

RUABON NEWS LETTER 259

04.02.2019

Time Out for Parents: Children with Special Needs

Parents of children with special educational needs often feel isolated and frustrated that 'standard parenting advice' sometimes doesn't work.

The course provides an opportunity for you to support and encourage each other, helping you share feelings and experiences, and come up with solutions to problems on the basis of what works – not what's meant to work!



The seven sessions are written by parents and professionals with input from many different families with experience of children with special needs. They aim to help support you in meeting your child's needs, focussing on children aged between 3 to 11 years with

a disability or special needs, particularly those who have learning, developmental and behavioural issues.

How does it work?

Sharing ideas with other parents and carers is a key element. Discussions are based around real-life scenarios. Each session includes space to plan any changes you want to make in your parenting and from week 2, an opportunity to discuss how that's working.

What's in it?

We start by looking at what life is really like living with your child who has special needs, helping them reach their potential and how to keep going. We consider how to boost self-esteem through play and learning, respond with good listening and how our parenting style affects our children's responses. Next we explore how you can talk to your child about their condition, other people's reactions to your child and recognising and coping with feelings. Why do our children act the way they do? We look at the many reasons behind behaviour, the vital subject of setting boundaries, why children need them and why they can be hard to set. Following on from this is the value of routines, praise, and consistency and exploring a toolkit of discipline strategies.

Home and school are often big issues and we look at how the school might support your child's learning, how you can play a part in this and where to

look for further support. Finally, there's a chance to recognise the impact on the wider family and to review what the course has meant to you.

Session titles and dates:

- Session 1 – 4th February 2019: Parenting children with special needs
- Session 2 – 11th February 2019: Self esteem
- Session 3 – 18th February 2019: Coping with feelings
- Session 4 – 04th March: Understanding behaviour
- Session 5 – 11th March: Managing behaviour
- Session 6 – 18th March 2019: Home and school
- Session 7 – 25th March 2019: The wider family

All sessions will be held at Ruabon Centre of Excellence, Stanley Grove, Ruabon. 9.30am - 11.30am

There are limited spaces so places will be given on a first come first served basis. Refreshments included. Please

Contact Julie Davies (School based Youth Worker) on 822392/07800688951 for more information.

**



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

ADVICE SURGERIES
Clwyd South / De Clwyd

	Friday, January 18 Brymbo Enterprise Centre
	Friday, February 15 Chirk Parish Hall
	Friday, March 15 The Stiwt, Rhos

Surgeries run from 3.30pm-5.30pm and are first-come, first-served - no appointments

Standing up for Clwyd South

Susan Elan Jones MP/AS
Ken Skates AM/AC

Details of a Planned Project Meeting for Local Transport.

From: John Gallanders [<mailto:john.gallanders@avow.org>]

Sent: 17 January 2019 21:51

Subject: Community Transport Event - Plas Madoc on Friday 29th March

We are sending the details of this event as we believe you may have an interest in the impact of community transport on the accessing of services and community activity you are involved with.

The invite for this event has now gone live - please promote on Facebook, Twitter etc and any other means possible in the Plas Madoc, Ruabon, Cefn, Acrefair and surrounding area in particular but representatives from organisation in the broader area are welcome. Space is available for displays and if interested your organisation can book via the same link.

<https://wrexhamcommunitytransport.eventbrite.co.uk>

This event regarding a Community Transport Event at Plas Madoc on Friday 29th March is aimed at members of the public and service users and an opportunity to explore more closely at the issue of Community Transport for people of all ages and abilities. Posters will be available shortly.

**

Grove Park Theatre Productions

Up to and including July 2019



Entertaining Angels: 14th - 23rd February

The God of Carnage: 28th March - 6th April

The War of The Wands (Youth Theatre Show): 25th - 27th April

Sex Cells: 30th May - 8th June

Calamity Jane: 11th - 20th July

Welcome News from Network Rail

on the proposed eradication of the Japanese Knotweed on the Railway Bank Bordering the Almshouses If you have any other information with regard to this invasive weed on other parts of the railway property, please either contact Network Rail direct or send to: bremner.millhouse@btinternet.com.

