

RUABON NEWS LETTER 284

29.07.2019

St.Mary's Church in Wales Primary School Ruabon held an 'International Day'



Reception class sampling and enjoying Spanish food

Each class selected a country and were able to sample, enjoy the foods and dress up in the colours of that country besides learning about their traditions. Some classes also learned dances.

All the children enjoyed the day! The Countries studied were:
Nursery and Reception: Spain; Year One: China; Year Two: Mexico;
Year Three: Kenya; Year Four: India; Year Five: Italy; and
Year Six - St. Lucia.

The Whole school dressed up for International Day. (At their Assembly)



Thank you to Yve Evans for sending in the following:

Yve has recently moved to Yorkshire from Ruabon; but has asked to continue to receive the Ruabon Newsletter as she has so many contacts here:

"When I lived in Ruabon I use to make these eco bricks as Maes y Llangollen school collected them.

I was pleased to find that they also collect them in Yorkshire too!

Such a good way of recycling plastic bottles and polythene packaging.

The picture shows my daughter Claire with my great granddaughter Daisy handing over another eco brick (they are used in buildings as insulation etc) whilst I am looking on at the side."



The website is: <https://www.ecobricks.org/build-2/>



**CANCELLATION OF BBC FREE VIEWING FOR PEOPLE
OVER THE AGE OF 75 YEARS**
From Next Year in 2020

If you are against this move, for any reason, you can sign a petition; one of which is on-line at:

[www.Age UK/Petition.](http://www.AgeUK/Petition)

FRIENDS OF RUABON



Will hold their next monthly meeting this coming **Saturday 3rd August at the Bridge End Inn from 10am to 12 noon**

(courtesy of Gillian and Peter McGivern).

Everyone is welcome to attend these meetings (to join in the conversation or just listen.)

THE BRIDGE END INN

WILL HOLD ITS

10TH

BEER FESTIVAL



During the Bank Holiday on the
24th; 25th 26th and 27th August 2019

EVERYONE WELCOME TO JOIN IN THE



CELEBRATIONS



RUABON BOWLING CLUB

Maes-y Llan Lane, Ruabon+

Match Results 2019

Oswestry and District Bowling League:

Division Three - Wednesday 24th July:

Pentre Broughton (7) V. Ruabon A (3)

Best result for Ruabon: Max Wyles (21) Tony Tilston (13)

Rearranged. Match from 10th July will now be played on Tuesday 13th August at Llanymynech B

Division Five – Thursday 25th July:

Ponciau Park B (0) v. Ruabon B (10)

Wrexham and District Bowling League

Saturday League

Division One – Saturday 27th July

No results listed

Pairs League

Division two - Monday 22nd July:

Ruabon (6) v. Plas Kynaston (2)

**



Minibus Fund Raising In order assist our fundraising for a new School minibus, to 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/>

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TRANSFORMING CANCER SERVICES TOGETHER

Betsi Cadwaladr University Health Board and Macmillan Cancer Support have embarked on an ambitious new programme to improve cancer services in North Wales.



Welcome to the second edition of the *Transforming Cancer Services Together* newsletter. It's been a jam-packed couple of months as we get the programme off the ground but there is exciting change afoot. This programme is about redesigning the way services are delivered to provide the best possible care and support to patients from the moment they come into our service. We've been to more than 60+ meetings and events since our inception to hear first-hand from patients and clinicians their ideas for improvement. Among them have been BCUHB's Cancer Steering Group and Clinical Advisory Groups as well as the Health Board's first Clinical Nurse Specialist conference. We have also visited the North Wales Cancer Patient Forum, Macmillan Health and Wellbeing events, support groups and GP surgeries to hear about people's experience. I can't tell you how valuable this engagement has been in helping to shape our work. Some clear themes have emerged and as a result, we have now identified what our priorities are across the four pathways, more about which you can read below. Co-production will be the hallmark of this programme and we will continue to work closely with our partners going forward, testing our thinking at every step of the way. If you have an experience to share, please get in touch.

