

RUABON NEWS LETTER 270

22.04.2019



St.Mary's Church in Wales Primary School Year Six

enjoyed a very busy three days of outdoor pursuits at Manor Adventure Centre in mid Wales. The activities included fencing, orienteering, an obstacle course, rock climbing, walking along low ropes/chains, football, camping skills, orienteering and very bravely going on a zip wire! The children thoroughly enjoyed all the activities despite the snow and rain! Year Six class teacher Mrs Hodkinson said, "They have all challenged themselves, shown good team work and have been a pleasure to take on a residential trip."





Thank you to Helen Probin for sending in these photos and text for everyone to enjoy.





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	23 rd April				
Wednesday	24 th 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	25 th April				
Friday	26 th 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	23 rd April				
Wednesday	24 th April	Science Mr Robinson Biology 9:30-11am Chemistry 11am-12:30pm Physics 12:30pm-2pm			
Thursday	25 th April				

Investment in Learning



Major investment in new 'flexible learning' style classrooms at Ysgol Rhiwabon, by Wrexham County Council, will start to come into use during the coming weeks.

The concept of flexible learning spaces will be underpinned by more mobile technology for students who will be able to interact with larger screens, each other and the teacher to generate true interactive learning in an environment that can also be arranged to meet different learning needs.

Mrs Ferron-Evans, Headteacher said,

'I'm delighted at the transformation of the first room in the school which supports flexible learning. The investment by Wrexham County Council in the school is a testament to the significant improvements that have taken place here over the last few years, and this will serve to continue that progress'.



Investment in Learning Update on Zone

We are pleased to say the contractors have now handed over Flexible Learning Zone 2, which also includes two new offices. The next stage, soon to be finished, will be to install the furniture and IT equipment.

Trampolining!

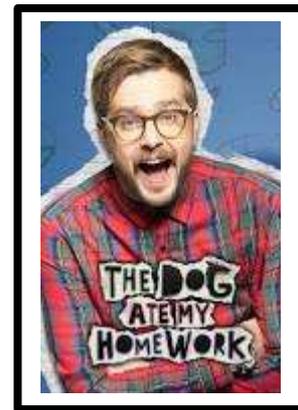


Mr J Tonks and Mrs A Jones of the PE Department recently completed their level 2 qualification in trampolining. Great news for our students !

See them in action by visiting our website:

ysgolrhiwabon.co.uk

The Dog Ate My Homework



Lily Jones (9MJR)

appeared on BBC TV on 24 March!

Lily took part in series 6 of the CBBC children's panel show

['The Dog Ate My Homework'](#).

Creative Writing Workshop

Four Year 9 MAT (More Able & Talented) students took part in a Creative Writing Workshop at Glyndwr University, Wrexham on Tuesday 26 March. During the day students were taught different techniques on how to improve their writing skills with the workshop ending in an essay writing task.

Next time you think of booking a holiday...
Please think Minibus Appeal!



Did you know you could raise over £50 for Ysgol Rhiwabon when you book your family holiday this year? Use @easyuk to book flights, hotels and travel extras with 250+ travel operators & you'll raise BIG donations for us at no additional cost to you.

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



Visit to the theatre

'Annie'



On Wednesday 28 March a group of students and staff went to watch the production of 'Annie' in the Storyhouse Theatre, Chester. Everyone agreed that they had an amazing time!

**Major theatre trips have already
been booked for later in 2019....**

Please see Mrs P Williams
English Department
for further details

Time Out for Parents: Children with Special Needs

During February and March, school based Youth Worker, Mrs Julie Davies, successfully ran a seven-session course for parents, at Ruabon Centre of Excellence.

The course aimed to help support children'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.



14 students from across Years 9 and 10 were selected to attend the Phoenix Project in collaboration with North Wales Fire Service during the last week of this term.

Students participated in team building activities, team building self-awareness and self-esteem building activities all based around firefighting skills. Some of the activities included hose drills, looking after firefighting kit and dealing with real life fire scenarios.

All those students who successfully complete the course will graduate during a formal Passing Out Parade and presentation ceremony at Chirk Fire Station. Photographs of the next generation of fire fighters will be published in the Summer Newsletter.