30th January 2019

Reference- JKW 2019

Dear Neighbour

Thank you for your previous enquiry relating to line-side Japanese Knotweed.

The railway land near your property has been added to our long-term spray programme. We have included a leaflet for your further information. If you have Japanese Knotweed on your land, please can you contact us, so we can add this to our program. This must be reported to us before June 2019, to be sprayed this year.

Spraying will be carried out between July and November in 2019. This will then remain on our treatment programme for five to six years as we bring the plant under control.

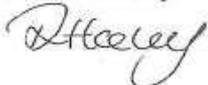
Cutting, pulling or digging up Japanese Knotweed can increase the risk of spreading the weed. Network Rail's preferred method of controlling Japanese Knotweed entails spraying the plant with herbicide between July and November. Spraying during this time of the plant's life cycle increases the effectiveness of the herbicide.

The control of vegetation on railway land is the responsibility of Network Rail and we do everything in our power to ensure the risks posed to trains, passengers and the wider public are reduced to as low as is reasonably practicable.

I hope this information is helpful and we thank you again for taking the time to inform us of the line-side Knotweed.

If you have any additional questions or concerns, please visit www.networkrail.co.uk or telephone our 24-Hour National Helpline on 03457 11 41 41.

Yours faithfully



Rebecca Heeley,
Community Relations Manager
Network Rail Wales

A Welsh language version of this letter is available upon request; please call 03457 11 41 41 or e-mail crwales@networkrail.co.uk if you would like to receive it. / Mae fersiwn Gymraeg o'r llythyr hwn ar gael ar gais; ffoniwch 03457 11 41 41 neu e-bostiwch crwales@networkrail.co.uk os hoffech gael copi.

Emotional Resilience Training

at Ruabon Library, High Street, Ruabon LL14 6NH
Friday 15th February 10.30am—1pm

- ◇ Increase your ability to deal with difficult feelings
- ◇ Increase your ability to cope with stressful life events
- ◇ Find out how to access further support if you need it in the future

This is a *FREE* 2½ hour session, with a break and refreshments.

Places are limited—Booking is essential. Please call

Maxine/Juliet on 01978 820520 or email

Maxne.bithell@wrexham.gov.uk to book a place.

Emotional Resilience Training is a course designed by Connecting with People and run in North Wales by the BCUHB Self Care Office.

Hyfforddiant Gwytnwch Emosiynol

yn Llyfrgell Rhiwabon, Stryd Fawr, Rhiwabon LL14 6NH

Dydd Gwener, 15 Chwefror 10.30am - 1 pm

- ◇ yn Gwella eich gallu i ddelio â theimladau anodd
- ◇ Gwella eich gallu i ymdopi â digwyddiadau anodd bywyd
- ◇ Rhoi gwybod i chi sut i gael gafael ar ragor o gefnogaeth os bydd ei angen arnoch yn y dyfodol

Mae'r cwrs RHAD AC AM DDIM hwn yn sesiwn ddwy awr a

hanner o hyd, gydag egwyl a lluniaeth. Mae llefydd yn brin -

Mae'n rhaid archebu eich lle. Ffoniwch Maxine/Juliet ar 01978

820520 neu e-bostiwch Maxine.bithell@wrexham.gov.uk i

archebu lle.

Mae Hyfforddiant Gwytnwch Emosiynol yn gwrw a ddyluniwyd gan 'Connecting with People' a chaiff ei gynnal yng ngogledd Cymru gan Swyddfa Hunanofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

WCBC has been working with Citizens Advice Wrexham (CAW) to safeguard the valuable services that are provided to the public and has now reached an agreement on the level of funding required from Wrexham Council for the 2019/2020 financial year.



Robert Williams, Chair of the CAW said that he welcomed the engagement with the Leader of the Council and the confirmation of the financial support that will now be available to help provide good quality housing and debt advice: "long may it continue."

The Leader of the Council, Cllr Mark Prichard, confirmed that he and Robert Williams had jointly agreed a level of financial support of £60,000 for the 2019/20 financial year; while also recognising the hard work and effort that CAW puts into delivering its services here in Wrexham. Officers will now finalise the written agreement and monitoring arrangements.