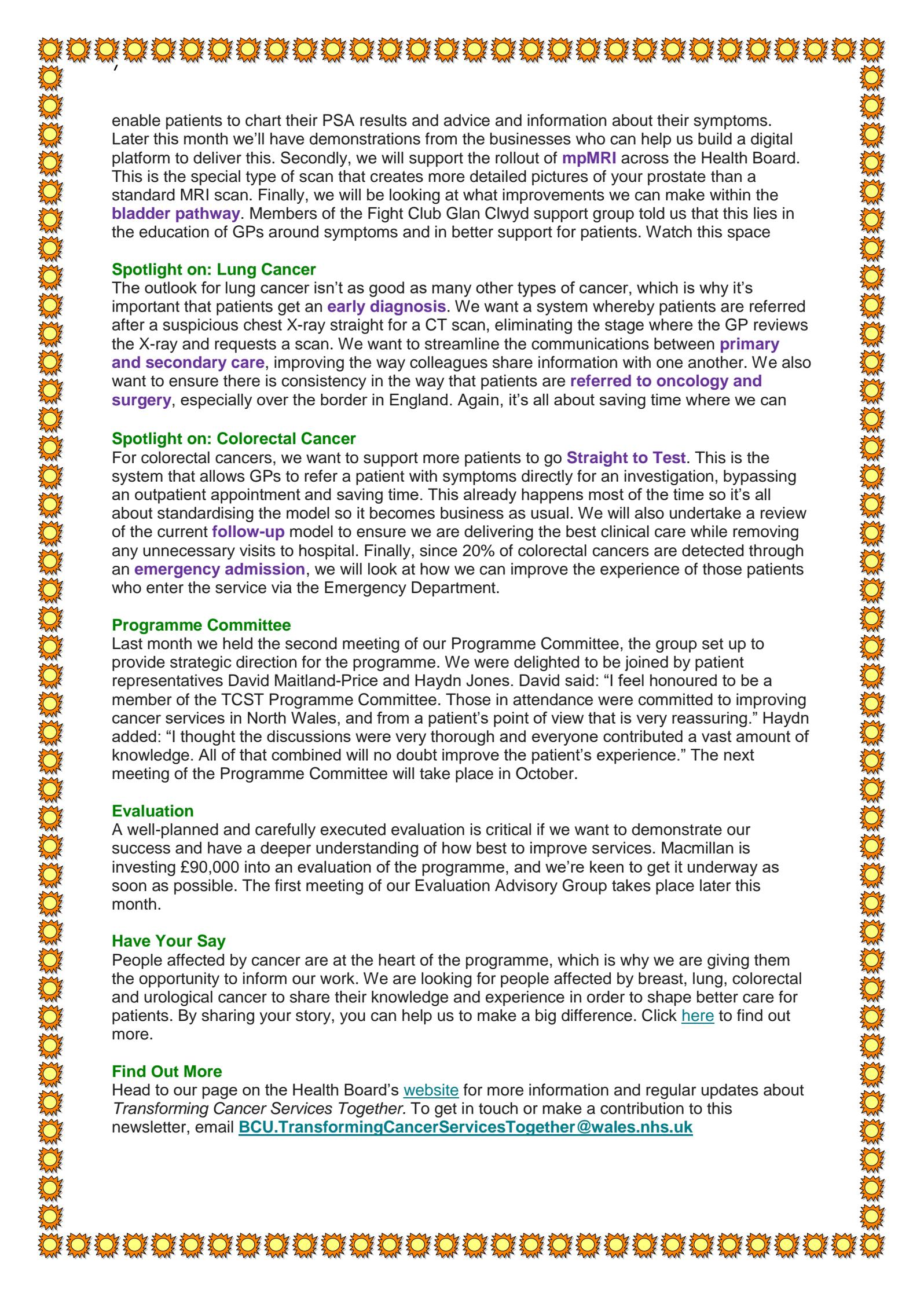
Yvonne (Yvonne Lush) **Macmillan Programme Manager**

Spotlight on: Breast Cancer

Breast cancer is the most common cancer in the UK. The redesign of breast services will centre around two priorities; improving the **communications** between GP and patient, including better treatment summaries, and the introduction of a new **follow-up model**, which challenges the traditional 'one size fits all' approach based around routine hospital follow-up and means patients receive tailored care post treatment. In April, the Programme Team went on a fact-finding mission to Northern Ireland to learn about their award-winning approach to follow-up. Click [here](#) to find out more.

