St. Kentigern
HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL

Registered Charity Number: 519931

YOUR HOSPICE
Biannual Newsletter

Spring/Summer **2026**







HOSPICE NEWS
Our Care Starts with you

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For six and a half years I have had the huge privilege of working at St Kentigern Hospice, initially as the Matron and for the last two and a half years leading the hospice as the Chief Executive.

Having started my nursing journey in March 1980 at St Georges Hospital in London, I have now worked in healthcare for 46 years, this has prompted me to make the decision to retire and make some plans for the next period of my life. This was not a decision made without much consideration.

I have worked in North Wales for over 35 years, initially as a District Nurse then as a Macmillan Nurse before working in the Hospice sector, all of these years I recall very fondly with memories made and some interesting stories to tell!!

My greatest privilege has been the years I have worked in specialist palliative care (some 25 years). I am grateful that my career ends in a place very close to my heart. St Kentigern Hospice demonstrates the value of hospice care, delivering exceptional care and support to patients and their loved ones. I will always hold dear the team work which has evolved to ensure that St Kentigern Hospice continues to deliver that care to our community.

I would like to thank all my colleagues, staff and volunteers for the support given to me within my roles and to the Chair of Trustees Steve Thomas and board of trustees for the support given and for putting your trust in me to lead St Kentigern Hospice, something I am very proud of.

As I prepare for retirement I want you to know that this is not goodbye, I will follow and remain part of St Kentigern Hospice. As I sign off this last message as the Chief Executive, I want to say a huge thank you to you all for ensuring that the hospice continues to support those within our community with a life limiting illness and support for their loved ones.

Jane McGrath

Chief Executive Officer

The Hospice in numbers

220

Patients admitted to our Specialist Palliative Care Inpatient Unit, providing expert, round-the-clock care.

968

Calls to our Admiral Nurse Advice Line, offering reassurance and guidance when it's needed most.

350+

Patients accessed our Outpatient Services including therapies and programmes within our Wellbeing Hwb

18%

of funds raised comes from supporters who choose to leave a gift in their Will.

31,000

If each dedicated volunteer gives 2 hours of their time weekly, over the year they will have provided over 31,000 hours of their time.

340

Children, Patients and Families supported through our Family Support Team



Paul Thomas



Paul Thomas was first admitted to St Kentigern Hospice for symptom management, but as his condition deteriorated, he made the decision to remain with us for end-of-life care.

When Paul arrived, he shared that his pain and his worries were finally better managed, “I think everybody worries when they come to the last stages. No one knows what to expect, but these people are wonderful at relaxing you and they help you an awful lot.”

He later told us that staff unpacked his suitcase for him and that he instantly felt safe. That first night, he slept peacefully for 16 hours.

While our clinical team focused on managing Paul’s symptoms to ensure his comfort, it was often the simple moments that meant the most to him, including time spent talking, sharing stories over a cup of tea, and reminiscing about his life and his love of football. Staff took the time to understand the small details that made a difference including how he liked his drinks, his favourite television programmes, and the foods that brought him joy, especially an Eton Mess prepared by our catering team in Caffi Cariad.

Paul often spoke about his goals, and one wish stood out above all others: he wanted to see his beloved Everton Football Club play one more time.

Our team worked hard to arrange a tour of the Club’s new stadium for him. Sadly, Paul became too unwell to attend. When the staff contacted Everton Football Club to share his story, their response was immediate and heartfelt. They sent Paul a card signed by his favourite players, along with a signed photograph of his hero, Seamus Coleman. Paul showed the card and photograph to every visitor and staff member who came into his room. It brought him genuine happiness during a very difficult time.

The stadium tour tickets will now be auctioned in Paul’s memory, with all proceeds supporting the Hospice and helping us continue to create special moments for other patients and families.

BBC **Read the BBC article here:** https://www.bbc.co.uk/news/articles/cddgj450088o

He was so grateful for his care that he chose to share his experience publicly, giving an interview to the BBC about his time at St Kentigern Hospice, something he looked forward to and was proud to take part in.

Over time, the nurses, healthcare assistants and volunteers became familiar, trusted faces. The ward became more than a place of care; it became somewhere Paul felt he truly belonged.

One evening, friends gathered at his bedside, reminiscing about the holidays and travels they had shared. Although Paul was unresponsive, he managed a smile and that remains a moment his friends will always treasure. Paul died peacefully, with a nurse sitting beside him, holding his hand.

Hospices support people and families through one of the hardest times they will ever face and the staff bring dignity and comfort to each patient by managing pain, easing anxiety, supporting loved ones, and allowing peaceful, comfortable time together.

Paul, we were privileged to know you and to care for you. Rest in peace.

St. Kentigern
stkentigernhospice.org.uk
stkentigernhospice
stkentigernhospice
St Kenigern Hospice, Upper Denbigh Rd, Saint Asaph LL17 0RS
Registered with FUNDRAISING REGULATOR
Registered Charity No: 519931

NEW BATHING SERVICE

Wellbeing Hwb Lead Coordinator –
w.rowlands@stkentigernhospice.org.uk
Wellbeing Hwb Nurse –
l.ratcliffe@stkentigernhospice.org.uk



View our timetable on our website

Could you or a loved one benefit from our Specialist Bathing Service?

Thanks to a generous grant from Denbighshire Voluntary Services Council we are delighted to introduce our new Specialist Bathing Service at St Kentigern Hospice.

Designed for people living with palliative life-limiting illnesses, this Service offers the opportunity to enjoy a therapeutic bath in a calm, relaxing environment, supported by our trained team and specialist equipment. The service has been developed to promote comfort, dignity, wellbeing and independence, while meeting each person's individual mobility and care needs.

For many people, a warm bath can provide more than physical comfort it can offer a moment of peace, relaxation and time just for themselves. Our aim is to create a supportive and compassionate space where patients can feel safe, cared for and truly at ease.

The Service will run on Wednesdays and Thursdays, with both morning and afternoon sessions available. Voluntary donations are welcome to help support the ongoing delivery of this Service.

HOW TO REFER?

Referrals are now open and can be made via our website by healthcare professionals or we also welcome self-referrals for an initial assessment.

Following a referral, patients will be invited to attend an initial assessment with our clinical team. This allows us to understand each person's individual needs and tailor the service to ensure the right level of support and personalised care.

AMAZON WISH LIST

Every item on this list helps bring comfort, dignity, and a touch of normality to the people we care for each day. From simple toiletries and snacks to small comforts and creative activities, these essentials make a real difference to our patients and their families.

- Shower gel
- Bubble bath
- Deodorants
- Small combs
- Shaving foam
- Razors
- Shampoo
- Conditioner
- Face wipes
- Sponges

For more information visit our website:
www.stkentigernhospice.org.uk or call: **01745 585221**

ADMIRAL NURSE

Our Admiral Nurse service continues to strengthen the support we offer to families both in the Hospice and out in the community. The focus of the role is to ensure that carers of people living with dementia feel informed, supported and less alone, particularly as needs become more complex.

Dementia Carer Programme (Alternate Thursdays)

Last year saw the introduction of a Dementia Carer Programme, accessed by professional or self-referral. This structured programme offers carers a safe and supportive space to learn more about dementia, whilst your loved one is supported by our Well Being Hwb Team.