Gaynor Roberts, Chief Executive of CAW said: "The organisation is appreciative of the support being provided by the Local Authority. As people will know we had to reduce our service for the last 12 months as a result of funding issues. This revised sum will enable us to reopen the service of providing 3 days drop-in service with designated generalist appointments taking place on Tuesdays".

Come along and enjoy the Live Music Showcase at Tŷ Pawb throughout the Winter months

'Live Music Showcase' at Tŷ Pawb is supported by Wrexham Symphony Orchestra, Calon FM, The Music Place, the Tŷ Pawb Markets, Food Court and Shops

Tŷ Pawb (Everybody's House) is a Markets, Arts and Culture hub at the heart of Wrexham.

Offering brilliant Market Stalls, fabulous food and great galleries there is something here for all the family. For information about Tŷ Pawb and the growing, exciting range of events and activities, visit www.typawb.wales or the Tŷ Pawb Facebook page

<https://www.facebook.com/TyPawb>.

LIVE MUSIC SHOWCASE
Thursdays 1-2pm
Tŷ Pawb
Free Entry - Donations Welcome



Live Music Showcase in Ty Pawb is designed to promote local music talent from across the genres. Held every Thursday, these free to attend lunch time concerts offer a broad range of music ranging from the stage and screen and popular classics through to folk music and music from the jazz and blues arena.

Date (2019)	Artists	Instrument(s)	Comments
January 10th	Glyndŵr European Ensemble (Trio)	Piano, Guitar & Violin	NEW and will include the official launch of the Wrexham Music Festival (Easter 2019)
January 17th	Owen Chamberlain Singer Songwriter	Guitar	NEW: Contemporary
January 24th	Philip Chidell	Violin	Classical and Contemporary, including music from the West End and the Silver Screen
January 31st	Stan Dickenson	Piano	NEW
February 7th	Coleg Cambria Students		NEW: Tim Jones
February 14th	Rachael Marsh with Daniel Bradford	Vocal & Piano	NEW: A Special programme for Valentine's Day
February 21st	Belle Journée	Vocal & Guitar	NEW: Music with a distinctive Latin and French persuasion
February 28th	Henry Soper	Piano	NEW
March 7th	Peter Leslie	Guitar	NEW
March 14th	Robert Parry (TBC)	Piano & Vocal	
March 21st	Bruce Davies	Piano	
March 28th	KC Valentine	Vocal & Piano	NEW
April 4th	Wandering Minds	Flute & Bassoon	NEW
April 11th	Ian Stopes & David Hopkins	Guitar & Woodwind	NEW: 'The Garden Suite'
April 15th to 18th	Wrexham Music Festival	6 Classes of Musicianship	Up to 6 Classes Monday to Wednesday (2 per day). Final Thursday. Special contribution by a leading musician(s) on the Thursday.

HARRY POTTER BOOK NIGHT RETURNS TO WREXHAM LIBRARY!



Get ready to share the magic! Harry Potter Book Night, the most magical night of the year, returns on Thursday, 7th February. An evening to celebrate everyone's favourite wizard: "Harry Potter", will be held at Wrexham Library from 3pm to 6pm!

Come along and visit Harry's bedroom under the stairs, play snitch pong and you can even win your own magic wand and take part in Harry Potter activities and quizzes!

Waterstones will be at the library selling Harry Potter goodies, and there will be readings from the series throughout the afternoon. You can also meet the sorting hat; find out your wizarding name and which Hogwarts house you belong in.

And if that isn't enough, you can go on a journey to Hogwarts School of Witchcraft and Wizardry, take part in a fancy dress competition and taste the delights of a Harry Potter themed cake stall!

Cllr Hugh Jones, Lead Member for Communities, Partnerships, Public Protection and Community Safety said: "Wrexham Library's fourth Harry Potter book night is set to be the best yet! Come along and celebrate the fantastic world of Harry Potter. Last year over 300 people attended, you really don't want to miss it."

This is a free event, all are welcome and under 8s must be accompanied by an adult.

Dressing up is not essential but encouraged.