Spotlight on: Urology

In Urology, we will focus our attention on the following three priorities. Firstly, we will introduce a pathway of **supported self-management** for men with prostate cancer. An app will



enable patients to chart their PSA results and advice and information about their symptoms. Later this month we'll have demonstrations from the businesses who can help us build a digital platform to deliver this. Secondly, we will support the rollout of **mpMRI** across the Health Board. This is the special type of scan that creates more detailed pictures of your prostate than a standard MRI scan. Finally, we will be looking at what improvements we can make within the **bladder pathway**. Members of the Fight Club Glan Clwyd support group told us that this lies in the education of GPs around symptoms and in better support for patients. Watch this space

Spotlight on: Lung Cancer

The outlook for lung cancer isn't as good as many other types of cancer, which is why it's important that patients get an **early diagnosis**. We want a system whereby patients are referred after a suspicious chest X-ray straight for a CT scan, eliminating the stage where the GP reviews the X-ray and requests a scan. We want to streamline the communications between **primary and secondary care**, improving the way colleagues share information with one another. We also want to ensure there is consistency in the way that patients are **referred to oncology and surgery**, especially over the border in England. Again, it's all about saving time where we can

Spotlight on: Colorectal Cancer

For colorectal cancers, we want to support more patients to go **Straight to Test**. This is the system that allows GPs to refer a patient with symptoms directly for an investigation, bypassing an outpatient appointment and saving time. This already happens most of the time so it's all about standardising the model so it becomes business as usual. We will also undertake a review of the current **follow-up** model to ensure we are delivering the best clinical care while removing any unnecessary visits to hospital. Finally, since 20% of colorectal cancers are detected through an **emergency admission**, we will look at how we can improve the experience of those patients who enter the service via the Emergency Department.

Programme Committee

Last month we held the second meeting of our Programme Committee, the group set up to provide strategic direction for the programme. We were delighted to be joined by patient representatives David Maitland-Price and Haydn Jones. David said: "I feel honoured to be a member of the TCST Programme Committee. Those in attendance were committed to improving cancer services in North Wales, and from a patient's point of view that is very reassuring." Haydn added: "I thought the discussions were very thorough and everyone contributed a vast amount of knowledge. All of that combined will no doubt improve the patient's experience." The next meeting of the Programme Committee will take place in October.

Evaluation

A well-planned and carefully executed evaluation is critical if we want to demonstrate our success and have a deeper understanding of how best to improve services. Macmillan is investing £90,000 into an evaluation of the programme, and we're keen to get it underway as soon as possible. The first meeting of our Evaluation Advisory Group takes place later this month.

Have Your Say

People affected by cancer are at the heart of the programme, which is why we are giving them the opportunity to inform our work. We are looking for people affected by breast, lung, colorectal and urological cancer to share their knowledge and experience in order to shape better care for patients. By sharing your story, you can help us to make a big difference. Click [here](#) to find out more.

Find Out More

Head to our page on the Health Board's [website](#) for more information and regular updates about *Transforming Cancer Services Together*. To get in touch or make a contribution to this newsletter, email BCU.TransformingCancerServicesTogether@wales.nhs.uk

Pam Pobl



Questionnaire

Public toilet provision is an issue which requires urgent action. Please support our campaign by helping us to gather information about public toilets in Wales.

Name

Postcode

Email address

Age

1. Where are the public toilets you use most often? If they are near a particular place, business or service please describe where.

.....
.....

2. If these public toilets were not available for use, would this have an effect on your lifestyle?

Please circle Yes or No **Yes** **No**
If yes, please describe what this effect would be

.....
.....

3. Is there any place, business or service in particular you visit that does not have public toilet nearby that you feel needs one?

Please circle Yes or No **Yes** **No**
If yes, where is it?

.....
.....

4. Would you be prepared to pay a small amount to use public toilets, such as 20p?

Please circle Yes or No **Yes** **No**

5. Do you think the Welsh Government should do more about public toilets?

Please circle Yes or No **Yes** **No**
If yes, please tell us what you think they should do?

For more information, or to return a completed questionnaire, please contact kathy.lye@agecymru.org.uk

P am Pobl



Holiadur

Mae darparu toiledau cyhoeddus yn fater sydd angen sylw brys. Cefnogwch ein hymgyrch trwy ein helpu i gasglu gwybodaeth ynglŷn â thoiledau cyhoeddus yng Nghymru.

Enw

Cod post

Cyfeiriad e-bost

Oedran

1. Ble mae'r toiledau cyhoeddus rydych chi'n eu defnyddio amlaf?

Os ydyn nhw yn ymyl lle, busnes neu wasanaeth penodol, disgrifiwch ble.