The sessions focus on:

- Understanding dementia and its progression
- Communication strategies and behaviour changes
- Learning about behaviour changes
- Caring for yourself
- Emergency and future planning
- Benefits and care options
- By offering targeted, specialist input, the programme helps carers build resilience, feel more prepared and the chance to connect with others.

Admiral Nurse Drop-in Clinic (Alternate Mondays)

Alongside the carer programme we have launched a regular Admiral Nurse Drop-in Clinic. This open access service allows carers to seek advice, share concerns and receive guidance without the need for a formal referral.

Together the Carer programme and Drop-in Clinic are helping us reach families earlier, reduce isolation and ensure carers feel supported every step of the way.



FAMILY SUPPORT TEAM

We are currently in the process of creating Memory Bags which will be designed to support children and families during their loved one's time at St Kentigern Hospice. We are aware that the death of a loved one can have a huge impact on both adults and children. Children in particularly experiencing anticipatory grief are at risk of longer-term emotional distress if they do not receive appropriate support. Early, compassionate intervention can help reduce anxiety, build resilience, and encourage open conversations about loss. The Memory Bags Project is a small but impactful way of ensuring children feel seen, supported, and included during an incredibly vulnerable time.

Each Memory Bag will contain creative resources and keepsake-making materials, such as fingerprint keyring kits, small memory boxes for a lock of hair, canvases for handprints, wooden hearts for finger prints and teddy bears. These activities provide comfort and purpose during visits and give families the opportunity to create lasting, tangible memories together.

For many children and adults, having something physical to hold onto after a loved one has died offers reassurance and a continued sense of connection.



JOIN US FOR ... A GRAND NIGHT FOR MUSIC



For one unforgettable evening on Saturday 26th September the world-famous Brighouse & Rastrick Brass Band, renowned for its record-breaking triumphs joins the celebrated Welsh Male Voice Choir Cor Godre'r Aran at the Rhyl Pavilion Theatre. The evening will be hosted by legendary S4C presenter Dilwyn Morgan.

THE BRIGHOUSE & RASTRICK BRASS BAND

Taking to the stage will be the world-renowned Brighouse & Rastrick Brass Band, famed for thrilling performances and timeless hits like The Floral Dance. With over 140 years of history, this legendary brass band has earned countless major championship victories, including the remarkable "Triple Championship" in 1998 and multiple British Open, European, and "Champion Band of Great Britain" titles. They continue to perform at the highest level, combining technical precision, passion, and the kind of infectious energy that keeps audiences on their feet.

CÔR GODRE'R ARAN MALE VOICE CHOIR

Joining them are the extraordinary voices of Côr Godre'r Aran Male Voice Choir, based in the picturesque village of Llanuwchllyn in North Wales. The choir have shared their music at major venues across the UK, from the Royal Albert Hall to Birmingham Symphony Hall. Internationally, they have performed across Canada, the USA, Australia, New Zealand, Hong Kong, Singapore, and even returned to the Welsh community in Patagonia, Argentina. The choir has won multiple awards at the National Eisteddfod of Wales and the International Eisteddfod at Llangollen, showcasing the enduring power and beauty of Welsh choral tradition.

£30 A TICKET

Every ticket sold supports St Kentigern Hospice, helping us provide compassionate care to patients and families across North Wales. Whether you come for the music or the mission behind it, A Grand Night for Music promises to be an unforgettable experience.

Book your tickets at the Box Office:
01745 330000 rhylpavilion.co.uk
www.stkentigernhospice.org.uk

B&R BRIGHOUSE & RASTRICK

CÔR GODRE'R ARAN

CHALLENGE

YR WYDDFA AT NIGHT SNOWDON

ARE YOU READY TO TAKE ON A UNIQUE CHALLENGE THIS SUMMER?

Be part of something remarkable and experience the breathtaking beauty of Snowdonia under moonlight. The overnight adventure, taking place on 1st–2nd August, covers approximately 9.5 miles.

Along the route, walkers will stop at iconic landmarks such as Penceunant Tea House, Halfway House Café, Clogwyn Station, and Bwlch Glad Standing Stone, culminating in a summit at 3,560 ft. The trek is designed to be both physically challenging and rewarding, with a celebratory breakfast, medal, and prosecco awaiting participants at the finish.

Registration costs £45 per month over six months or a fundraising target starting from £270, with proceeds going directly to support the hospice's vital work providing free specialist care to patients and families across North Wales. Registration includes expert guidance from a professional Global Adventure Challenges leader, ensuring safety and support throughout the trek.

Several members of the Hospice's clinical team will be taking on the trek themselves. These are the nurses, healthcare assistants, and volunteers who provide care every day at St Kentigern Hospice. Their participation highlights their commitment to the Hospice's values and gives supporters a chance to walk alongside the people who make a real difference in patients' lives.

FOR MORE INFORMATION

Please contact our Community Fundraiser
r.evans-hughes@stkentigernhospice.org.uk



JOIN THE LOTTERY

Join the St Kentigern Hospice Lottery for just £1 per week, giving you the chance to win the top weekly prize of £1,000 or even the maximum rollover prize of £6,000

Your donations help ensure we can offer our clinical services completely free of charge to patients and their families across our catchment area of Denbighshire, West Flintshire and East Conwy.

1ST PRIZE: £1,000
2ND PRIZE: £200
3RD PRIZE: £100

ROLLOVER PRIZE £250 - £6,000
PLUS ... 20X £10 PRIZES

THE BIG GIVE

Cwtch bed



THANKS TO THE OVERWHELMING SUPPORT OF OUR COMMUNITY WE ARE DELIGHTED TO SHARE THAT THE HOSPICE HAS NOW SECURED OUR FIRST CWTCH BED.

This addition was made possible by all who donated alongside our Big Give Campaign last year. The Cwtch Companion Bed allows partners, children, and loved ones to rest comfortably beside those receiving care, offering closeness during some of life's most precious and vulnerable moments. It removes the physical barriers of a standard medical bed, allowing connection and reassurance when it matters most. Many of us understand the power of a cuddle and the comfort it can bring. The ability to hold a loved one and simply be close cannot be underestimated.

John's wife, Rowena, spent her last 12 days under our care. During that time, the couple experienced first-hand the benefits of the Cwtch Compaion Bed. It brought immense comfort at a profoundly emotional time. Inspired by that experience, John set up a fundraising page to raise an additional £15,000 so that other families could benefit from the same precious moments and the Hospice could purchase a second Cwtch Bed.



Thank You

> I would like to write a few words on what having the Cuddle Bed has meant to me, my wife, my family and friends. Firstly, my experience is nothing but positive, being able to spend the night cuddled up to my wife and holding her hand has meant the world to us both. I believe it has also comforted my wife so much more. On her first nights in the hospice when I was not sleeping with her she became restless in the night and required medication but since I have been with her she has been much more settled and calm and has not needed medication.
>
> It is not just at night when it is great. During the day, family and friends are also able to get closer to her, hold her hand give her a gentle cuddle and also be comfortable themselves, something almost impossible in a single bed or in a chair near the bed.
>
> All the staff who have seen the bed say how it helps. The controls on each side of the bed make readjustment very simple for the partner in the bed and the need for a remote wired control almost obsolete. I would recommend the Hospice keep this bed and if possible purchase more so other patients and partners can benefit as much as we have.