**Imperial War Museum
Visit by Year 9**



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

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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

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<p>Holiday Club</p> <p>After School</p> 	<p>CSW Registered childcare Qualified Play work Staff</p> <p>Opening times</p> <p><u>Term Time</u> Mon – Fri 3.00pm to 6.00pm</p> <p><u>Holiday Club</u> Full Day 8.00 am – 6.00pm Half Day 8.00 am – 1.00pm Half Day 1.00pm – 6.00pm Closed Christmas Holidays</p> <p>Age 4 years to 14 years Special Needs Children up to 18yrs</p> <p>Contact Gill for more information Mobile 07543455965</p> <p><small>Employing Wales Out of School Clubs Type of service: Full-time Number: Wrexham, LL14 6BT</small></p>	<p>Jumping Jacks Out of School Clubs</p>  <p>JJ'S Mobil 07543455965</p>
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Easter Holiday Free and Top up Lessons

24th – 25th – 26th April



Intro to swimming 4 – 5yrs – 9.00-9.30am FREE
Intro to swimming 6 – 8yrs – 9.30-10.00am FREE

Wave 2 Top Up – 10.00-10.30 - £12

Wave 4/5 Breaststroke/Butterfly 10.30-11.00 - £12

Learn
to SWIM
wales

Easter Holidays Pool Activity's

Family Aqua Aerobics - 8yrs +

Family Floats & Rafts

Wednesday 17th 12.15pm & Friday 26th 12.15pm

Thursday 18th 11.00am & Thursday 25th 11.00am

Both Free with valid leisure card



Additional Pool Activity's

Rookie Lifeguard Taster – Monday 15th 11.00am (wave 7+) FREE

Mermaids – Wednesday 17th 11.00am (wave 6+) £10 each

Distance Awards – Wednesday 24th 11.00am-12.30pm FREE



16 Free Swimming

OR UNDER?

for all 16s and under

www.free-swimming-wales.org.uk

newidma055
change 4 LIFE

Wet
Arbhyd
Cymru

Health
Cymru
Wales

Welsh Government

Free swimming is available in school holidays only, unless otherwise stated by your local leisure centre.

Waterworld
01978 297300

Free Swimming

Monday - Friday 2pm - 3pm
Saturday's 3.30pm - 4.30pm

Family Splash Session (Family of 4)

Sunday's 9am - 11am

Introduction to Swimming Lessons

Monday 15th April & Tuesday 23rd April 2019

4 day course

9am - 9.30am ages 3 & 4

9.30am - 10am ages 5 & 6

Sensory swimming lessons for children with Autism

Monday 15th April & Tuesday 23rd April 2019

4 day course

10-10.30am age 3-6 years

10.30-11am 7 and above

All children must accompanied by an parent/guardian

Junior Fitness Session

Instructor supervised gym fitness session

Age 11-15

Thursday 10am - 11am

**Waterworld Open Good Friday & Easter Monday
Free Swimming 12pm - 1pm

Queensway Stadium
01978 355826

Junior Gym

Instructor supervised gym fitness session.
Ages 11 - 15 years
Thursday 4pm - 5pm

Session Descriptions

Introduction to Swimming Lessons

Non Swimmer or just not that confident in the water, then these session are perfect for you. Come along and have a go in this safe & fun session. Must not be on the Freedom Leisure Learn to Swim programme.

Aqua Aerobics

Water aerobics (aquafitness, aquafit) is the performance of aerobic exercise in water such as in a swimming pool. Done mostly vertically and without swimming typically in waist deep or deeper water, it is a type of resistance training. Suitable for all abilities.

Sensory swimming lessons for children with Autism

These lessons are specifically designed for young people aged 3 plus years with a physical, sensory or learning impairment. To gain water confidence and improve their swimming ability.

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	PSI Top Up 9.30am - 10.15am	PSI Top Up	PSI Top Up	PSI Top Up			Parent & Paddler 9.30am - 10.45am
10am - 11am		Parent & Paddler / 50+ Lane Swim 9.30am - 10.30am	Parent & Paddler / 50+ Lane Swim 9.30am - 10.30am	Parent & Paddler / 50+ Lane Swim 9.30am - 10.30am	Parent & Paddler / 50+ Lane Swim 9.30am - 10.30am		
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			

Swim Ratio

- For children aged 4 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 1 adult to 2 children aged 4 and under.
- *Floats & Rafts is charged at normal admission, no need to book, just turn up.
- PSI Top Up sessions are by appointment only.

CHESTER SHREWSBURY RAIL PARTNERSHIP NEWS

Chester >
Shrewsbury
Rail Partnership

<Caer
Yr Amwythig
Partneriaeth Rheilffordd

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.