2. Os na fyddai'r toiledau cyhoeddus hyn ar gael i'w defnyddio, a fyddai hyn yn effeithio ar eich ffordd o fyw?

Rhowch gylch o gwmpas Byddai neu Na fyddai

Byddai

Na fyddai

Os byddai, disgrifiwch yr effaith

3. Oes unrhyw le, busnes neu wasanaeth penodol rydych chi'n ymweld ag ef sydd heb doiled cyhoeddus gerllaw, a'ch bod yn teimlo bod angen un yno?

Rhowch gylch o gwmpas Oes neu Nac oes

Oes

Nac oes

Os oes, ble?

4. A fydddech chi'n barod i dalu swm bach i ddefnyddio toiledau cyhoeddus, fel 20c?

Rhowch gylch o gwmpas Byddwn neu Na fyddwn

Byddwn

Na fyddwn

5. Ydych chi'n meddwl y dylai Llywodraeth Cymru wneud mwy ynglŷn â thoiledau cyhoeddus?

Rhowch gylch o gwmpas Ydw neu Nac ydw

Ydw

Nac ydw

Os ydw, dywedwch wrthym beth rydych chi'n meddwl y dylen nhw ei wneud?



Axia-ASD.co.uk

THE
Autistic Women's
Empowerment Project



North Wales 4th Annual
Health and Wellbeing

Autism Conference 2019

Friday 11th October 2019 8.30am – 5pm

Venue Cymru, Promenade, Llandudno LL30 1BB



Sarah Hendrickx
Keynote Speaker



Jamie and Lion
Accessibility Advisor,
BBC



Dr Luke Beardon
Senior Lecturer in Autism

Live music by the amazing band Sound Express from
♪♪ Emerge Community Arts ♪♪
Tickets on sale via Eventbrite.

Enquiries 01244 567656 or email info@AAautism.org

Tickets £150 including refreshments, lunch and choice of two workshop options alongside a full day's educational programme. Limited number of £50 concessionary tickets available to assist those on low incomes.

Trade stands £250, with 20% discount if booked before 31st July.

Trade stand bookings to enquiries@axia-asd.co.uk or 01244 567656.

Limited number of FREE stands available for very small groups.

Conference programme, t's & c's can be viewed on our website.

www.northwalesautismconference.org

FREE ENTRY TO TRADE STAND, EXHIBITION &
INFORMATION AREA, TO ALL MEMBERS OF THE PUBLIC



#NWAutismConf19 @NWAutismConf



North Wales 4th Annual Autism Conference 2019

Welcome, from AA Autism Education and Training, a not-for-profit CIC that supports autistic people to design and deliver their own training programmes from the lived experience and to co-produce the North Wales Autism Conference with autistic presenters. This year we have a brand new exciting venue (Conference Centre) and full programme designed to provide you with knowledge, updates and current credible information for helping people on the autism spectrum, families and professionals.

Our 2019 programme can be viewed at www.northwalesautismconference.org/programme

We have a great line-up of speakers who have been hand-picked for their expertise in autism and their ability to pass on their knowledge enthusiastically, and inspire us all!

We can ensure you a fantastic day and learning experience.

WHY SHOULD I ATTEND?

- Refresh and update your knowledge
- Hear from and meet leading experts
- Gain practical strategies for supporting autistic people
- Learn from examples of good practice
- Invaluable networking opportunities and access to information trade stands

WHO SHOULD ATTEND?

The conference should be of interest to: early years, school, college, university staff and leaders, social workers and others from social care settings, voluntary and charity organisations, healthcare professionals, local authority staff and leaders, autistic people, parents and others with an interest are welcome to attend.

PREVIOUS DELEGATE COMMENTS

"Inspiring and Informative. A credit to the Autistic Community and the organisers of the event."

"Full of information, inspiring and hopeful. This event has helped me understand more about my child."

"Can't wait till next year!"

"Fantastic – thank you so much."

"Keep doing what you are doing, absolutely amazing!"

"Great variety, something for everyone."

"Exciting, thought provoking and inspiring recognition of personal situations, not just obstacles."

"A fabulous event, very well organised, with a wide range of subjects covered. Informative, useful, interesting and very enjoyable."

"For the first time I have begun to understand myself and not think about apologising for being me."