Written by,

JOHN OWEN

We would like to thank John and Rowena for sharing their story and raising awareness to help others. In the short time we got to know Rowena we were privileged to care for such a lovely lady. We can share that other families have already benefited from the existing bed and that John's incredible fundraising efforts for a second bed in memory of Rowena has touched staff, patients and volunteers at the Hospice.

Here at St Kentigern Hospice we are very lucky to be part of such a compassionate community who fundraise on our behalf to benefit patients and families in the best possible way.



MEET OUR CORPORATE FUNDRAISER

ALWYN MASON

At St Kentigern Hospice, building strong partnerships with local businesses isn't just fundraising, it's about creating meaningful relationships that make a lasting difference.

Alwyn Mason leads our Corporate Engagement Programme, working closely with companies across North Wales to develop partnerships that are impactful, rewarding and aligned with your business goals.

Alwyn brings a commercially astute, relationship-led approach to corporate partnerships. Known for his approachable manner and strategic mindset, he works closely with businesses to create partnerships that deliver measurable impact for both their organisation and hospice care locally. He understands that corporate support isn't one-size-fits-all. Whether you're a small local firm or a large regional employer, Alwyn will work with you to design a partnership that benefits your team while supporting hospice care in our community.

There are many ways to get involved:

Charity of Choice
Unite your staff behind a shared cause and build long-term impact.

Staff Volunteering
Support the Hospice with team volunteering days in our gardens, retail shops, or events.

Match Funding
Double the impact of your employees' fundraising efforts.

Raffles, Auctions & Collection Boxes
Easy ways to generate additional income while engaging customers.

Event Sponsorship
Align your brand with high-profile hospice events across the region.

Gifts in Kind
Donate goods or professional services to reduce Hospice costs.

Corporate Fundraising Days & Challenges
From team hikes to office bake-offs, we'll help you make it happen.

Every partnership helps us continue providing specialist palliative and end-of-life care, wellbeing services, dementia support, and family support, free of charge to those who need us. If your business wants to make a real difference locally, Alwyn would love to start that conversation.

CONTACT ALWYN MASON ON 01745 775 422 OR EMAIL: A.MASON@STKENTIGERNHOSPICE.ORG.UK

IT'S WEDDING & PROM SEASON



As prom and wedding season approaches, the team at St Kentigern Hospice's Wedding Shop in Abergele is helping people celebrate life's special moments while supporting hospice care in the community.

Our Wedding and occasion shop offers a beautiful selection of pre-loved wedding dresses, bridesmaid gowns, prom dresses, accessories, and occasion wear, giving shoppers the opportunity to find something truly special. Whether you're preparing for a wedding, attending a formal event, or searching for the perfect prom dress, the shop is full of unique pieces waiting to be discovered.

Choosing pre-loved fashion is not only a wonderful way to save money, but it's also a sustainable choice that gives stunning garments a second life. Every purchase made in the shop directly supports the vital care St Kentigern Hospice provides to patients and families across the region.



For those planning a wedding, there's another way the Hospice can be part of your big day. Our talented catering team at Caffi Cariad, based at the Hospice, can also create beautiful wedding cakes and celebration cakes made with care and attention to detail. Each cake is crafted to make your celebration even more memorable.

So, whether you're searching for the dress, the accessories, or the perfect cake, why not start your journey at the St Kentigern Hospice Preloved Wedding Shop. You'll not only find something special for your big day, but you'll also be helping to support compassionate care for those who need it most.

Our address: St Kentigern Hospice, 35 Market St, Abergele LL22 7AF

Volunteers are the backbone of our retail operations, and we welcome anyone interested in joining our passionate team.

Contact our Volunteer Coordinator

01745 585221

Caffi Cariad

AFTERNOON TEA MENU

All Afternoon Teas are served with a specialty coffee or pot of tea

£19.95pp to eat in | £14.50pp to takeaway

Selection of Finger Sandwiches:

Wild salmon with lemon dill mayo
Mature Welsh cheddar & red onion
Egg mayo & cress
Homemade honey glazed ham & English mustard

Selection of Homemade Cakes:

Bara Brith
Victoria sponge
Chocolate brownie
Caffi Cariad cheesecake
Cherry scone with clotted cream & jam
Mini Viennese Whirl with Lemon Curd

Call 07887477716 to book

Upper Denbigh Rd, Saint Asaph LL17 0RS



18TH JUNE

SUMMER RAFFLE

£1 per ticket

RAFFL YR HAF

1st Prize

1ST: £2,000
2ND: £500
3RD: £100

Registered with FUNDRAISING REGULATOR

CALL/FFONIWCH 01745 775415

DRAW DATE | DYDDIAD TYNNU'R RAFFL: 19/06/25

Terms & Conditions

Players must be aged 16 or over. Cheques payable to 'St Kentigern Hospice.' Entries received after the closing date will be treated as donations. Promoters: St Kentigern Promotions Ltd. Company Number: 3265191. Registered office: St Kentigern Promotions Ltd, St Kentigern Hospice, Upper Denbigh Road, St Asaph, Denbighshire, LL17 0RS. Responsible person: Nichola McGowan Telephone: 01745 775415. Licensed by the Gambling Commission. www.gamblingcommission.gov.uk

KEEP ME ON THE FRIDGE!

CALENDAR 2026

EVENTS

Free Will Month

Spring 2026

Including a gift in your will has never been more crucial as the demand for our care continues to grow. To get your free will, contact our fundraising team on 01745 585221 or email fundraising@stkentigernhospice.org.uk

Colour Run 2026

Saturday 20th June

Returning for the second year is our much-anticipated Colour Run. Set within the stunning Gwrych Castle grounds, this unforgettable 5K Colour Run invites participants of all ages and abilities to walk, run, jog, or skip their way through vibrant clouds of coloured powder at checkpoints along the route.

Snowdon at Night Trek

1st-2nd August

Join us for a thrilling adventure up Yr Wyddfa/Snowdon walking the Llanberis (Tourist) Path. The trek is designed to be both physically challenging and rewarding, with a celebratory breakfast, medal, and prosecco awaiting participants at the finish.

A Grand Night for Music

September 26th

The world-famous Brighouse & Rastrick Brass Band, renowned for its record-breaking triumphs joins the celebrated Welsh Male Voice Choir Cor Godre'r Aran at the Pavilion Theatre. Hosted by legendary S4C presenter Dilwyn Morgan.

Charity Golf Tournament

July 3rd (Rhuddlan) September 18th (Abergele)

Book your place on our 4 Ball Amateur Charity Golf Tournament at the beautiful Rhuddlan Golf Club or Abergele Golf Club. There will be a prize giving ceremony in the evening followed by an auction and raffle.

Become a Hospice Champion

Run Aintree 5k - Sunday, 10th May, 2026
Essar Chester Half Marathon - Sunday, 17th May, 2026
Womens Run Series Manchester - 5km - Sunday, 17th May
Chase the Sun Tatton 5K - Wednesday, 1st July, 2026
Mold Triathlon - Sprint - Sunday, 5th July, 2026

WWW.STKENTIGERNHOSPICE.ORG.UK

STAY UP TO DATE

St. Kentigern
HOSPICE & PALLIATIVE CARE CENTRE
HOSBIS A CHANOLFAN GOFAL

Rhif Elusen Gofrestredig: 519931

EICH cylchlythyr
hosbis chwe-misol

Gwanwyn/Haf **2026**



NEWYDDION YR HOSBIS

Mae Ein Gofal yn Dechrau gyda chi

Clinigol Tudalen 3

Ail-law Tudalen 9



Am chwe blynedd a hanner, rwyf i wedi cael y fraint enfawr o weithio yn Hosbis St Kentigern, yn gyntaf fel y Metron ac am y ddwy flynedd a hanner ddiwethaf yn arwain yr hosbis fel y Prif Swyddog Gweithredol.

