

RUABON NEWS LETTER 269

15.04.2019

Year Four from St.Mary's Church in Wales Primary School, had a most enjoyable and educational visit to Speke Hall. They have been learning all about the Tudors in class and the visit supported their lessons! They had a tour of the house and grounds and were shown features such as servants' spy holes, the hiding place for priests and also the moat, which would have been full of sewerage yet they still fished in it!



The children had a craft session, making pomanders with oranges and cloves.

Two children were dressed as

wealthy Tudors so they could all see their outfits!

They enjoyed learning a Tudor dance, and about the eating habits using pewter and wooden plates.

Since returning to school, they have studied Tudor medicine.

THANK YOU TO HELEN PROBIN FOR SENDING IN THESE PHOTOS AND TEXT ON BEHALF OF ST MARY'S SCHOOL.



Friends of Ruabon



FREE EASTER EGG BUNNY HUNT

Saturday April 20th at 10.30 a.m.



Winners draw 12 noon

Ruabon Park Gates

(Opposite St Mary's School behind the gates on
Park Street)

All ages welcome!



Join us for fun in the park

Find all the Bunnies for the prize draw

But keep a lookout for lots of little Easter Eggs

FREE ENTRY

For more information e-mail info@friendsofruabon.co.uk

Easter Holidays Free Swimming

for 16's and under

Saturday 13th April 2019 - Sunday 28th April 2019



Chirk Leisure & Activity Centre - 01691 778666

Free Swimming
Sunday 12pm - 3pm

Family Splash Session
Thursdays (Family of 4) 11am - 12pm

Rookie Lifeguard
Monday 11am - 12pm

Introduction to Swimming Lessons
Monday 15th April & Wednesday 17th April 2019
3 day course
9:00am - 9:30am 4 - 5 years old
9:30am - 10:00am 6 - 8 years old

Family Aqua Aerobics
Wednesday 12:50pm - 1pm

Gwyn Evans Leisure & Activity Centre 01978 269540

Free Swimming
Thursday 2pm - 3pm
Sunday's 11am - 12pm

Introduction to Swimming Lessons
Monday 15th April & Tuesday 16th April 2019
4 day course
4 - 5 years old
9:00am - 9:30am
10:00am - 10:30am
10:30am - 11:45am
11:45am - 12:00pm
6 - 7 years old
9:30am - 10:00am
10:30am - 11:00am

Active Aqua Aerobics
Wednesday 2:15pm - 3pm

Junior Gym
Instructor supervised gym (free session)
Ages 11 - 15 years
Sunday's 11am - 12pm
Monday April - 5pm

Please call your Local Leisure & Activity Centre for more details and to book your space.

PLAS MADOC
Leisure Centre

Easter Holiday Activities

www.plas-madoc.com

01978 821600

CLIMBING WALL & SWIM

Enjoy a climb on our climbing wall followed by a swim in our tropical lagoon pool!

Monday 15th April - 12.30pm (£5) / 1.30pm (£5)

Thursday 25th April - 12.30pm (£5) / 1.30pm (£5)

BOOK IN ADVANCE (Ages 8+)

ROLLER DISCO

Enjoy a skate around the hall with music, lights. Games & Prizes! - Fun for all ages!

Wednesday 24th April - 11.30am-1pm (£3.50 Entry includes equipment hire)

EASTER BONANZA

Easter Craft, Games, Disco, Fun & Prizes in our fantastic Easter Bonanza

Also a Easter Bonnet Parade (Prize for the best one!)

Wednesday 17th April - 1pm-3pm (£4) BOOK IN ADVANCE

FOOTBALL SESSIONS

Mini Kickers - Football training session (Ages 4-7) followed by soft play session

Thursday 18th April 10am - 11am (£4)

Friday 26th April 10am - 11am (£4)

Football & Swim - Mini football tournament (Ages 8-13) followed by a swim session

Thursday 18th April 11am - 12noon (£5)

Friday 26th April 11am - 12noon (£5)

FUN IN OUR TROPICAL LAGOON POOL!

Floats & Rafts

Fun Pool Session for the whole family!

Tuesday 16th April

Normal Pool Admission

5.30pm-7pm

No need to book, just turn up!



