

RUABON NEWS LETTER 260

11.02.2019

Time Out for 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 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 these sessions are held at Ruabon Centre of Excellence,
Stanley Grove, Ruabon.

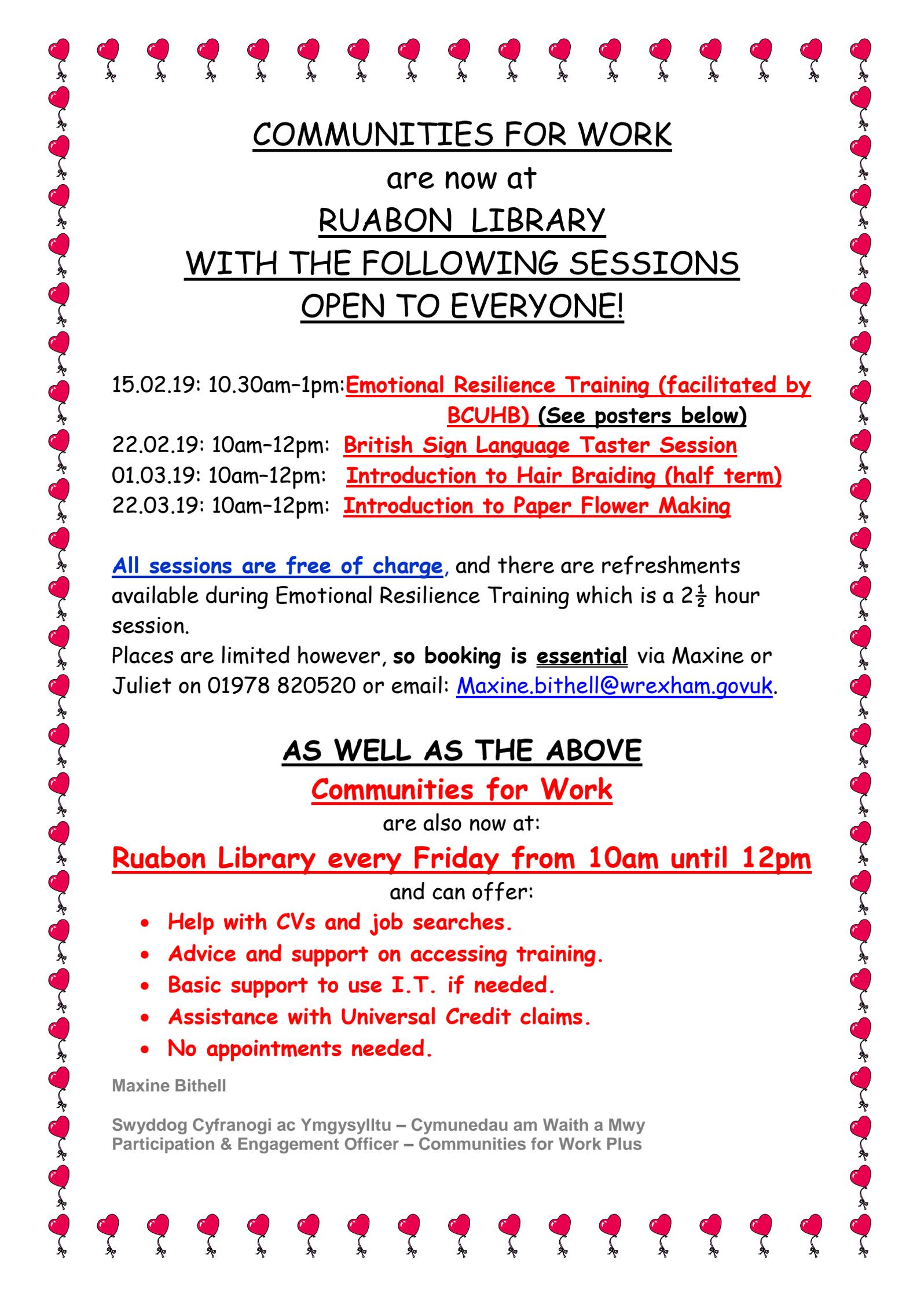
9.30am -11.30am

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.





COMMUNITIES FOR WORK

are now at

RUABON LIBRARY

WITH THE FOLLOWING SESSIONS

OPEN TO EVERYONE!

15.02.19: 10.30am-1pm: Emotional Resilience Training (facilitated by BCUHB) (See posters below)

22.02.19: 10am-12pm: British Sign Language Taster Session

01.03.19: 10am-12pm: Introduction to Hair Braiding (half term)

22.03.19: 10am-12pm: Introduction to Paper Flower Making

All sessions are free of charge, and there are refreshments available during Emotional Resilience Training which is a 2½ hour session.

Places are limited however, so **booking is essential** via Maxine or Juliet on 01978 820520 or email: Maxine.bithell@wrexham.govuk.