Fe ddechreuais i weithio fel nyrs ym mis Mawrth 1980 yn Ysbyty St George's yn Llundain, ac rwyf bellach wedi gweithio ym maes gofal iechyd ers 46 mlynedd. Mae hyn wedi fy ysgogi i wneud y penderfyniad i ymddeol a chreu rhai cynlluniau ar gyfer cyfnod nesaf fy mywyd. Nid penderfyniad hawdd oedd hwn.

Rwyf wedi gweithio yng Ngogledd Cymru am dros 35 mlynedd, yn gyntaf fel Nyrs Ardal ac yna fel Nyrs Macmillan cyn gweithio yn y sector hosbis. Mae'r blynyddoedd hyn wedi bod yn hynod bleserus, gyda llawer o atgofion melys a rhai straeon diddorol!

Fy mraint fwyaf fu'r blynyddoedd y bûm i'n gweithio mewn gofal lliniarol arbenigol (tua 25 mlynedd). Rwy'n ddiolchgar bod fy ngyrfa yn dod i ben mewn lle sy'n agos iawn at fy nghalon. Mae Hosbis St Kentigern yn dangos gwerth gofal hosbis, gan ddarparu gofal a chymorth eithriadol i gleifion a'u hanwyliaid. Byddaf wastad yn gwerthfawrogi'r gwaith tîm hwnnw sydd heddiw'n sicrhau bod Hosbis St Kentigern yn parhau i ddarparu'r gofal hwnnw i'n cymuned.

Hoffwn ddiolch i fy nghydweithwyr, staff a gwirfoddolwyr am yr holl gefnogaeth a roddwyd i mi yn fy rôl, ac i gadeirydd yr ymddiriedolwyr, Steve Thomas, a'r bwrdd ymddiriedolwyr am y gefnogaeth a'r ymddiriedaeth a roesoch ynof i arwain Hosbis Kentigern, rhywbeth rwy'n hynod falch ohono.

Wrth i mi baratoi i roi'r gorau i'm swydd, rwyf am i chi wybod nad Hwyl Fawr yw hwn; byddaf yn dal i ddilyn ac yn parhau'n rhan o Hosbis St Kentigern. Cyn arwyddo'r neges olaf hon fel Prif Weithredwr, hoffwn ddiolch yn fawr iawn i chi i gyd am sicrhau bod yr hosbis yn parhau i gefnogi'r rhai yn ein cymuned sydd â salwch sy'n cyfyngu ar eu bywyd, yn ogystal â'u hanwyliaid.

Jane McGrath

Prif Swyddog Gweithredol

Yr hosbis mewn niferoedd

220

Nifer y cleifion a dderbynwyd i'n huned gleifion mewnol Gofal Lliniarol Arbenigol

968

Nifer y galwadau i'n llinell gynghori Nyrs Admiral, yn cynnig cysur ac arweiniad pan fo'i angen fwyaf.

350

Nifer y cleifion a ddefnyddiodd ein gwasanaethau cleifion allanol gan gynnwys therapiau a rhaglenni o fewn ein Hwb Llesiant

18%

Y canran o'r arian a godir sy'n dod o gefnogwyr sy'n dewis gadael rhodd yn eu hewyllys i ni.

31,000

Os bydd pob gwirfoddolwr ymroddedig yn rhoi 2 awr o'u hamser i ni bob wythnos, dros y flwyddyn bydd y cyfanswm dros 31,000 o oriau!

340

Nifer y plant, cleifion a theuluoedd a gefnogwyd gan ein Tîm Cymorth i Deuluoedd



Paul Thomas



Cafodd Paul Thomas ei dderbyn gyntaf i Hosbis St Kentigern er mwyn rheoli ei symptomau, ond wrth i'w gyflwr waethygu, penderfynodd aros gyda ni ar gyfer gofal diwedd oes.

Pan gyrhaeddodd Paul, rhannodd fod ei boen a'i bryderon bellach yn cael eu rheoli'n well, "Rwy'n credu bod pawb yn poeni wrth gyrraedd y camau olaf. Does neb yn gwybod beth i'w ddisgwyl, ond mae'r bobl yma'n wych o ran tawelu eich meddwl ac maen nhw'n eich helpu chi'n aruthrol.

Dywedodd wrthym wedyn fod y staff wedi dadbacio ei ges iddo a'i fod wedi teimlo'n ddiogel ar unwaith. Y noson gyntaf honno, fe gysgodd yn dawel am 16 awr.

Tra roedd ein tîm clinigol yn canolbwyntio ar reoli symptomau Paul er mwyn sicrhau ei fod yn gyfforddus, yn aml y pethau syml oedd yn golygu fwyaf iddo, fel treulio amser yn sgwrsio, rhannu straeon dros baned o de, a chofio am ei fywyd a'i gariad tuag at bêl-droed. Cymerodd y staff yr amser i ddeall y manylion bach a wnaeth wahaniaeth, gan gynnwys sut yr oedd yn hoffi ei ddiod, ei hoff raglenni teledu, a'r bwydydd a oedd yn dod â llawenydd iddo, yn enwedig pwdin 'Eton Mess' ein tîm arlwyo yn Caffi Cariad!

Roedd Paul yn aml yn siarad am ei nodau, ac roedd un dymuniad yn gryfach na'r gweddill – roedd am weld ei glwb pêl-droed annwyl, Everton, yn chwarae un tro olaf.

Gweithiodd ein tîm yn galed i drefnu taith o amgylch stadiwm newydd y Clwb iddo. Yn anffodus, aeth Paul yn rhy wael i allu mynd yno. Pan gysylltodd y staff â Chlwb Pêl-droed Everton i rannu ei stori, cawsant ateb yn ôl yn syth ac roedd yn llawn cydymdeimlad. Anfonon nhw gerdyn at Paul wedi'i lofnodi gan ei hoff chwaraewyr, ynghyd â llun wedi'i lofnodi o'i arwr, Seamus Coleman.Dangosodd Paul y cerdyn a'r llun i bob ymwelydd ac aelod o staff a ddaeth i mewn i'w ystafell. Fe ddaeth â gwir hapusrwydd iddo yn ystod cyfnod anodd iawn.

Bydd y tocynnau ar gyfer y daith o gwmpas y stadiwm nawr yn cael eu rafflo er cof am Paul, gyda'r holl elw'n mynd tuag at gefnogi gwaith yr hosbis a'n helpu ni i greu eiliadau arbennig i gleifion a theuluoedd eraill.

Roedd Paul mor ddiolchgar am y gofal a gafodd fel iddo benderfynu rhannu ei brofiad yn gyhoeddus, gan roi cyfweliad i'r BBC am ei amser yn Hosbis St Kentigern, rhywbeth yr oedd yn edrych ymlaen ato ac yn falch o gymryd rhan ynddo.