Registration Terms and Conditions can be viewed on our website:
www.northwalesautismconference.org

4edd Gynhadledd Awtistiaeth Flynyddol Gogledd Cymru 2019

Croeso, gan Addysg a Hyfforddiant Awtistiaeth AA, Cwmni Budd Cymunedol di-elw sy'n cefnogi pobl awtistig i gynllunio a chyflwyno eu rhaglenni hyffordiant eu hunain o'u profiad nhw ac i gyd-gynhyrchu Cynhadledd Awtistiaeth Gogledd Cymru gyda chyflwynwr awtistig. Eleni, mae gennym ni leoliad cyffrous newydd sbon (Y Ganolfan Gynadledda) a rhaglen lawn wedi'i chynllunio i feithrin eich dealltwriaeth a rhoi'r diweddaraf i chi ynghyd â gwybodaeth gredadwy gyfredol ar gyfer helpu pobl ar y sbectwm awtistig, eu teuluoedd a gweithwyr proffesiynol.

Mae ein rhaglen ar gyfer 2019 i'w gweld yma: www.northwalesautismconference.org/programme

Mae gennym ni siaradwr gwych ar y gweill i chi sydd wedi'u dewis yn benodol am eu harbenigeidd ym maes awtistiaeth a'u gallu i gyfleu eu gwybodaeth mewn modd brwdfrydig, a'n hysbrydoli ni i gyd!

Mae'n argoeli i fod yn ddiwmod anhygoel ac yn brofiad dysgu gwerth chweil.

PAM DDYLWN I FYND?

- Gloywi a diweddarau eich gwybodaeth
- Clywed gan arbenigwyr bleanllaw a chwrod â nhw
- Meithrin strategaethau ymarferol ar gyfer cefnogi pobl awtistig
- Dysgu o enghreifftiau o arferion da
- Cyfleoedd rhwydweithio amhrisiadwy a mynediad at stondinau masnach

PWY DDYLAI FYND?

Dylai'r gynhadledd fod o ddiddordeb i staff ac arweinwyr yn y blynyddoedd cynnar, mewn ysgolion, colegau a phrifysgolion, gweithwyr cymdeithasol ac eraill sy'n gweithio mewn lleoliadau gofal cymdeithasol, sefydliadau gwirfoddol ac elusennol, gweithwyr gofal iechyd proffesiynol, staff ac arweinwyr o'r awdurdod lleol, pobl awtistig, rhieni ac eraill sydd â diddordeb.

SYLWADAU GAN GYNADLEDDWYR BLAENOROL

"Ysbrydoledig ac addysgiadol. Clod i'r Gymuned Awtistig a threfnwyr y digwyddiad."

"Lawn gwybodaeth, gobaith ac ysbrydoliaeth. Mae'r digwyddiad yma wedi fy helpu i ddeall mwy am fy mhientyn."

"Fedra i ddim aros tan y flwyddyn nesaf!"

"Gwych – diolch yn fawr iawn."

"Daliwch ati – rydych chi'n gwneud gwaith ardderchog!"

"Amrywiaeth ardderchog, rhywbeth at ddant pawb."

"Cyffrous, pricio'r meddwl ac yn ein hysbrydoli i gydabod sefyllfaoedd personol, nid dim ond rhwystrau."

"Digwyddiad penigamp, wedi'i drefnu'n dda, yn cwmpasu ystod eang o bynciau. Addysgiadol, defnyddiol, diddorol a difyr iawn."

"Am y tro cyntaf, rydw i wedi dechrau deall fi fy hun heb feddwl am ymddiheuro am bwy ydw i."

Mae'r Telerau ac Amodau Cofrestru ar gael ar ein gwefan:
www.northwalesautismconference.org

Jumping Jacks

Out of School Club

and

Holiday Club



ALWAYS LOTS
OF FUN
AND
PLACES
NOW AVAILABLE!

**

TO BOOK YOUR
CHILD'S PLACE,
PLEASE CONTACT GILL
ON 07543455965.
CHILDREN CAN NOW
ATTEND THE HOLIDAY
CLUB FROM 3 YEARS



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

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:

Aug 1-4th	The Festival of Quilts
24 th - 25 th	UCAS Higher Education Exhibition
28 th - 30 th	The Creative Craft Show

CLOSER TO HOME:

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.