AS WELL AS THE ABOVE

Communities for Work

are also now at:

Ruabon Library every Friday from 10am until 12pm

and can offer:

- **Help with CVs and job searches.**
- **Advice and support on accessing training.**
- **Basic support to use I.T. if needed.**
- **Assistance with Universal Credit claims.**
- **No appointments needed.**

Maxine Bithell

Swyddog Cyfranogi ac Ymgysylltu – Cymunedau am Waith a Mwy
Participation & Engagement Officer – Communities for Work Plus



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

Maxine.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.

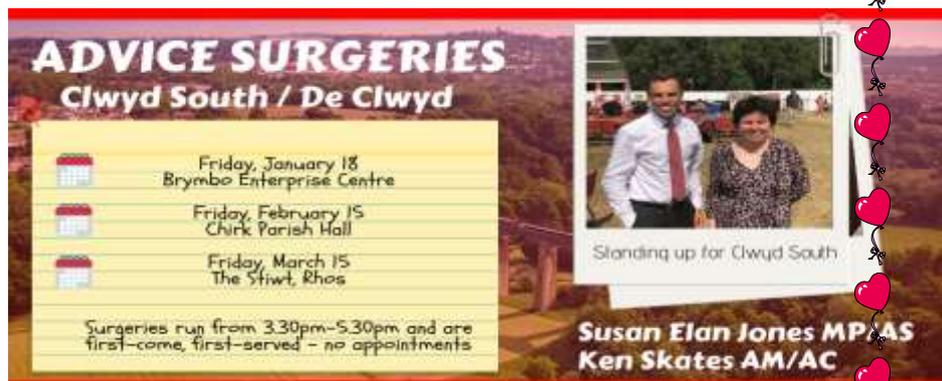
Mae Hyfforddiant Gwytnwch Emosiynol yn gwrw a ddyluniwyd gan 'Connecting with People' a chaiff ei gynnal yng ngogledd Cymru gan Swyddfa Hunanofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

Susan Elan Jones, MP, was very concerned when she first learned of the stress being caused by the threat of the Japanese Knotweed invading the ground around the Almshouses which emanates from the railway bank.

St Mary's Church is responsible for the alms houses and has spent many years trying to resolve the problem with Network Rail.

Susan has sent in her congratulations to the Ruabon Community and St Mary's Church Council in particular:

"I am very pleased to hear the news that Network Rail have added Ruabon Station to their long-term spraying programme.



Japanese knotweed has been a real concern for many of the local residents and I am sure this outcome will be very welcome news after so much hard work and perseverance has been spent in tackling this issue very best wishes, Susan."

Information received recently, on the proposed eradication of the Japanese Knotweed, from Network Rail:

If you have any other information with regard to this invasive weed on other parts of the railway property, or if you have any additional questions or concerns, please either contact Network Rail direct on: www.networkrail.co.uk, or telephone the 24hour national helpline 03457114141. Ref: JKW 2019.

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Ken Skates AM Has officially opened the new gym at Plas Madoc; with Stella Matthews (chair of board), John Roberts (director), John Edwards (Gym supervisor).

YSGOL RHIWABON

MINIBUS FUNDRAISING

In order to assist our fundraising for a new School minibus, we've registered with easyfundraising, and we need your help!



easyfundraising is a great website where you can help us raise funds, simply by doing your everyday online shopping, with over 3,300 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S.

Every time you shop, we receive a small donation to say „thank you“, and it's completely free too! We want to raise as much as possible, so please sign up and help us at:

<https://www.easyfundraising.org.uk/causes/ysgolrhiwabon/>

You can find more information on our school website:
ysgolrhiwabon.co.uk

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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

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

tŷ pawb

Harodroddi — Cymuned — Celfyddydau
 Marketa — Community — Arts

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 17 th	Owen Chamberlain Singer Songwriter	Guitar	NEW: Contemporary
January 24 th	Philip Chidell	Violin	Classical and Contemporary, including music from the West End and the Silver Screen
January 31 st	Stan Dickenson	Piano	NEW
February 7 th	Coleg Cambria Students		NEW: Tim Jones
February 14 th	Rachael Marsh with Daniel Bradford	Vocal & Piano	NEW: A Special programme for Valentine's Day
February 21 st	Belle Journée	Vocal & Guitar	NEW: Music with a distinctive Latin and French persuasion
February 28 th	Henry Soper	Piano	NEW
March 7 th	Peter Leslie	Guitar	NEW
March 14 th	Robert Parry (TBC)	Piano & Vocal	
March 21 st	Bruce Davies	Piano	
March 28 th	KC Valentine	Vocal & Piano	NEW
April 4 th	Wandering Minds	Flute & Bassoon	NEW
April 11 th	Ian Stopes & David Hopkins	Guitar & Woodwind	NEW: 'The Garden Suite'
April 15 th to 18 th	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.

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>.



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.**

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**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.**

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**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.

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

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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.

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



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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.



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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



Jane will take a Craft session
On Thursday 28th February between 3.30
and 4.30pm
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.



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

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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.

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

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

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

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

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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.