Dros amser, daeth y nyrsys, y cynorthwywyr gofal iechyd a'r gwirfoddolwyr yn wynebau cyfarwydd a dibynadwy iddo. Daeth y ward yn fwy na lle i gael gofal; daeth yn lle'r oedd Paul yn teimlo ei fod yn perthyn go iawn.

Un noson, daeth ei ffrindiau ynghyd wrth ei wely, gan atgoffa ei gilydd am y gwyliau a'r teithiau yr oeddent wedi'u rhannu. Er na allai Paul ymateb, llwyddodd i wenu ac mae'r eiliad honno'n un y bydd ei ffrindiau'n ei thrysori am byth. Bu farw Paul yn dawel, gyda nyrs yn eistedd wrth ei ymyl, yn dal ei law.

Mae hosbisau yn cefnogi pobl a'u teuluoedd drwy un o'r cyfnodau anoddaf y byddant byth yn ei wynebu, ac mae'r staff yn dod ag urddas a chysur i bob claf drwy reoli poen a lleddfu pryder, cefnogi anwyliaid, a chaniatáu amser heddychlon a chyfforddus iddynt gyda'i gilydd.

Paul, roedd hi'n fraint cael dy adnabod a gofalu amdanat. Gorffwys mewn hedd.

Darllenwch erthygl y BBC yma:
https://www.bbc.co.uk/news/articles/cddgj450088o

St. Kentigern
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GWASANAETH YMDROCHI NEWYDD

Cydlynydd Arweiniol Hwb Lles – w.rowlands@stkentigernhospice.org.uk

Nyrs Hwb Lles - l.ratcliffe@stkentigernhospice.org.uk



Ewch i'n gwefan i weld ein hamserlen

A allech chi neu anwylyn elwa o'n Gwasanaeth Bathio Arbenigol?

Diolch i grant hael gan Gyngor Gwasanaethau Gwirfoddol Sir Ddinbych, rydym wrth ein bodd i gyflwyno ein Gwasanaeth Ymolchi Arbenigol newydd yn Hosbis St Kentigern.

Wedi'i gynllunio ar gyfer pobl sy'n byw gyda salwch sy'n cyfyngu ar fywyd, mae'r gwasanaeth hwn yn cynnig cyfle i fwynhau bath therapiwtig mewn amgylchedd tawel a hamddenol, gyda chefnogaeth gan ein tîm hyfforddedig a chyfarpar arbenigol. Mae'r gwasanaeth wedi'i ddatblygu i hyrwyddo cysur, urddas, lles ac annibyniaeth, gan ddiwallu anghenion symudedd a gofal unigol pob person.

I lawer o bobl, gall bath cynnes gynnig mwy na chysur corfforol – gall roi eiliad o heddwch. Ein nod yw creu lle cefnogol a thosturiol lle gall cleifion deimlo'n ddiogel, cael gofal a bod yn hollol hamddenol.

Bydd y gwasanaeth yn cael ei gynnig ar ddydd Mercher a dydd Iau, gyda sesiynau bore a phrynhawn ar gael. Croesewir rhoddion gwirfoddol i helpu cefnogi parhad y gwasanaeth hwn.

SUT I ATGYFEIRIO?

Mae atgyfeiriadau bellach ar agor a gellir eu gwneud drwy ein gwefan gan weithwyr gofal iechyd, neu rydym hefyd yn croesawu hunan-atgyfeiriadau ar gyfer asesiad cychwynnol.

Ar ôl cael atgyfeiriad, bydd cleifion yn cael gwahoddiad i fynychu asesiad cychwynnol gyda'n tîm clinigol. Bydd hyn yn ein galluogi i ddeall anghenion unigol pob person ac addasu'r gwasanaeth er mwyn sicrhau'r lefel gywir o gefnogaeth a gofal personol.

RHESTR DYMUNIADAU AMAZON

Mae pob eitem ar y rhestr hon yn helpu i ddod â chysur, urddas, ac ychydig o normalrwydd i'r bobl rydym yn gofalu amdanynt bob dydd. O eitemau ymolchi syml a byrbrydau i gysuron bach a gweithgareddau creadigol, mae'r hanfodion hyn yn gwneud gwahaniaeth gwirioneddol i'n cleifion a'u teuluoedd.

- Gel cawod
- Ewyn ymolchi
- Diaroglyddion
- Cribau bach
- Ewyn eillio
- Raseli
- Siampŵ
- Cyflyrwyr gwallt
- Cadachau wyneb
- Sbyngau

Am fwy o wybodaeth ewch i'n gwefan:
www.stkentigernhospice.org.uk

01745 585221

NYRS ADMIRAL

Mae ein gwasanaeth Nyrs Admiral yn parhau i gryfhau'r gefnogaeth i deuluoedd, yn yr hosbis ac yn y gymuned, gan sicrhau bod gofalwyr pobl sy'n cael eu heffeithio gan ddementia yn teimlo'n wybodus ac yn cael cefnogaeth.

Rhaglen Gofalwyr Dementia (Bob yn ail ddydd Iau)

Llynedd, cyflwynwyd Rhaglen Gofalwyr Dementia, y gellir ei defnyddio gan berson proffesiynol neu hunanatgyfeiriad.Mae'r rhaglen hon yn cynnig lle diogel i ddysgu am ddementia, strategaethau cyfathrebu, hunanofal, cynllunio, a dewisiadau gofal, tra bod anwyliaid yn cael cefnogaeth gan ein Tîm Hwb Llesiant.

Mae'r sesiynau'n canolbwyntio ar:

- Deall dementia a'i ddilyniant
- Strategaethau cyfathrebu a newidiadau ymddygiad
- Dysgu am newidiadau ymddygiad
- Gofalu amdanoch eich hun
- Cynllunio ar gyfer argyfwng a dyfodol
- Budd-daliadau ac opsiynau gofal

Trwy gynnig mewnbwn arbenigol wedi'i dargedu, mae'r rhaglen yn helpu gofalwyr i feithrin gwydnwch, teimlo'n fwy parod a'r cyfle i gysylltu ag eraill.

Clinig Galw Heibio Nyrs Admiral (Bob yn ail ddydd Llun)

Bob yn ail ddydd Llun mae'r clinig hwn yn cynnig cyngor agored, tawelwch meddwl a chyfeirio at wasanaethau eraill heb fod angen atgyfeiriad ffurfiol.

Gyda'i gilydd, mae'r gwasanaethau hyn yn helpu gofalwyr i feithrin gwydnwch, cysylltu ag eraill, a theimlo cefnogaeth ar bob cam o'r daith.



TÎM CYMORTH I DEULUOEDD

Rydym ar hyn o bryd yn creu Bagiau Cof, a fydd yn cael eu cynllunio i gefnogi plant a theuluoedd tra bod eu hanwyliaid yn Hosbis St Kentigern. Rydym yn ymwybodol bod marwolaeth anwylyd yn gallu cael effaith enfawr ar oedolion a phlant fel ei gilydd.

Mae plant, yn enwedig y rhai sy'n profi galar rhagflaenol, mewn perygl o ddioddef trallod emosiynol hirdymor os nad ydynt yn cael y cymorth priodol. Gall ymyrraeth gynnar a thrugarog helpu i leihau pryder, meithrin gwytnwch, ac annog sgyrsiau agored am golled. Mae'r Prosiect Bagiau Cof yn ffordd fach ond effeithiol o sicrhau bod plant yn teimlo eu bod yn cael sylw, cefnogaeth, ac yn cael eu cynnwys yn ystod cyfnod hynod o fregus.