Pirate Ship & Floats

Inflatable Pirate Ship & Floats

Tuesday 23rd April

£4 entry ages 8-15 years

5.30pm - 7pm

BOOK IN ADVANCE

PLAS MADOC Leisure Centre		Pool Timetable Easter Half Term Week 1 (15th April – 21st April 2019)					
Time	Monday 15th April	Tuesday 16th April	Wednesday 17th April	Thursday 18th April	Good Friday 19th April	Saturday 20th April	Easter Sunday 21st April
9am - 10am	FSI Top Up 9.30am - 10.15am	FSI Top Up 9.30am - 10.30am	FSI Top Up 9.30am - 10.30am	FSI Top Up 9.30am - 10.30am	Parent & Paddler / 50+ Lane Swim 9.30am - 10.30am		Parent & Paddler 9.30am - 10.45am
10am - 11am							
11am - 12noon							
12noon - 1pm							
1pm - 2pm	General Swimming 10.30am - 7pm	General Swimming 10.45am - 5.15pm	General Swimming 10.45am - 9pm	General Swimming 10.45am - 7pm	General Swimming 10.45am - 4pm	General Swimming 9.30am - 4pm	General Swimming 11am - 4pm
2pm - 3pm							
3pm - 4pm							
4pm - 5pm						Available for Private Hire 4pm - 5pm	
5pm - 6pm							
6pm - 7pm		Floats & Rafts* 5.30pm - 7pm					
7pm - 8pm		Aqua Aerobics 7.15pm - 8pm		Aqua Aerobics 7.15pm - 8pm			
8pm - 9pm		Adults Only 8pm - 9pm		General Swim 8pm - 9pm			

Notes:

- For children aged 8 and under, the ratio is 1 adult to 1 child.
- For children aged 5-7, the ratio is 1 adult to 2 children.
- Children aged 8 and over may swim unaccompanied.
- Parent & Paddler sessions are 2 adult to 2 children aged 4 and under.
- *Floats & Rafts, is charged at normal admission, no need to book, just turn up.
- FSI Top Up sessions are by appointment only.

**

THANKS TO MIKE JONES FOR SENDING IN THE FOLLOWING ARTICLE:

I attach a newspaper article about 'Clun Castle'. It is due to be going through Ruabon on Saturday 27 April 2019 – I don't know the time yet, nor the direction. Residents will need to look at the following sites closer to the day for these details: Mainline Steam; Railtours 2019; Real time trains; Beholder Trains.

I used to watch Clun Castle going through – sometimes stopping in Ruabon - in my Trainspotting days. Best Mike.

UK's latest train service... driven by steam

By James Salmon
Transport Editor

IT ONCE broke the record for the fastest steam-powered train – hitting 96mph.

And half a century after being decommissioned by British Rail – and 30 years since its last public service – the Clun Castle has chugged back into action.

Yesterday, more than 250 passengers travelled from Birmingham through Worcestershire and the Cotswolds to Oxford and back again.

Some passengers completed the full 13-hour round trip in style, paying up to £250 for the full service dining package.

The loco was the last steam engine to



Restored to former glory, The Clun Castle at Birmingham Moor Street Station

leave London Paddington in 1965 before being decommissioned shortly afterwards. Built at the former Great Western Railway works at Swindon in May 1950, it

broke the steam-haul speed record between Plymouth and Bristol in 1964. It has been restored by owners Vintage Trains Ltd in a ten-year project costing up

to £750,000 at its Tyseley Locomotive Works base, formerly the Birmingham Railway Museum. Old 'Pullman' dining carriages have been restored, while passengers who simply want a seat can travel on some of the earlier British Rail coaches.

Vintage Trains is backed by hundreds of rail enthusiasts and aims to expand its service across the country, including to York, Chester, Bristol and London.

Last September, it was granted a licence by the Office of Rail and Road to run scheduled services across the rail network. Cath Bellamy, from Vintage Trains, said: 'We're pleased to be back on the mainline, with our magnificent flagship engine Clun Castle leading the way. The romance of steam has a huge following.'



YSGOL RHIWABON EASTER 2018



Neges y Pennaeth Headteacher's Message Pasg 2019 Easter 2019

Dear Parent/Guardian

The Spring Term is always a very busy but rewarding time. When I wrote in the last Newsletter we were celebrating Christmas and involved in lots of activities to support charities in our local community and further afield. Our celebrations were many and they were highly successful, marked in particular by our Christmas Concert in the Church which we were all really proud of. Our children were a credit to the school and their families.