For more information please contact Wrexham Library

CHESTER SHREWSBURY RAIL

PARTNERSHIP NEWS

RUABON

January to February 2019

THE NEW WALES & BORDERS RAIL FRANCHISE & TRANSPORT FOR WALES

On October 14th 2018 Transport for Wales commenced operating the Wales & Borders franchise. New logos replaced the Arriva Trains Wales signs at stations and station will undergo deep cleaning and repainting in the new livery colours in the future.

Some of the improvements announced for this line include:

- The introduction of new trains from 2022 which will increase seating capacity and bicycle spaces.
- The weekday service between Shrewsbury and Chester will double in frequency from December 2022
- Sunday service frequency will double from December 2025
- Free wifi will be introduced at stations by December 2020
- Covered cycle storage at all stations
- Installation of ticket vending machines
- Investment at Chester Station to upgrade the concourse, interchange and car park
- Retail enhancement at Chester and Shrewsbury Stations
- Investment in Wrexham General station to improve the multimodal interchange
- Investment in Community Rail Partnerships expanding the current 5 to 12

NEC Birmingham - Just a short walk from Birmingham International Station

February

19th - 24th Caravan, Camping and Motorhome Show

March

1st - 3rd The National Wedding Show

Sheila Dee; Community Rail Officer, Chester Shrewsbury Rail Partnership, has sent in this information which relates particularly to those using Ruabon Station.

**

RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH



Books AND Far, Far More

A NEW EXHIBITION FOR FEBRUARY FEATURES PAINTINGS BY ONE ARTIST: LORRAINE TOBIN WHO SADLY DIED RECENTLY. THE EXHIBITION, SET UP BY BRIAN HILL, CONSISTS MAINLY OF PASTELS, WITH A FEW WATERCOLOURS AND OIL PAINTINGS.

LORRAINE HAD BEEN A LONG TIME MEMBER OF THE PENYCAE ART GROUP. ANY PROCEEDS WILL BE DONATED.TO THE BERSHAM STROKE UNIT AT THE MAELOR HOSPITAL.

**

THE EXHIBITION AREA AT RUABON LIBRARY IS FREE TO BOOK. IF YOU ARE AN ARTIST OR WISH TO PROMOTE A GROUP; AN INTEREST; OR JUST AN IDEA. PLEASE CONTACT A MEMBER OF STAFF FOR MORE DETAILS DURING OPENING TIMES TO FIND OUT WHICH MONTHS ARE STILL AVAILABLE DURING 2019.

**

Normal opening times are: Monday-10am-6pm; Tuesday- 2-5pm; Wednesday-2-5pm; Thursday-2-5pm; Friday-10am –6pm.

**

For information on all sessions, please telephone to speak to a member of staff, when the library is open, on 01978 822002, or email: ruabonlibrary@wrexham.gov.uk.

**

Ongoing book and DVD sales of discontinued material at RUABON library: - BIG PRICE REDUCTIONS: Hardbacks £1; Paperbacks 50p and DVDs 50p

**

RUABON LIBRARY IS TO START A POETRY WALL.
CUSTOMERS/VISITORS ARE ENCOURAGED TO ADD THEIR FAVOURITE POET OR POEM, WHETHER IT BE THE WHOLE THING OR JUST THE TITLE; OR A POEM OF THEIR OWN CREATION. WE HOPE THIS WILL BE AN ONGOING PROJECT.

**

Do you enjoy playing Scrabble? The Scrabble Club
takes place on the 3rd Wednesday of each month



**



For those who enjoy doing Jig-Saw Puzzles, there is usually one 'on the go' for you to either put in a couple of pieces or finish it off altogether!

**

The Reading Group (Ruabon Readers) meet on the first Wednesday of the month.

The book for next month's reading in February is: "A Place of Meadows and Tall Trees" by Clare Dudman.

New members are always welcome but need to contact a member of staff to ensure that copies of the appropriate book are available.



**

Stori a Chan This fun filled session is free of charge and is suitable for children under the age of 2.

On Mondays: The Welsh Group meets between 2-3pm.

Family board games between 3-4pm

On Tuesdays: Story Time at 2.15pm for 0-3yrs



Meets on a Thursday from 3-4pm. This activity is for 4-10yrs. 50p charge.

**

The Knit and Natter Group meets regularly once a week on Fridays between 2.15-3.15pm and new members are always welcome.