Bydd pob Bag Cof yn cynnwys adnoddau creadigol a deunyddiau i greu atgofion, megis pecynnau breichled allweddi olion bysedd, blychau cof bach ar gyfer darn o wallt, cynfasau ar gyfer olion llaw, calonnau pren ar gyfer olion bysedd a thedïau. Mae'r gweithgareddau hyn yn cynnig cysur a phwrpas yn ystod ymweliadau ac yn rhoi cyfle i deuluoedd greu atgofion parhaol a chyffyrddadwy gyda'i gilydd.

I lawer o blant ac oedolion, mae cael rhywbeth corfforol i'w ddal ar ôl i anwylyd farw yn cynnig cysur ac ymdeimlad parhaus o gysylltiad.



YMUNWCH Â NI AM...

A GRAND NIGHT FOR MUSIC



Am un noson fythgofiadwy, bydd band pres byd-enwog Brighouse & Rastrick, sy'n enwog am dorri nifer o recordiau, yn ymuno â'r côr meibion Cymreig enwog, Côr Godre'r Aran, yn Theatr y Pafiliwn Y Rhyl. Bydd y noson yn cael ei harwain gan y cyflwynydd teledu S4C chwedlonol, Dilwyn Morgan.

BAND PRES BRIGHOUSE & RASTRICK

Yn cymryd rhan bydd Band Pres Brighouse & Rastrick, sy'n enwog ledled y byd am eu perfformiadau cyffrous a'u llwyddiannau fel The Floral Dance. Yn deillio'n ôl mwy na 140 mlynedd, mae'r Band pres eiconig hwn wedi ennill nifer fawr o bencampwriaethau mawr, gan gynnwys y "Triple Championship" anhygoel yn 1998 a sawl teitl Agored Prydeinig, Ewropeaidd, a "Band Pencampwr Prydain Fawr". Maen nhw'n parhau i berfformio ar y lefel uchaf, gan gyfuno cywirdeb technegol manwl, angerdd, ac egni heintus sy'n cadw cynulleidfaoedd ar eu traed.

CÔR MEIBION GODRE'R ARAN

Yn ymuno â nhw bydd lleisiau rhyfeddol Côr Meibion Godre'r Aran o bentref prydferth Llanuwchllyn yng Ngogledd Cymru. Mae'r côr wedi canu mewn lleoliadau mawr ledled y DU, o'r Royal Albert Hall i Neuadd Symffoni Birmingham. Yn rhyngwladol maent wedi perfformio yng Nghanada, yr Unol Daleithiau, Awstralia, Seland Newydd, Hong Kong, Singapore, a hyd yn oed wedi perfformio i'r gymuned Gymreig ym Mhatagonia, Ariannin. Mae'r côr wedi ennill sawl gwobr yn Eisteddfod Genedlaethol Cymru ac yn Eisteddfod Ryngwladol Llangollen, gan arddangos nerth a harddwch parhaol traddodiad canu corawl yng Nghymru.

£30 Y TOCYN

Bydd pob tocyn a werthir yn cefnogi Hosbis St Kentigern yn uniongyrchol, gan ein helpu i ddarparu gofal tosturiol i gleifion a theuluoedd ledled Gogledd Cymru. P'un a ydych yn dod am y gerddoriaeth neu'r genhadaeth, bydd y noson heb amheuaeth yn un fythgofiadwy.

Archebwch eich tocynnau yn y Swyddfa Docynnau:
01745 330000 rhylpavilion.co.uk
www.stkentigernhospice.org.uk

B&R BRIGHOUSE & RASTRICK

CÔR GODRE'R ARAN

YR WYDDFA YN YSTOD Y NOS: CERDDED ER GOFAL

YR WYDDFA AT NIGHT SNOWDON

YDYCH CHI'N BAROD I WYNEBU HER UNIGRYW'R HAF HWN?

Gallwch fod yn rhan o rywbeth arbennig gan fwynhau harddwch syfrdanol Eryri dan olau'r lleuad. Bydd yr antur dros nos hwn, fydd yn digwydd ar 1–2 Awst, tua 9.5 milltir o hyd.

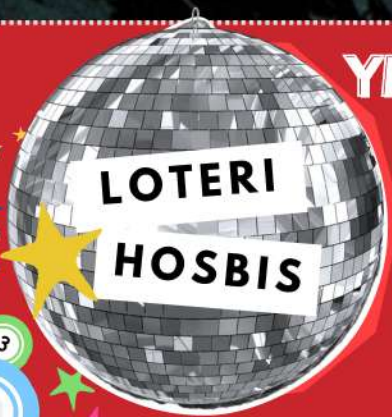
Ar hyd y llwybr, bydd cerddwyr yn aros wrth safleoedd eiconig megis Tŷ Te Penceunant, Caffi Halfway House, Gorsaf Clogwyn, ac Maen Hir Bwlch Glad, gan orffen ar y copa 3,560 troedfedd o uchder. Mae'r daith wedi ei chynllunio i fod yn un heriol yn gorfforol ac yn un sydd werth ei chyflawni, gyda brecwast dathlu, medal, a phrosecco i'w edrych ymlaen ato ar y diwedd.

Mae cofrestru'n costio £45 y mis dros chwe mis, neu gallwch ddewis targed codi arian cychwynnol o £270, gyda'r holl arian yn mynd yn uniongyrchol i gefnogi gwaith hanfodol yr hosbis o ddarparu gofal arbenigol am ddim i gleifion a'u teuluoedd ledled Gogledd Cymru. Mae cofrestru yn cynnwys arweiniad arbenigol gan arweinydd profiadol Global Adventure Challenges, gan sicrhau diogelwch a chefnogaeth drwy gydol y daith gerdded.

Bydd nifer o aelodau o dîm clinigol yr hosbis yn cymryd rhan yn y daith gerdded. Dyma'r nyrsys, cynorthwywyr gofal iechyd, a gwirfoddolwyr sy'n darparu gofal bob dydd yn Hosbis St Kentigern. Mae eu cyfranogiad yn amlygu eu hymrwymiad i werthoedd yr hosbis ac yn rhoi cyfle i gefnogwyr gerdded ochr yn ochr â'r bobl sy'n gwneud gwahaniaeth gwirioneddol i fywydau'r cleifion.

AM FWY O WYBODAETH

Cysylltwch â'n Codwr Arian Cymunedol
r.evans-hughes@stkentigernhospice.org.uk



YMUNWCH Â'R LOTERI

Ymunwch â Loteri Hosbis Sant Cyndeyrn am £1 yr wythnos, gan roi'r cyfle i chi ennill y brif wobr wythnosol o £1,000 neu hyd yn oed y wobr rolio drosodd uchaf o £6,000.

Mae eich rhoddion yn helpu i sicrhau y gallwn gynnig ein gwasanaethau clinigol am ddim i gleifion a'u teuluoedd ar draws ein dalgylch yn Sir Ddinbych, Gorllewin Sir y Fflint a Dwyrain Conwy.

GWOBR 1AF: £1,000
2IL WOBR: £200
3EDD WOBR: £100

GWOBR ROLLOVER £250 - £6,000
HEFYD ... 20X £10 GWOBRAU



EIN CODWR ARIAN CORFFORAETHOL

ALWYN MASON

Yn Hosbis Sant Cyndeyrn, nid codi arian yn unig yw partneriaethau cryf â busnesau lleol, mae'n ymwneud â chreu perthnasoedd ystyrlon sy'n gwneud gwahaniaeth parhaol.