**

-ADDITIONAL FARE SAVINGS-

INFORMATION PROVIDED by Sheila Dee:

In response to a query from a Ruabon Resident

FARES NEWS

Small Group Day Returns from Ruabon Station

SAVINGS CAN BE MADE if 3 or more adults, without any railcards, are travelling from Ruabon to either Chester or Liverpool.

Available only after 09.30 Monday to Friday and with no return travel between 16.00 and 18.29.

On Saturday and Sunday there are no time restrictions.

3 ADULTS ALL TRAVELLING TOGETHER RUABON TO CHESTER £16.20 Saving £5.70
3 ADULTS ALL TRAVELLING TOGETHER RUABON TO LIVERPOOL £27.90 Saving £9.60

THESE TICKETS ARE NOT AVAILABLE ON EVENTS DAYS WHEN THE NETWORK IS BUSY.
BUY IN ADVANCE OR ASK THE CONDUCTOR ON THE TRAIN FOR A SMALL GROUP DAY.

**

Train times: www.nationalrail.co.uk Tel 03457 48 49 50

New Rail Service to Liverpool Lime Street and Liverpool South Parkway for Liverpool Airport

In May this year Transport for Wales Rail Services introduced a new rail service following the reopening of the Halton Curve. It's over 40 years since a direct service ran from Wrexham to Liverpool but over the past 15 years Liverpool has been consistently in the top two destinations passengers visit from this area. This new service also stops at Liverpool South Parkway - the airport station.

Whilst initially only two direct services operate from Wrexham General **more will follow.**

From Chester there is an hourly service with the Transport for Wales trains stopping at Liverpool South Parkway, the railway station for Liverpool John Lennon Airport before continuing on to Liverpool Lime Street. Passengers wishing to go on to the airport can find bus services running every few minutes from the station

forecourt. The bus journey into the airport takes around 10-15 minutes.

Train times: www.nationalrail.co.uk Tel 03457 48 49 50

Days Out by Rail: Suggestions:

Liverpool:

Liverpool Comedy Festival 13th -19th September

Birmingham NEC:

Cycle Show 12th - 15th September

Toy Collectors Fair 15th September

A Place in the Sun Live 20th - 22nd September

The National Wedding Show 27th - 29th September

Horse of the Year Show 2nd - 6th October

Grand Designs Live 9th -13th October

Motorhome & Caravan Show 15th - 20th October

GCCF Supreme Cat Show 26th October

BRICKLIVE 31st October to 3rd November

The Crafty Christmas Show 31st October to 3rd November

The Creative Craft Show 31st October to 3rd

November

Cake International 1st - 3rd November

National Pet Show 2nd - 3rd November

Festive Gift Fair 14th -17th November

Motorcycle Live 16th - 24th November

BBC Good Food Show 28th November - 1st December.

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.

For help with the numerous courses offered by Communities for Work:
Please contact Karen Long for a copy of the Quarterly Brochure or to book a course
phone: 01978 318853/820520

Children's Swimming Lessons @ Chirk Leisure Centre



At Freedom Leisure we offer an extensive inclusive swimming program at our venues. We deliver the Swim Wales aquatic framework and all our team are trained ASA swimming teachers. Our classes ensure improved water confidence and swimming technique by allowing the individual to progress at their own pace.

We now have spaces available on our Wave 1 sessions.

Wave 1 aims to develop confidence and safety in the water, and when getting in and getting out of the pool. Learn basic floating, sculling and breathing techniques. Start to learn front crawl, backstroke and either breaststroke or butterfly, with aid if needed.

**Please contact Chirk Leisure and Activity Centre for further details;
Phone: 01691 778666; Email: chirk@freedom-leisure.co.uk**



The importance of children learning to swim

A recent report by the Amateur Swimming Association (ASA) shockingly revealed that more than half of children aged seven to eleven years old are unable to swim a minimum of 25 metres unaided, meaning that just over one million children in the UK are potentially unsafe in and around water and therefore at risk of drowning!