RUABON BOWLING CLUB

Maes-y Llan Lane, Ruabon

Match Results 2019

Oswestry and District Bowling League:

Division Three

Wednesday 17th April: Bersham 4 v. Ruabon A: 6 (away)

Best result in this Match for Ruabon: Dewi Jones won 21_5

Division Five

Thursday 18th April: Ruabon B: 7 (home) v. Whittington C: 3

Wrexham and District Bowling League

Saturday Division One

Pairs **NO RESULTS**

**

URGENT REQUEST!

From: Mike Jones <mikejones100@tiscali.co.uk>

Would you know of someone –who could take a photograph for me of the train – Clun Castle – powering through Ruabon on Saturday 27th April 2019? Would they email it to me? For timetable contact: Mainline Steam; Railtours 2019; Real Time Trains; Beholder Trains.



Restored to former glory: The Clun Castle at Birmingham Moor Street 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.



IN SUPPORT OF
Nightingale House Hospice
Hospis Yr 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)

Rowanthon 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

The screenshot shows the 'Choose Well' website interface. At the top, there is a navigation bar with links for 'Choose Well', 'News', 'Resources', 'Contact', and 'My A&E'. A search bar is located on the right. The main content area is divided into several sections:

- Self-care** (green box): Taking care of yourself. Includes a list of issues: Coughs, Grazed knees, Sore throats, and Other minor issues.
- Local NHS Services** (orange box): Including GPs, Pharmacies, Opticians (Optometrists), Dentists, Health visitors, Midwives, and Minor Injury Unit.
- GPs or Out of Hours Services** (orange box): Vomiting, Ear pain/Hearing loss, Painful cough, and Symptoms that won't go away.
- Pharmacies** (orange box): Diarrhoea, Runny nose, Upset stomach, and Headache.
- Minor Injury Unit** (orange box): Cuts, Bites, Sprains, and Minor illness or injury.
- A&E** (red box): For serious illness or injury. Call 999 for life-threatening conditions that need immediate medical attention. Includes a list of conditions: Choking, Chest pain, Blacking out, Blood loss, Serious injury, and Suspected stroke.
- Choosing the right NHS Wales service if you become ill or are injured** (red text): A section explaining how Choose Well helps users decide on the right NHS service.
- Symptom Checker** (blue box): Check your symptoms with the NHS Direct Wales Symptom Checker.
- My A&E Live** (yellow box): Indicating the typical time you are likely to spend in Accident and Emergency departments.
- Latest tweets** (blue box): A tweet from @ChooseWellWales dated Mon, 01 Apr 2019 at 08:48, advising users to use #ChooseWell for medical help to avoid congested A&E.



Find Your Local Services
 Postcode: Go



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
 - 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

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

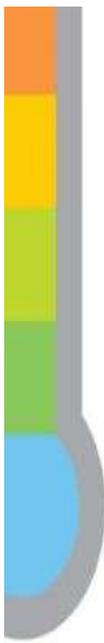
My A&E Live
 Indicating the typical time you are likely to spend in Accident and Emergency departments

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
D	Constipation	Eligible if > 18 years	2
	Dermatitis (Acute Exacerbation)		2 - can be > 1 presentation per episode
H	Dry Eyes		1 - Refer all to optician
	Haemorrhoids	Eligible if > 18 years	2 - 2 nd at least 6 months after the 1 st
I	Hay Fever	Eligible if > 2 years	6
	Head Lice		2 - 2 nd at least 6 months after the 1 st
M	Indigestion And Reflux	Eligible if > 18 years	2
	Intertrigo		2 - 2 nd at least 6 months after the 1 st
N	Mouth Ulcers	Eligible if > 12 years	1
O	Nappy Rash		1
R	Oral Thrush	Eligible if >4 weeks of age	1
	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

Craft Club at Ruabon Library



Fancy having a go at being creative? Join the staff at Ruabon library for a craft session suitable for children ages 4-10 on Thursday 25th April, 3.30-4.30. The session costs just £1 and you need to reserve your place. Call 01978 822002.

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.

**

Lego Club @ Wrexham Library

Wrexham Library's Lego Club will meet on Saturday 27th April, 10-11.30am where you can let your imagination run wild and build the stuff of your dreams. The session will cost £1.50 per child and booking is essential. To reserve your place call 01978 292 090.



