



Read all about it! A town council is helping older community members by launching a new lockdown activity booklet.

The Rhyll Read has been put together by Rhyll Town Council to help keep people's mind's active during periods of isolation.

The magazine, which features ideas and activities for people to do easily and safely at home, is being trialled in the town and will be free to download with additional copies printed upon request.

Rhyll mayor Cllr Ellie Chard (pictured) said over the last 12 months, town councillors had been regularly telephoning people who were self-isolating or whose external activities had been curtailed due to the pandemic.

She said: "Many of the older people we speak to regularly have made it clear that having little to do can make lockdowns even harder for them. They may be cut off from friends and family and sometimes want to think about something different to Covid."

"There are plenty of news outlets in Rhyll, but this is something different. *The Rhyll Read* includes tips from councillors on home activities, quizzes, and an introduction by the mayor."



The Rhyl Read helps signpost people to organisations that can support them.

“These are challenging times,” said Cllr Chard. “Some people have told us they would welcome a distraction from thinking about Covid; others say they have very real worries about the future. We’ve included some helpful links to organisations in the magazine, but, in the main, we want people to download *The Rhyl Read*, and enjoy some creative distractions.”

The free magazine is available in Welsh and English, with plans to release four issues over the next 12 months.

Cllr Chard added: “People can download as many copies of *The Rhyl Read* as they like. For now, the town council can also post out a limited number of the booklets upon request. We know that won’t make *The Rhyl Read* easily accessible for everyone straight away so we are now looking at securing additional support so we can have copies printed off and distributed where needed.

“This could include having bundles delivered to the town’s care and nursing homes if they would like them. We’re also keen to hear from people with ideas for content for future issues and organisations which might want to support the *The Rhyl Read* going forward.”

The Rhyl Read can be downloaded from: www.rhyltowncouncil.org.uk ordered by calling 01745 331114, or by messaging the town council’s social media pages (Facebook, Twitter, Instagram).

Ends