Since then we have been preparing our students of all ages for National tests and external GCSE and A level qualifications. At Key Stage 4 our Year 10 and 11 students are involved in lots of revision activities in class and numerous support sessions after school. It is a testament to the dedication of Ysgol Rhiwabon staff that there is a full revision timetable for the Easter holiday to provide extra supported guidance. Here teachers are giving up their free time willingly and I know we all appreciate this commitment to our young peoples' success.

This term has also seen major refurbishment to two major areas of the school. Wrexham County Council has funded two new learning hubs which will be equipped with the latest technology to support teaching and learning in the school. We are looking forward to showing these rooms to you during our Summer Open Evening.

We have linked the school to lots of exciting new initiatives as we prepare for major curriculum change over the next few years. In particular we are pleased to be linked to a Welsh Government Football project where we have been chosen as one of the lead schools in Wrexham.

On Wednesday 10 April we will be welcoming our new families to the school to present our Year 6/7 Transition Programme. Our numbers for the new academic year have risen significantly. We have attracted students from across Wrexham, as well as our feeder primary schools, and have the largest intake for a number of years. This growing popularity of the school is something we should all celebrate in our local community.

Spring celebrates new beginnings and we hope warmer weather! It is a fitting time to recognise how much Ysgol Rhiwabon is changing to meet the demands of a new curriculum model and an increase in student population, with so much to look forward to in the future.

Thank you so much for your continued support of Ysgol Rhiwabon. Enjoy the Easter holidays. We look forward to welcoming our students back for the Summer Term on Tuesday 30 April.

Diolch/Thank You



**School closes for Easter on
Friday 12 April 2019
and
re-opens on
Tuesday 30 April 2019**

**Follow the school on Twitter
@ysgolrhiwabon and download our
school App @
www.ysgolrhiwabon.co.uk**

Our website and Twitter account cover a wide range of school events and includes a gallery of photographs for parents to view.

Please could parents direct any messages about student absences to the main office and not via the website.

2019 SUMMER TERM DATES

School re-opens:
Tuesday 30 April 2019

Bank Holiday:
Monday 6 May

School closes:
Friday 24 May 2019

School re-opens:
Monday 3 June 2019

School closes:
Friday 19 July 2019

Cambria Druids Football Scholarship



[Coleg Cambria](#), and [Cefn Druids AFC](#) are running a football scholarship programme commencing in September.

Participants will be able to study any course at either the Yale or Bersham Road site, with some scholarship programmes just offering Sport courses. The football timetable will be built around the College day, with gym sessions taking place on a variety of mornings before College and training on a variety of evenings at the Club 4.00 pm - 6.00 pm. Students will represent "Cambria Druids" on a Wednesday afternoon in the AoC North West League, and represent Cefn Druids at the weekend. There will be equal focus on education and football.

It is a fantastic opportunity for any young and talented footballer, who aims to make it to the Welsh Premier, or higher in the senior game, as well as ensuring a first class education in their chosen field.

Trials dates are below. It is suggested that players attend at least 2 of these sessions.

Dates: 15, 16, 17, 23, 24, 25 April 2019
Times: 5.00 pm - 6.30 pm
Venue: The Rock

For more information, contact Sally Jones.
Email: sally.jones1@cambria.ac.uk

Free School Meal Eligibility Criteria

Please see our website
(www.ysgolrhiwabon.co.uk)
for details of the latest changes to
free school meal eligibility

Conduct Rewards



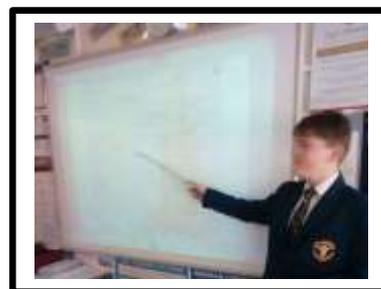
After the launch of Ysgol Rhiwabon's new reward system linked to conduct points increasing number of students are being awarded **bronze, silver, gold and platinum** certificates at the end of each month.

Alongside these certificates students are being rewarded with a variety of rewards including non-uniform days and extended lunch times. The Tutor Group competitions will allow one Tutor Group KS3 and one from KS4 with the highest combined points across the term being rewarded with a ten-pin bowling trip towards the end of term.

Year 8 Geographers Present the Weather!

Our Year 8 Geographers have been busy planning, writing and presenting their weather forecasts in class.

They showed skill, confidence and ability in their performances. Clearly, they have a bright future ahead!