**

A computer 'Drop-in Service' is also available on a Friday between 4 and 5pm.

**

RUABON CHURCHES' NEWS

St Mary's Shared Church - General Information:



For Children:

Toddler Praise for pre-school children on Tuesday mornings in the church hall from 10.30am to 12 noon

Messy Church and Holiday Club please check website for details.

Youth Group is on Sunday evenings 5pm-6.30pm.

All Age Worship: The 1st Sunday in the month is a Family Communion Service at 9.30am.

On the 2nd and 4th Sundays of the month there is the JIGSAW service: informal worship for all ages.

**

The Church Hall is open to all on the 1st Saturday of the month for coffee from 10am to 12noon.

**

The Choir practices on Tuesday evenings in the Church Hall at 7.15pm and sings at the 9.30am service every Sunday.

**

The Bell Ringers practice weekly and ring for weddings when requested. Details from Gordon Richardson: g.j.richardson@hotmail.co.uk phone: 07970 140004.

**

To hire the Church Hall please contact: Janet Roberts 01978 810039/email
neilandjanet1@hotmail.co.uk

**

For wedding or baptism enquiries please contact: The Rev'd Kate Tiltman, The
Vicarage, Church Street, Rhosymedre, LL14 3EA. Phone: 01978 824087,
katherinetiltman@gmail.com / www.stmarysruabon.org.uk.

St Mary's Church; St John's Church and St Mary's Youth Group also have a facebook
page.

**

St John's has a website www.stjohnsrhosymedre.org.uk

**

For Catholic weddings, baptisms and confessions in Ruabon, Chirk and Llangollen:
Rev'd Fr. Anthony Nnamah MSP email: chykenam@gmail.com.

RUABON AND DISTRICT CHURCH SERVICES

At St Mary's Church on Monday 4th February at 11am Funeral (Margaret
Brittle)

On Tuesday 5th February at 10.30am **NO Toddlers**

On Sunday 10th February at 8am Holy Communion. At 9.30am Holy Communion.

**

The Catholic Church's celebration of the Eucharist at St Mary's shared Church
in Ruabon, will take place on Sunday at 11am.

**



**

At Ruabon Methodist Church on Sunday 10th February at
10.30am, there will be a 'Praise and Worship meeting



At Ruabon Congregational Church (The Chapel on the Hill) on
Sunday 10th February at 11am Mr Alun Jones will lead the
congregation.

**

At All Saints' Church, Penylan on Sunday 10th February at 11am: Holy Communion

**

At St John's Church, Rhosymedre on Tuesday 5th February at 12.30pm, The
Funeral of Sylvia Baddeley.

On Wednesday 6th February at 10am Morning Prayer

On Sunday 10th February at 11am: Holy Communion

NOTES FOR ANGLICAN CHURCHES

- THE NEXT MEETING OF 'TIME WELL SPENT' IS ON FRIDAY 15TH FEBRUARY IN ST MARY'S CHURCH HALL. COFFEE AND CHAT FROM 11AM, A COOKED LUNCH AND RELAX WITH FRIENDS. THE PLANNING MEETING WILL BE ON MONDAY 11TH FEBRUARY AT 2.30PM.