Mae ein Codwr Arian Corfforaethol, Alwyn Mason, yn arwain ein rhaglen ymgysylltu corfforaethol, gan weithio'n agos gyda chwmnïau ledled Gogledd Cymru i ddatblygu partneriaethau sy'n effeithiol, yn werthfawr ac yn cyd-fynd â nodau eich busnes.

Mae Alwyn yn gweithio'n agos gyda busnesau i greu partneriaethau sy'n cyflwyno effaith fesuradwy i'w sefydliadau a hefyd i ofal hosbis lleol. Caiff cefnogaeth gorfforaethol ei theilwra'n unigol i bob sefydliad: P'un ai ydych chi'n gwmni lleol bach neu'n gyflogwr rhanbarthol mawr, bydd Alwyn yn gweithio gyda chi i ddylunio partneriaeth sy'n fuddiol i'ch tîm ac yn cefnogi gofal hosbis yn ein cymuned.

Mae sawl ffordd o gymryd rhan:

Elusen o Ddewis
Unwch eich staff y tu ôl i achos cyffredin a chreu effaith hirdymor.

Gwirfoddoli Staff
Cefnogwch yr hosbis gyda diwrnodau gwirfoddoli tîm yn ein gerddi, siopau manwerthu, neu ddigwyddiadau

Cyllido Cyfatebol
Dyblwch effaith ymdrechion codi arian eich gweithwyr.

Rafflau, Arwerthiannau a Blychau Casglu
Ffyrdd hawdd o gynhyrchu incwm ychwanegol tra'n ymgysylltu â chwsmeriaid.

Diwrnodau a Heriau Codi Arian Corfforaethol
O deithiau cerdded tîm i gystadlaethau pobi yn y swyddfa, byddwn ni'n eich helpu i'w gwireddu.

Noddi Digwyddiadau
Cysylltwch eich brand â digwyddiadau hosbis proffil uchel ar draws y rhanbarth.

Rhoddion Nwyddau
Rhoddwch eitemau neu wasanaethau proffesiynol i helpu lleihau costau'r hosbis.

Mae pob partneriaeth yn ein helpu i barhau i ddarparu gofal lliniarol a gofal diwedd oes arbenigol, gwasanaethau lles, cefnogaeth dementia, a chefnogaeth i deuluoedd, yn rhad ac am ddim i'r rhai sydd ein hangen. Os yw eich busnes am wneud gwahaniaeth go iawn yn lleol, byddai Alwyn wrth ei fodd i ddechrau'r sgwrs honno.

CYSYLLTWCH AG ALWYN MASON ON 01745 775 422 NEU EBOST: A.MASON@STKENTIGERNHOSPICE.ORG.UK

Cwtch bed

THE BIG GIVE



DIOLCH I GEFNOGAETH ARUTHROL EIN CYMUNED, RYDYM YN FALCH O RANNU BOD YR HOSBIS BELLACH WEDI SICRHAU EIN GWELY CWTSH CYNTAF.

Gwnaed yr ychwanegiad hwn yn bosibl diolch i bawb a gyfrannodd ochr yn ochr â'n Hymgyrch Rhoi Mawr y llynedd. Mae'r Gwely Cymar Cwtsh yn caniatáu i bartneriaid, plant, ac anwyliaid i orffwys yn gyfforddus ochr yn ochr â'r sawl sy'n derbyn gofal, gan gynnig agosatrwydd yn ystod rhai o eiliadau mwyaf gwerthfawr a bregus bywyd. Mae'n cael gwared ar y rhwystrau corfforol sydd gan wely meddygol safonol, gan alluogi cysylltiad a chysur pan mae hynny'n bwysicaf. Mae llawer ohonom yn deall pŵer cwtsh a'r cysur y gall ei roi. Ni ellir tanbrisio'r gallu i gofleidio anwylyd a bod yn agos atynt.

Treuliodd Rowena, gwraig John, ei 12 diwrnod olaf dan ein gofal ni. Yn ystod y cyfnod hwnnw, profodd y cwpl fanteision y Gwely Cymar Cwtsh yn uniongyrchol. Fe ddaeth â chysur enfawr iddynt mewn cyfnod emosiynol dwys. Wedi'i ysbrydoli gan y profiad hwnnw, sefydlodd John dudalen codi arian i godi £15,000 ychwanegol er mwyn i deuluoedd eraill allu mwynhau'r un eiliadau gwerthfawr a'r hosbis brynu Ail Wely Cwtsh.



"Hoffwn ysgrifennu ychydig eiriau am beth mae cael y gwely cwtsh wedi'i olygu i mi, fy ngwraig, fy nheulu a ffrindiau. Yn gyntaf, profiad hollol bositif fu mhrofiad i ohono; golygodd gallu treulio'r noson yn cofleidio fy ngwraig ac yn dal ei llaw y byd i'r ddau ohonom. Rwy'n credu ei fod hefyd wedi cysuro fy ngwraig yn fawr iawn. Ar ei nosweithiau cyntaf yn yr hosbis pan nad oeddwn i'n cysgu gyda hi, roedd hi'n aflonydd yn ystod y nos ac yn gofyn am feddyginiaeth, ond pan oeddwn gyda hi roedd hi'n llawer mwy tawel a llonydd a heb angen meddyginiaeth o gwbl.

Nid yn ystod y nos yn unig roedd y gwely'n rhywbeth gwych; yn ystod y dydd hefyd, roedd aelodau'r teulu a ffrindiau yn gallu dod yn agos ati, dal ei llaw, rhoi cwtsh tyner iddi a bod yn gyfforddus eu hunain, rhywbeth sy'n bron yn amhosibl mewn gwely sengl neu gadair ger y gwely.

Mae'r holl staff sydd wedi gweld y gwely hefyd yn dweud pa mor ddefnyddiol ydi o. Mae'r rheolyddion ar bob ochr y gwely yn gwneud addasu'n ôl yn syml iawn i'r partner yn y gwely ac yn bron â dileu'r angen am reolydd gwifredig o bell.

Byddwn yn argymell i'r hosbis gadw'r gwely hwn ac, os yn bosibl, prynu rhagor ohonynt fel y gall cleifion a phartneriaid eraill elwa cymaint ag y gwnaethom ni."

Ysgrifennwyd gan,

JOHN OWEN

Diolch yn fawr

Hoffem ddiolch i John a Rowena am rannu eu stori ac am godi ymwybyddiaeth i helpu eraill. Yn y cyfnod byr y cawsom adnabod Rowena, bu'n fraint gennym ofalu am ddynes mor annwyl. Gallwn rannu bod teuluoedd eraill eisoes wedi elwa o'r gwely presennol ac mae ymdrechion codi arian anhygoel John ar gyfer ail wely er cof am Rowena wedi cyffwrdd â staff, cleifion a gwirfoddolwyr yn yr hosbis.

Yma yn Hosbis St Kentigern, rydym yn hynod o ffodus i fod yn rhan o gymuned mor dosturiol sy'n codi arian ar ein rhan er budd cleifion a'u teuluoedd yn y ffordd orau bosib.