Cade Bradley

Nathan Hughes
Harvey Hughes
Jack Butterson





Year 11 Easter Revision Session 2019

Day	Date	Subjects			
Monday	15 th April	Maths Intermediate Set 2 Mrs Garret 10am -12pm Numeracy 1pm -3pm Mathematics	Sports Studies Mrs Jones 9:30am 12:30pm T7	Art Mrs Madoc-Jones 10am- 2pm T7	Music Mrs Tarver Drop in session 10am-2pm
Tuesday	16 th April	Maths Intermediate Set 2 GwE 10am -12pm Numeracy 1pm -3pm Mathematics	Art Mrs Madoc-Jones 10am- 2pm T7	Music Mrs Tarver Drop in session 10am-2pm	
Wednesday	17 th April	RS Mr Jones 9am- 12pm G3	History Mrs Wright-Davies 10am-12pm Crime G1	Music Mrs Tarver Drop in session 10am-2pm	
Thursday	18 th April	Maths Higher Set 1 Mrs Garret 10am -1pm	History Mrs Wright-Davies 10am-12pm Britain G1	English Mrs Ferron-Evans Group 10am-1 pm	
Friday		Good Friday – School Closed			
Monday		Easter Monday – School Closed			
Tuesday	23rd April				
Wednesday	24th April	History Mrs Wright-Davies 10am-12pm Germany G1	English Mrs Ellison 10am-12:30pm Drop in for all students	Science Mr Robinson Year 10 resit units. Biology 9:30-11am Chemistry 11am-12:30pm Physics 12:30pm-2pm	
Thursday	25th April				
Friday	26th April				

Year 10 Easter Revision Session 2019

Day	Date	Subjects			
Monday	15 th April				
Tuesday	16 th April	History Mrs Gittins 10am-12pm Britain G1	RS Mr Jones 9am- 12pm G3		
Wednesday	17 th April				
Thursday	18 th April				
Friday		Good Friday – School Closed			
Monday		Easter Monday – School Closed			
Tuesday	23rd April				
Wednesday	24th April	Science Mr Robinson Biology 9:30-11am Chemistry 11am-12:30pm Physics 12:30pm-2pm			
Thursday	25th April				

The Ruabon WI Annual Quiz



Will Take place at Ysgol Rhiwabon LL14 6BT
on Friday 24th May.

Doors open at 6.30pm for a 7pm start
Teams of 4 are invited.

£3 per team member, which includes refreshments.

Ruabon WI looks forward to welcoming you again this year.

RSVP by 17th May to Ennys Hughes on 01978 820592

Or by email to: ennyshj@icloud.com

**

CITIZENS' ADVICE WREXHAM



OFFERS FREE INDEPENDENT, IMPARTIAL AND
CONFIDENTIAL ADVICE ON ANY TOPIC
INCLUDING EMPLOYMENT, BENEFITS AND
DEBTS ISSUES.

OPENING TIMES: MON WED AND FRIDAY FROM 9.30AM TO
2PM. TELEPHONE: 0300 330 1 178

**

Holiday Club

After School

CSW Registered childcare
Qualified Play work Staff

Opening times

Term Time

Mon – Fri
3.00pm to 6.00pm

Holiday Club

Full Day 8.00 am — 6.00pm
Half Day 8.00 am — 1.00pm
Half Day 1.00pm — 6.00pm
Closed Christmas Holidays

Age 4 years to 14 years
Special Needs Children up
to 18yrs

Contact

Gill for more information
Mobile 07543455965

Jumping Jacks Out of School Clubs
Legal Declaration
Post Office
Wrexham, LL14 6BT

Jumping Jacks Out of School Clubs



JJ'S

Mobil 07543455965

CHESTER SHREWSBURY RAIL PARTNERSHIP NEWS



FOR RUABON NEWSLETTER PARTNERSHIP NEWS

The first Partnership meeting of 2019 took place at the Guildhall in Wrexham on 19th February when funding partners and stakeholders came together.

We are currently working on updating our Terms of Reference and Constitution to reflect the new working partnership with Transport for Wales Rail Services and Network Rail both joining the Partnership Steering Group.

We are guided by the new Community Rail Strategy from the Department for Transport which was revised in late 2018 and the Partnerships 2019/2021 Line Activity Plan reflects the outputs we aim to work as a Partnership to achieve.