Save money with free e-magazines

Are you a regular reader of Hello! Magazine? If so, did you know you could save £104 per year by downloading it free of charge to your phone, tablet or pc simply by being a library member? If you read Chat, Woman or Best magazines you could save £145 per year; Golf magazine will save you £51.60p per year and World Soccer magazine will save you £54 per year. These are just a few of the savings you can make if you have a library card. There are over 250 magazines to choose from, just visit our website www.wrexham.gov.uk/libraries and follow the Online Services – e-zines link.



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, Ruabon on Sunday 28th April at 8am, a service of Holy Communion. At 9.30am a service of Morning Prayer.

**

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 28th April at 10.30am; Rev'd Patrick Rudden will lead the Service.





At Ruabon Congregational Church (The Chapel on the Hill) on Sunday 28th April at 11am, there will be NO SERVICE.

**

At All Saints' Church, Penylan on Sunday 28th April at 11am, a Service of Morning Prayer

**

At St John's Church, Rhosymedre on Wednesday 24th April at 10am a service of Morning Prayer.

On Sunday 28th April at 11am a service of Morning Prayer.

**

NOTES FOR 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 11TH MAY, 10-12NOON.
- THE **ARCHDEACON'S VISITATION** IS ON WEDNESDAY 8TH MAY, 7PM, IN BANGOR ON DEE. PLEASE COULD THE CHURCHWARDENS ARRIVE EARLY TO SIGN IN.
- THE GARDEN AT GRAIG GOCH, PENYLAN IS OPEN ON SATURDAY 4TH MAY, 10AM-5PM. ENTRY £4, REFRESHMENTS AVAILABLE ALL DAY.
- I HAVE 2 FREE TICKETS TO 'FIDDLER ON THE ROOF' IN LLANGOLLEN ON FRIDAY 3RD MAY, 7.30PM. PLEASE LET ME KNOW IF YOU WOULD LIKE THEM. KATE
- THE NEXT MEETING OF 'TIME WELL SPENT' IS ON FRIDAY 17TH MAY IN ST MARY'S CHURCH HALL. COFFEE AND CHAT FROM 11AM, A COOKED LUNCH AND RELAX WITH FRIENDS.
- 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 7TH MAY. 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 25TH MAY. ALL ARE WELCOME TO COME AND WATCH A POPULAR FILM.
- THE NEXT **CELTIC SERVICE** WILL BE ON TUESDAY 7TH MAY, 7PM IN PENYCAE.

- THE RUABON SPRING FAIR RAISED £238, AND ALL THE PRIZES WERE WON, SO THANK YOU TO ALL THOSE WHO DONATED PRIZES OR HELPED ON THE DAY.
- **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 HAVE 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.

[Wrexham Carnival of Words - Family Walking Event and Children’s Storytime \(28/04/2019\)](#)

In conjunction with Wrexham Walking Festival, a fun family walk led by Bill Stephens following an easy footpath route with some shelter along the way to accommodate children’s storytelling by Jacqui Blore and Jude Lennon. Meeting point: the car park by the lake in Moss Valley (grid reference SJ 521314) at 10.45am for 11am start.

[Wrexham Carnival of Words - Peter laws: The Frighteners \(28/04/2019\)](#)

The Reverend Peter Laws talks about why we all seem to be so fascinated by the macabre, about his latest non-fiction book on the subject and about the background to his highly popular - and extremely creepy - murder mysteries.

[Wrexham Carnival of Words - Elly Griffiths \(04/05/2019\)](#)

Join bestselling crime writer Elly Griffiths, author of the Dr Ruth Galloway series. A wonderfully engaging speaker, Elly will discuss how she got her pen-name Elly Griffiths, her love of crime writing, career to date and the influences on her writings and characters.

[Wrexham Carnival of Words - Alan Johnson \(04/05/2019\)](#)

A popular return to Wrexham for former Government Minister Alan Johnson, talking about his latest book, In My Life: A Music Memoir, the story of the musical soundtrack to his life. Music hasn't just accompanied Alan Johnson through the years since his childhood, it's played an integral part in shaping them.

[Wrexham Carnival of Words - Wrexham on my Mind \(04/05/2019\)](#)

Wrexham On My Mind celebrates the town's past and present, with performances of writing compiled by local poets from across our various Wrexham communities, school students and our senior citizens, plus songs from the Wrexham Community Choir.

**

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.