MAE'N DYMOR PRIODAS A PROM



Wrth i dymor y prom a'r priodasau agosáu, mae tîm Siop Briodas Hosbis St Kentigern yn Abergele yn helpu pobl i ddathlu eiliadau arbennig mewn bywyd tra'n cefnogi gofal hosbis yn y gymuned.

Mae ein siop briodas ac achlysur yn cynnig detholiad prydferth o ffrogiau priodas ail-law, gwisgoedd morwynion priodas, ffrogiau prom, ategolion, a dillad achlysurol, gan roi cyfle i siopwyr ddod o hyd i rywbeth gwirioneddol arbennig. P'un ai eich bod yn paratoi ar gyfer priodas, yn mynychu digwyddiad ffurfiol, neu'n chwilio am y ffrog brom berffaith, mae'r siop yn llawn o ddillad unigryw.

Mae prynu ffasiwn ail-law nid yn unig yn ffordd wych o arbed arian, mae hefyd yn ddewis cynaliadwy sy'n rhoi ail fywyd i ddillad bendigedig. Mae popeth a brynir yn y siop yn cefnogi'n uniongyrchol y gofal hanfodol y mae Hosbis St Kentigern yn ei ddarparu i gleifion a'u teuluoedd ledled y rhanbarth.



Os ydych yn cynllunio priodas, mae ffordd arall y gall yr hosbis fod yn rhan o'ch diwrnod mawr: Gall ein tîm arlwyo talentog yn Caffi Cariad, sydd wedi'i leoli yn yr hosbis, greu cacennau priodas a chacennau dathlu hardd wedi'u gwneud gyda gofal a sylw i fanylion. Bydd pob cacen yn cael ei chrefftio i wneud eich dathliad yn fwy cofiadwy fyth.

Felly, p'un a ydych chi'n chwilio am y ffrog, yr ategolion neu'r gacen berffaith, beth am ddechrau eich taith yn siop briodas ail-law Hosbis St Kentigern. Fe gewch chi hyd i rywbeth arbennig ar gyfer eich diwrnod mawr, ac fe fyddwch chi hefyd yn helpu i gefnogi gofal tosturiol i'r rhai sydd ei angen fwyaf.

Ein cyfeiriad: Hosbis St Kentigern, 35 Stryd y Farchnad, Abergele LL22 7AF

Gwirfoddolwyr yw asgwrn cefn ein gweithrediadau manwerthu, ac rydym yn croesawu unrhyw un sydd â diddordeb mewn ymuno â'n tîm angerddol.

Cysylltwch â'n Cydlynydd Gwirfoddolwyr

01745 585221

Caffi Cariad TE PRYNHAWN Bwydlen

Mae pob Te Prynhawn yn cynnwys coffi arbennig neu bot o de.

£19.95pp i fwyta ynddo | £14.50 y pen i tecawê

Dewis o Frechdanau Bysedd:

Wild salmon with lemon dill mayo
Mature Welsh cheddar & red onion
Egg mayo & cress
Homemade honey glazed ham & English mustard

Dewis o Gacennau Cartref:

Bara Brith
Victoria sponge
Chocolate brownie
Caffi Cariad cheesecake
Cherry scone with clotted cream & jam
Mini Viennese Whirl with Lemon Curd

Ffoniwch 07887477116 i fwcio

Ffordd Ddinbych Uchaf
Llanelwy LL17 0RS



18TH JUNE

SUMMER RAFFLE

£1 per ticket

RAFFL YR HAF

1st Prize

1ST: £2,000
2ND: £500
3RD: £100

Registered with FUNDRAISING REGULATOR

CALL/FFONIWCH 01745 775415

DRAW DATE | DYDDIAD TYNNU'R RAFFL: 19/06/25

Telerau ac Amodau

Rhaid i chwaraewyr fod yn 16 oed neu'n hŷn. Sieciau'n daladwy i 'St Kentigern Hospice'. Bydd ceisiadau a dderbynnir ar ôl y dyddiad cau yn cael eu trin fel rhoddion. Hyrwyddwyr: St Kentigern Promotions Cyf. Rhif Cwmni: 3265191. Swyddfa gofrestredig: St Kentigern Promotions Cyf., Hosbis St Kentigern, Upper Denbigh Road, Llanelwy, Sir Ddinbych, LL17 0RS. Person cyfrifol: Nichola McGowan Ffôn: 01745 775415. Wedi'i drwyddedu gan y Comisiwn Hapchwarae. www.gamblingcommission.gov.uk

DIGWYDDIADAU

Mis Ewyllys Am Ddim

Gwanwyn 2026

Mae cynnwys rhodd yn eich ewyllys yn bwysicach nag erioed wrth i'r galw am ein gofal barhau i gynyddu. I gael eich ewyllys am ddim, cysylltwch â'n tîm codi arian ar 01745 585221 neu anfonwch e-bost at fundraising@stkentigernhospice.org.uk

Ras Liw 2026

Dydd Sadwrn 20fed Mehefin

Yn dychwelyd am yr ail flwyddyn mae ein Ras Liw hir-ddisgwyliedig. Wedi'i lleoli yng nghyffiniau godidog Castell Gwrych, ar y ras 5K anghofiadwy hon gall cyfranogwyr o bob oed gerdded, redeg, loncian neu neidio drwy gymylau lliwgar o bowdr lliw wrth bwyntiau gwirio ar hyd y llwybr.

Taith Gerdded Nos ar Yr Wyddfa

1af - 2il o Awst

Ymunwch â ni am antur gyffrous, gan gerdded i fyny'r Wyddfa ar Lwybr Llanberis (y Llwybr Twristiaeth) ar 1–2 Awst. Mae'r daith wedi ei chynllunio i fod yn un heriol yn gorfforol a werth ei chyflawni, gyda brecwast dathlu, medal, a phrosecco i'w edrych ymlaen ato ar y diwedd.

Noson Fawreddog o Gerddoriaeth

Medi 26ain

Cymerwch eich seddau ar gyfer Noson Fawreddog o Gerddoriaeth gyda Hosbis St Kentigern! Ar 26 Medi 2026, bydd band pres byd-enwog Brighouse & Rastrick, sy'n enwog am dorri nifer o recordiau, yn ymuno â'r côr meibion Cymreig enwog, Côr Godre'r Aran, yn Theatr y Pafiliwn. Bydd y noson yn cael ei harwain gan gyflwynydd teledu chwedlonol S4C, Dilwyn Morgan.

Twrnamaint Golff Elusennol

Gorffennaf 3ydd (Rhuddlan) Medi 18fed (Abergele)

Archebwch eich lle ar ein Twrnamaint Golff Elusennol Amatur 4-pêl yng Nghlwb Golff Rhuddlan neu Glwb Golff Abergele, y ddau yn leoliadau hynod brydferth. Bydd seremoni wobrwyo gyda'r nos, fydd yn cael ei dilyn gan arwerthiant a raffl.

Dod yn Bencampwr Hosbis

Run Aintree 5k - Dydd Sul, 10 Mai, 2026
Essar Chester Half Marathon - Dydd Sul, Mai 17eg, 2026
Womens Run Series Manchester - 5km - Dydd Sul, 17eg Mai
Chase the Sun Tatton 5K - Dydd Mercher, 1 Gorffennaf, 2026
Mold Triathlon - Sprint - Dydd Sul, 5ed Gorffennaf, 2026