Some of the activities planned include:

- Tourism -Stations as Gateways to the wider area or corridor. Capitalising on tourism assets to encourage visitors to stay longer and spend more
- Working with diverse groups Supporting diversity and inclusion through social spaces at stations and promoting healthy and accessible travel
- Refurbishment and renovation of station buildings to promote local employment and economic development
- Cross border collaborative work on joint promotional material

FARES NEWS

The myriad of fares available on different routes to one destination can be overwhelming.

Listed below are some of the most popular fares available

from Ruabon.

Adult Return Fares to:

Liverpool: £12.50 Anytime Day Return

Chester: £7.30 Anytime Day Return

Shrewsbury: £10.80 Anytime Day Return

Or perhaps a short break in London travelling into London Marylebone Station? :

Adult Super Off Peak return (via High Wycombe) £41.80.

Example: Monday to Friday Ruabon depart 07.58. Arrive London Marylebone 11.40.

(Not valid on trains timed to arrive at London Marylebone before 11:30am and return not valid on trains timed to depart London Marylebone after 16:00 and before 19:00.)

REMEMBER RAILCARDS CAN GIVE UP TO A THIRD OFF THESE FARES.

Your local booking office can give you more details of all these fares and more.

GREAT DAYS OUT

NEC Birmingham easily accessed from Birmingham International Station:

May 11- 12th Makers Central for crafters, inventors, artists and hobbyists.

16 - 19th This Morning Live

17 - 19th The Baby Show

31^s - 2nd June: UK Games Exp

June 1st - 2nd Collector mania 26 Film & Comic Con

7th - 8th The Genealogy Show

13th - 16th BBC Gardeners' World Live

13th - 16th BBC Good Food Show

Aug 1-4th The Festival of Quilts

24th - 25th UCAS Higher Education Exhibition

28th - 30th The Creative Craft Show

CLOSER TO HOME:

Cosford Air show: June 9th

Shrewsbury Flower Show: August 9th & 10th

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

**

Communities for work

is 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

**

Grove Park Theatre Productions

Up to and including July 2019



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

Sex Cells: 30th May - 8th June

Calamity Jane: 11th - 20th July.



Wrexham Music Festival 2019



Monday 15th April to Thursday 18th April 2019

A New Music Festival offering opportunities for school pupils and students under 19 in 6 classes of instrumentation

**Keyboard, Brass, Vocal, String,
Woodwind and Percussion**

Closing Dates for applications is 22nd March 2019.

Festival Location: Tŷ Pawb, Market Street, Wrexham LL13 8BB

Telephone: 01978 292093

**Information Leaflet and Application Form available by email
from wrexhammusicfestival2019@gmail.com**





IN SUPPORT OF
Nightingale House Hospice
Hospis Tŷ Eos

Proms

IN THE PARK

AT THE BRITISH IRONWORK CENTRE

8th June 2019

Oswestry, Shropshire, SY11 4JH
7pm (gates open 5.30pm); Free Parking,
Picnics welcome.

A summer evening spectacular with

Wrexham Symphony Orchestra

Prosecco, Strawberries and Firework Finale.
Purchase your tickets now!

Adults: £20 | Children: £10

Tickets available from
www.britishironworkcentre.co.uk/events
*Ts & C's apply see website for more details.

Wrexham Symphony Orchestra



Orchestra in Residence at Wrexham Glyndŵr University
 Honorary President: Professor Mairia Hinfelaar
www.wrexhamorch.co.uk Follow us on Facebook and Twitter



50th Anniversary Gala Concert with Llangollen International Musical Eisteddfod

Stravinsky: The Firebird (1919)

Rachmaninov: Piano Concerto No. 2

Rimsky-Korsakov: Scheherazade



Wrexham Symphony Orchestra are pleased to encourage
 the excellent work of the Friends of Llangollen International
 Musical Eisteddfod and their valuable support in
 sustaining this magnificent festival inspiring
 Music, Harmony and Peace

Saturday May 4th, 2019 at 7.30pm

**William Aston Hall, Wrexham Glyndŵr University,
 Mold Road, Wrexham LL11 2AW**

Conductor: Mark Lansom

Soloist: Vicky Yannoula

Leader: Craig Clewley

Tickets available from:

www.wrexhamorch.co.uk

www.thewilliamsastonhall.com (0844 249 1000)

Wrexham Tourist Information Centre (01978 292015)

Llangollen Tourist Information Centre (01978 880628)

Rowanhorn Gift Shop, Oswestry (01691 288227)

Family Ticket £20 (2 adults and up to 4 children); Balcony £12; Stalls £10 (Concessions £8);
 Students, school pupils and young children £2.



