Wellness Team
- Arts Council Wales Arts Health and Wellbeing Lottery Fund.
- September 2023 to September 2024
- Linked to development of Conwy's Recovery College

Creu Conwy Ifanc

Siwrnai Greadigol tuag at Les

A creative Journey to Wellbeing

- Deud' O
- Dawns i'r Teulu
- Clwb Graff
- Creu / Creu 2
- Cylch Stori
- Babi Brahms
- Criw Celf Bach

- Deud' O
- Family Dance
- Graff Club
- Create / Create 2
- Story Circle
- Baby Brahms
- Criw Celf Bach



Amdani! Conwy

Chi Ydi Diwylliant Conwy!
You Are the Culture of Conwy!



Gwneud Gwahaniaeth Go lawn Making it Count



UK Government Wales
Llywodraeth y DU Cymru