- THE **FELLOWSHIP GROUP** MEETS IN ST MARY'S HALL ON WEDNESDAYS, 12.30-1.30PM. ALL ARE WELCOME TO EXPLORE A DIFFERENT PASSAGE FROM THE BIBLE EACH WEEK.
- THE NEXT **FISH AND CHIPS AND BINGO** AT ST JOHN'S CHURCH WILL BE ON 12TH FEBRUARY. PLEASE LET BEULAH KNOW IF YOU PLAN TO COME.
- THE NEXT **CELTIC SERVICE** IS ON TUESDAY 5TH FEBRUARY, 7PM IN PENYCAE
- THE NEXT **PIZZA CHURCH** IN ST MARY'S WILL BE ON SUNDAY 17TH FEBRUARY AT 4PM. THIS IS AN INFORMAL SESSION OF WORSHIP AND DISCUSSION IN THE CHURCH HALL. ANY AND ALL AGES ARE WELCOME TO COME AND EAT PIZZA AND TO EXPLORE THEIR FAITH.
- THE NEXT **FILM NIGHT** AT ST JOHN'S WILL BE AT 6PM ON SATURDAY 23RD FEBRUARY. ALL ARE WELCOME TO COME AND WATCH THE 'GREATEST SHOWMAN'.
- THANK YOU FOR ALL THE GOOD WISHES ON MY APPOINTMENT AS AN HONORARY CANON OF ST ASAPH. I WILL BE INSTALLED ON SUNDAY FEBRUARY 10TH, 3.30PM, AT THE CATHEDRAL, AND IT WOULD BE LOVELY IF YOU COULD COME AND SUPPORT ME. PLEASE SEE JEAN-AUDREY IF YOU WOULD LIKE A SEAT ON THE COACH. KATE
- THE WREXHAM HOMELESS PROJECT IS USING ST JOHN'S CHURCH ON A WEDNESDAY EVENING. IF YOU ARE ABLE TO HELP COOKING IN THE EVENING OR MAKING BREAKFAST AND CLEARING UP ON THURSDAY MORNING PLEASE SEE TRISH FOR DETAILS. DONATIONS OF MEN'S AND WOMEN'S SOCKS, UNDERWEAR AND SMALL BOTTLES OF TOILETRIES

**

'What's On' in and around Wrexham:

This information has recently been updated, and is now available. Where there are no contact details or for more information on the following items: please contact: 01978 292000.

**

The Closing date for 2019 Nursery School Applications is February 22

**

Learning at Lunchtime: My Medium Life (06/02/2019)

Join award-winning author PJ Roscoe to hear a few of her many experiences as a medium. She works with angels and spirit guides to help both the living and the dead as is called into haunted locations, to help the spirit move on. Followed by a Q&A about the supernatural. FREE www.pjroscoe.co.uk
Alexander O'Neal Performing at William Aston Hall - 4.72 miles away.

On Friday, 19 Apr 2019 at 7:00 PM

The Carnival is coming!

Wrexham's Carnival of Words literary festival is returning for its 5th year with a bigger more extensive programme than ever before running from 27th April until 4th May. Headline authors include bestselling Amanda Prowse, Deborah Moggach, Alison Weir, Elly Griffiths, Alan Johnson and Myrddin ap Dafydd. New events to the programme this year will include a family walking event and children's storytime at Moss Valley Country Park, Reverend Peter Laws will talk about his latest book called The Frighteners at St. Giles Church; plus firm favourites such as the Murder Mystery and poetry event Wrexham on My Mind return to the programme. For details of

the full programme please visit www.wrexhamcarnivalofwords.com. Tickets are available online from www.wrexham.gov.uk/pay or Wrexham Library.

[Stop. Look. Listen. The role of Employee Voice in great workplaces \(07/02/2019\)](https://www.eventbrite.co.uk/e/stop-look-listen-the-role-of-employee-voice-in-great-workplaces-tickets-55636689837?aff=ebdssbdestsearch)

For further information and to book your place: <https://www.eventbrite.co.uk/e/stop-look-listen-the-role-of-employee-voice-in-great-workplaces-tickets-55636689837?aff=ebdssbdestsearch>

[Emergency First Aid at Work Level 3 Course \(12/02/2019\)](https://www.eventbrite.co.uk/e/emergency-first-aid-at-work-level-3-course-tickets-53131928027?aff=ebdssbdestsearch)

For further information and to book your place: <https://www.eventbrite.co.uk/e/emergency-first-aid-at-work-level-3-course-tickets-53131928027?aff=ebdssbdestsearch>

[This Is Wrexham Tourism Networking Workshop \(13/02/2019\)](https://www.eventbrite.co.uk/e/this-is-wrexham-tourism-networking-workshop-tickets-55207813055?aff=ebdssbdestsearch)

For further information and to book your place: <https://www.eventbrite.co.uk/e/this-is-wrexham-tourism-networking-workshop-tickets-55207813055?aff=ebdssbdestsearch>

**

If you know of anyone who would like to receive the Ruabon News Letter each week by email (free of charge). Please contact: bremner.millhouse@btinternet.com.

This News Letter is only as good as the items received for publication.

Please keep sending in your news and thank you. Sybil Bremner.