Information from Ruabon Medical Centre

Between Monday 15th and Friday 26th April 2019 Ruabon Medical Centre can only accommodate appointments for **strict emergencies only**. This is due to limited appointments/locum GP availability.

Did you know that most pharmacies are able to treat a number of common ailments? Please see the attached 'Choose Pharmacy' Reference Guide & 'Choose Well' document which we hope will assist patients. Also, Rowlands Pharmacy in Ruabon provide a sore throat swab service for over 6 year olds, and in some instances they will be able to prescribe and issue the necessary medication or be provided with the relevant medical advice.

Joanne Barlow Dirprwy Reolwr Practis / Deputy Practice Manager
 The Medical Centre Bwrdd Iechyd Prifysgol
 Betsi Cadwaladr University Health Board
 High Street, Ruabon, Wrexham, LL14 6NH
 Ffon / Tel: 01978 823717 Facs / Fax: 01978 824142
 E-bost / E-mail: Joanne.Barlow2@wales.nhs.uk

Dewis doeth Choose well

Find Your Local Services
 Postcode

GIG CYMRU NHS WALES

Choose Well News Resources Contact My A&E Search

Self-care
 Taking care of yourself.

- Coughs
- Grazed knees
- Sore throats
- Other minor issues

Local NHS Services
 Including:

- GPs
- Pharmacies
- Opticians (Optometrists)
- Dentists
- Health visitors
- Midwives
- Minor Injury Unit

GPs or Out of Hours Services

- Vomiting
- Ear pain/Hearing loss
- Painful cough
- Symptoms that won't go away

Pharmacies

- Diarrhoea
- Runny nose
- Upset stomach
- Headache

Minor Injury Unit

- Cuts
- Bites
- Sprains
- Minor illness or injury

A&E
 For serious illness or injury.
 Call **999** for life-threatening conditions that need immediate medical attention.

Choosing the right NHS Wales service if you become ill or are injured
 Choose Well will help you decide if you need medical attention if you get sick. It explains what each NHS service does, and when it should be used. Choosing Well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most. If you don't know which option to choose, please contact NHS Direct Wales on 0845 46 47

Symptom Checker
 Check your symptoms with the NHS Direct Wales Symptom Checker

My A&E Live
 Indicating the typical time you are likely to spend in Accident and Emergency departments

Latest tweets
 Please #ChooseWell when seeking medical help. Picking the right place in the first place will avoid congested A&E d...
<https://t.co/9AHY5Ba2Mz>
 Mon, 01 Apr 2019 at 08:48
 Follow @ChooseWellWales



Find Your Local Services
 Postcode:



Choose Well News Resources Contact My A&E Search Go

Self-care
 Taking care of yourself.

- Coughs
- Grazed knees
- Sore throats
- Other minor issues

Choosing the right NHS Wales service if you become ill or are injured

Choose Well will help you decide if you need medical attention if you get sick. It explains what each NHS service does, and when it should be used. Choosing Well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most. If you don't know which option to choose, please contact NHS Direct Wales on 0845 46 47

Local NHS Services
 Including:

- GPs
- Pharmacies
- Opticians (Optometrists)
- Dentists
- Health visitors
- Midwives
- Minor Injury Unit

- GPs or Out of Hours Services**
- Vomiting
 - Ear pain/hearing loss
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 - Symptoms that won't go away

- Pharmacies**
- Diarrhoea
 - Runny nose
 - Upset stomach
 - Headache

- Minor Injury Unit**
- Cuts
 - Bites
 - Sprains
 - Minor illness or injury

Symptom Checker
 Check your symptoms with the NHS Direct Wales Symptom Checker

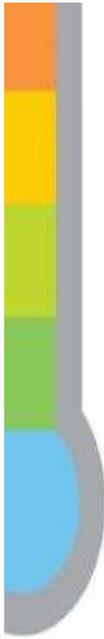
My A&E Live
 Indicating the typical time you are likely to spend in Accident and Emergency departments

Latest tweets
 Please #ChooseWell when seeking medical help. Picking the right place in the first place will avoid congested A&E d...
<https://t.co/MNY5Ba2Mz>
 Mon, 01 Apr 2019 at 08:49

Follow @choosewelwales

A&E
 For serious illness or injury. Call 999 for life-threatening conditions that need immediate medical attention.