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

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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 11th February at 7.15pm Church Committee
On Tuesday 12th February at 10.30am NO Toddlers
On Wednesday 13th February at 7pm Joint Council
On Sunday 17th February at 8am Holy Communion. At 9.30am Morning Prayer

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



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At Ruabon Methodist Church on Sunday 17th February at 10.30am, Deacon Lisa Rathbone will lead the Service



At Ruabon Congregational Church (The Chapel on the Hill) on Sunday 17th February there will be NO SERVICE

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At All Saints' Church, Penylan on Sunday 17th February at 11am there will be a service of Morning Prayer

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At St John's Church, Rhosymedre on Tuesday 12th February at 11am: a Funeral

On Wednesday 13th February at 10.am Morning Prayer

On Thursday 14th February at 2.30pm, a Funeral (Gaynor Kempster)

On Sunday 17th 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

11 AM, 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. DURING LENT WE WILL BE FOLLOWING THE LENT COURSE 'THE INHERITANCE OF LENT: THE GENEROSITY OF GOD' THAT HAS BEEN PUT TOGETHER BY THE PROVINCE.
- 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 MARCH, 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 A POPULAR FILM.
- 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.
- THE HOLIDAY HUNGER PROJECT WILL BE MAKING SANDWICHES FOR THE CHILDREN OF PLAS MADOC AT HALF TERM, 25TH FEBRUARY TO 1ST MARCH. PLEASE BE AT ST JOHN'S FOR 11AM IF YOU CAN HELP.

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'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.

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The Closing date for 2019 Nursery School Applications is February 22

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Don't miss the chance to see the stunning work of one of Wales' most acclaimed photographers in our current exhibition, **'War and Peace: Phillip Jones Griffiths and the Power of Photography'**.
01978 297460

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Nordic Walking (Thurs) National Trust: Chirk Castle & Garden-4.13 miles away **DAYS OUT**

Running for beginners National Trust: Chirk Castle & Garden 4.13 miles away **DAYS**

OUT **WORKSHOPS**

Nordic Walking (Thurs) National Trust: Chirk Castle & Garden-4.13 miles away **DAYS**

OUT

Nordic Walking (Tues) National Trust: Chirk Castle & Garden - 4.13 miles away

WORKSHOPS

Erddig spring garden National Trust: Erddig - 4.21 miles away **WORKSHOPS** **DAYS OUT**

Go wild in Wolf's Den for February half term National Trust: Erddig - 4.21 miles away **KIDS**

museum@wrexham.gov.uk

www.wrexham.gov.uk/museum

The Wrexham Antiques, Collectors & Vintage Fair (09/02/2019)

The Wrexham Antiques, Collectors & Vintage Fair Wrexham Memorial Hall, Bodhyfryd, Wrexham LL12 7AG. Shepherd & Williams are very proud to present The Wrexham Antiques, Collectors & Vintage Fair. Set inside the historic hall in the heart of Wrexham, this is a fantastic day out and the ideal opportunity for you to find something perfect to complement your home, collection or wardrobe!

Up to 60 tables – food and drink available!

Previous fairs have exhibited: Ceramics - Vintage Clothing - Football & Music Memorabilia - Furniture - Paintings - Vintage Fishing Tackle - Clocks - Militaria - Jewellery - Glass - Collectable Toys - and more...

Supporting your workforce (20/02/2019)

Learn how your company can support workers who face challenges related to adverse mental health and substance misuse - and how charity CAIS can help you with retention and recruitment. Reserve your place by emailing employment@cais.org.uk before Friday 15th February

Doing Business in Sweden (20/02/2019)

For further information and to book your place: <https://www.eventbrite.co.uk/e/doing-business-in-sweden-tickets-54794306245?aff=ebdssbdestsearch>

The Change Readiness Event (20/02/2019)

For further information and to book your place: <https://www.eventbrite.co.uk/e/the-change-readiness-event-tickets-53949015959?aff=ebdssbdestsearch>

ERDDIG HALL TO CIVIC SOCIETY (21/02/2019)

“ERDDIG – THE JEWEL IN THE CROWN OF WELSH COUNTRY HOUSES” is the title of a presentation to be given to Wrexham Area Civic Society. It will be given by Jill Burton, who retired 6 years ago after working for 21 years as Education Officer for the National Trust at Erddig and Chirk Castles. All are welcome, admission is free. The Society will be pleased to welcome you. For more information about Wrexham Area Civic Society, please come to a meeting; or visit

<http://www.facebook.com/wrexhamcivic>.

Wrexham Symphony Orchestra President's Annual Concert with Welsh National Opera (23/02/2019)

This concert, the 3rd in our 50th anniversary concert season, is a collaboration with Welsh National Opera and is also our President's Annual concert. We are supporting 'Your Space', a local Wrexham charity which supports families with children and young adults who are affected by autism. The concert programme includes works by Beethoven, Elgar's Sea Pictures and features Prokofiev's 5th Symphony. We are thrilled to welcome back Rebecca Afonwy-Jones and also Leon Bosch as our conductor. Please do encourage as many of your families and friends to join us as we continue to celebrate 50 years of music making in Wrexham Description in Welsh

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[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 \(07/02/2019\)](#)

[Emergency First Aid at Work Level 3 Course \(12/02/2019\)](#)

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 \(13/02/2019\)](#)

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

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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.