- Choking
- Chest pain
- Blacking out
- Blood loss
- Serious injury
- Suspected stroke



A	Athlete's Foot		2
B	Backache (Acute)	Eligible if < 50 years	2 - 2 nd at least 6 months after the 1 st
C	Chicken Pox	Eligible if Aged 4 weeks - 14 years	1
	Conjunctivitis (Bacterial)	Eligible if > 2 years	2 - 2 nd at least 6 months after the 1 st
	Constipation	Eligible if > 18 years	2
D	Dermatitis (Acute Exacerbation)		2 - can be > 1 presentation per episode
	Dry Eyes		1 - Refer all to optician
H	Haemorrhoids	Eligible if > 18 years	2 - 2 nd at least 6 months after the 1 st
	Hay Fever	Eligible if > 2 years	6
	Head Lice		2 - 2 nd at least 6 months after the 1 st
I	Indigestion And Reflux	Eligible if > 18 years	2
	Intertrigo		2 - 2 nd at least 6 months after the 1 st
M	Mouth Ulcers	Eligible if > 12 years	1
N	Nappy Rash		1
O	Oral Thrush	Eligible if >4 weeks of age	1
R	Ringworm		2 - 2 nd at least 6 months after the 1 st
S	Scabies	Eligible if > 2 years	1
	Sore Throat And Tonsillitis		2
T	Teething		2
	Threadworms	Eligible if > 6 months	1
V	Vaginal Thrush	Eligible if Aged 16 - 60 years	2
	Verruca & Warts	Eligible if >2 years	1

If treatment is considered appropriate this MUST be provided within the product license of GSL and P medicines OR PGD's for POM medicines. Patients who cannot be treated due to clinical exclusion OR if treatment outside of OTC licence/PGD authority, should be referred appropriately

RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH



Books AND Far, Far More

**WE'RE GOING ON
A BEAR HUNT**

Treasure Hunt

Between 15th -17th April children have to find the bears hidden around Ruabon Library and come to share the story, marking the book's 30th anniversary.

For age group 3-7years.

**



On Thursday 18th April, there will be a children's craft activity at Ruabon Library from 3.30-4.30pm.

The cost is £1 with refreshments. Age 5+.

BOOKING REQUIRED,

**

Sesiwn Crefft a Stori
Story and Craft Session
 Dydd Mercher 24.04.19 Wednesday



2:00 - 3:00pm
 Llyfrgell Rhiwabon/ Ruabon Library
 £1 y plentyn/ per child
 anna@menterfflintwrecsam.cymru
 01352 744 040
 www.menterfflintwrecsam.cymru



**

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 now has 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 this month is "Hunted" by Emlyn Rees
 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 Tuesdays: Story Time at 2.15pm

**

On Mondays: The Welsh Group meets between 2-3pm.
 Family board games between 3-4pm

**

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.



Palm Sunday



Holy Week

At St Mary's Church on Monday, Tuesday and Wednesday 15th, 16th and 17th April there will be 'Compline with Reflection' every evening led by James Tout and Gareth Erlandson at 7pm.

Also On Monday 15th there will be a funeral at 12noon.

On Friday, 19th April, there will be a **GOOD FRIDAY** Service at 1pm.

On **Easter Sunday**, 21st April there will be services of Holy Communion at 8am and at 9.30am. The preacher at the 9.30am service will be Gareth Erlandson.

**

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

**



At Ruabon Methodist Church on Palm Sunday 21st April at 10.30am Deacon Lisa Rathbone will lead the **EASTER DAY** Service.

**



At Ruabon Congregational Church (The Chapel on the Hill) on Sunday 21st April at 11am, Mr Alyn Thomas will lead the **EASTER DAY** service.

At All Saints Church, Penylan, there will be a **GOOD FRIDAY** Service on 19th April at 2.30pm.

On **EASTER SUNDAY** there will be a service of Holy Communion at 11am.

**

At St John's Church, Rhosymedre on Thursday 18th April at 6pm, there will be a **MAUNDY THURSDAY** Service, followed by supper.

On Friday 19th April, there will be a **GOOD FRIDAY** service at 1pm.

On Saturday 29th April at 8pm there will be an **EASTER VIGIL**

On **EASTER SUNDAY**, 21st April, there will be a service of Holy Communion at 11am.

At Plas Telford on Wednesday 16th, there will be a communion Service at 11am.

**

NOTES FOR THE ANGLICAN CHURCHES

- THE NEXT **ST MARY'S JCC COFFEE MORNING** WILL BE ON SATURDAY 4TH MAY, 10AM-12NOON.
- THE NEXT **ALL SAINTS BRUNCH** WILL BE ON SATURDAY 13TH APRIL, 10-12NOON.
- THE NEXT MEETING OF '**TIME WELL SPENT**' IS ON FRIDAY 26TH APRIL IN ST MARY'S CHURCH HALL. COFFEE AND CHAT FROM 11AM, A COOKED LUNCH AND RELAX WITH FRIENDS. THE PLANNING MEETING WILL BE ON WEDNESDAY 16TH AT 2PM.
- 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 TUESDAY 16TH APRIL AND WILL INCLUDE CHILDREN'S BINGO. PLEASE LET BEULAH KNOW IF YOU PLAN TO COME.
- THE NEXT **PIZZA CHURCH** IN ST MARY'S WILL BE ON SUNDAY 28TH APRIL (THE SUNDAY AFTER EASTER DAY) 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 27TH APRIL. ALL ARE WELCOME TO COME AND WATCH A POPULAR FILM.
- THE NEXT **CELTIC SERVICE** WILL BE ON TUESDAY 7TH MAY, 7PM IN PENYCAE.
- THE **ARCHDEACON'S VISITATION** WILL BE ON MONDAY 8TH MAY AT 7PM.
- THIS YEAR THERE WILL BE NO LENT BOXES AS MOST PEOPLE HAVE THE CHRISTIAN AID BOOKLETS ON CLIMATE CHANGE THAT WERE GIVEN OUT A COUPLE OF WEEKS AGO. AT THE END OF LENT WE WILL HAVE A COLLECTION FOR CHRISTIAN AID.
- **A PRAYER FOR A SHARED FUTURE IN THE LIGHT OF BREXIT**
GOD OF PAST, PRESENT AND FUTURE, BE WITH US AS WE TAKE OUR NEXT STEPS AS NATIONS TOGETHER. MAY WE STRIVE TO LOVE OUR NEIGHBOUR AS OURSELVES, LISTENING AND SPEAKING WITH RESPECTFUL KINDNESS, EMBRACING DIFFERENCE, REMEMBERING HOW MUCH ALL HAS BEEN FORGIVEN BY YOU. MAY WE OFFER FRIENDSHIP, GRANT MERCY, AND SEEK PEACE AND JUSTICE IN OUR SHARED FUTURE. AMEN

'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.

**

Archdruid of Wales to attend Wrexham's Carnival of Words. Myrddin



ap Dafyd will read poems he is collecting for his latest poetry volume at a special evening at this year's Wrexham's Carnival of Words literary festival. It is entitled *Pentref Du, Pentref Gwyn*, the title of a poem he wrote for Gwyn Thomas. Myrddin is the newly elected Archdruid of Wales in the Gorsedd of Bards, and the National Eisteddfod this year will be in his hometown of Llanrwst. The event takes place on Tuesday 30 April, 7.30pm at Catrin Finch Centre, Wrexham Glyndwr

University. Tickets are available from Wrexham Library or www.wrexham.gov.uk/pay. Details of all events at this year's festival can be found at www.wrexhamcarnivalofowrds.com Please note this is a Welsh language event.

[Wrexham Carnival of Words - On Writing \(27/04/2019\)](#)

Three leaders in their field present interactive talks; each session is 1½ hours with time for questions. 10am – Creative Producer Julia Berg of JBERG FILMS: "How to shape a strong story idea into a film or TV series". 12pm – Forensic Science Lecturer Amy Rattenbury: "Research into Forensic Science for your novel". 2pm – Author Laura Wilkinson: "After the First Draft – How to refine and shape your manuscript into memorable fiction". Limited numbers - pre-book your place at Wrexham Library

[Wrexham Carnival of Words - Amanda Prowse \(27/04/2019\)](#)

Amanda Prowse is the No.1 international bestselling author of over twenty books. A regular panellist on the popular 'Jeremy Vine TV Show' and Talk Radio.

[Ty Mawr – Wooden Coasters \(17/04/2019\)](#) = Make an Easter gift with a difference.

**

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.