We are passionate about helping children to learn to swim and work in partnership with the ASA in England and Swim Wales to deliver nationally recognised Learn to Swim Pathways, supporting children from their first splash to being happy and competent

partion pen-blwydd

partion pen-blwydd gwych i blant o bob oed yn freedomleisure wrecsam

birthday parties

fantastic birthday parties for all ages at freedomleisure wrexham

- Nofio
- Rhedeg dŵr
- Llithren ddŵr
- Pêl-droed (dewis o fwyd ar gael)
- Llogi er defnydd preifat
- Swim
- Aqua Run
- Football (indoor and outdoor)
- Food options available
- Private hire



Cano fan Hamdden a Gwdf tŷgareddau Y Waon: 01691 778666
 Cano fan Chywarcon Clywedog: 01978 262787
 Cano fan Hamdden a Gwdf tŷgareddau Gwyn Evans: 01978 269540
 Cano fan Hamdden a Gwdf tŷgareddau Morgan Llywd: 01978 314693
 Stadlwm Queensway: 01978 355826
 Cano fan Hamdden a Gwdf tŷgareddau Rhwaben: 01978 822978
 Cano fan Hamdden a Gwdf tŷgareddau Byd Ddi: 01978 297300

Chirk Leisure & Activity Centre: 01691 778666
 Clywedog Sports Centre: 01978 262707
 Gwyn Evans Leisure & Activity Centre: 01978 269540
 Morgan Llywd Leisure & Activity Centre: 01978 314693
 Queensway Stadium: 01978 355826
 Ruabon Leisure & Activity Centre: 01978 822978
 Waterworld Leisure & Activity Centre: 01978 297300

www.freedom-leisure.co.uk



freedomleisure where you matter



RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH



Books AND Far, Far More



THE ART DEPARTMENT AT YSGOL RHIWABON HAS SET UP AN EXHIBITION AT RUABON LIBRARY FOR THIS MONTH

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.

**

Natter & Chatter at Ruabon Library

Come and join us at our Natter & Chatter table between **4 and 5 pm** on a **Monday**

For more information call: 01978 822002

**



**Clwb3 o'r Gloch
3 o'clock Club**

**Yn Llyfrgell Rhiwabon
in Ruabon Library**

Dydd Mercher 29 Mai/Wednesday 29 May
**Dewch draw am hwyf, gemau, lego, lliwio a
llawer mwy!**

**Come along for fun, games, lego, colouring and
much more!**

5-10 oed/yrs

**(Dim angen archebu/rhaid i bob plentyn fod gydag oedolyn) (No
booking needed/all children must be accompanied by an adult)**

**

**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 July is:**

"Clock Dance" by Anne Tyler.

There will be no meeting in August but the book chosen is:

"In Their Mother's Footsteps" by Mary Wood

Paws to Read with Elliot the Tiger. Each Wednesday at 3.30. Children are welcome to come along and share a story, a poem and perhaps a rhyme or two, with staff (and Elliot)

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 - 4pm. New members are always welcome.



Summer Reading Challenge



Prepare for lift off as we travel across the galaxy on a very special reading mission – it's time for the Summer Reading Challenge! The Summer Reading Challenge takes place every year during the summer holidays and this year the theme is *Space Chase*. You can sign up at your local library, then all you have to do is read six library books of your choice over three visits to complete the Challenge. There are exclusive rewards to collect along the way, and it's FREE to take part! You can

also keep track of your reading by visiting the Summer Reading Challenge website www.summerreadingchallenge.org.uk where you can find new books to read, take part in competitions and mini challenges, and play games. Don't delay – join today!

**



Llyfrgell Ruabon Library

Gweithgareddau Gwyliau'r Haf/Summer Holiday Activities

Dydd /Day	Amser / Time	Gweithgareddau / Activities
Dydd Llun Mondays	2.00 3.00 3.00 4.00	Grwp Sgwrsio Gemau Bwrdd / Boardgames 5.8.19 Grwp Darllen/Reading Group Sgwrs a Chlonc / Natter and Chatter
Dydd Mawrth Tuesdays	2.00 2.15	6.8.19, 20.8.19 "Magic Tournament" 13.8.19 Boogiebeats
Dydd Mercher Wednesdays	2.00 2.00 3.00 3.30 – 4.00 4.00	21.8.19 Scrabble 21.8.19 Sesiwn crefft a stori Magi Ann Story and craft session Clwb 3 o'r gloch / 3 o'clock Club (Stori, lego, posau, jigso a lliwio / stories, lego, puzzles, jigsaws and colouring) Darllen efo Elliott / Paws to Read 31.7.19 Dementia Friends session
Dydd Iau Thursdays	3.00 – 4.00	25.7.19 & 29.8.19 Clwb Crefftau Misol /Monthly Craft Club
Dydd Gwener Fridays	2.00 – 4.00 2.00 4.00 – 5.00	Gweu a Sgwrsio / Knit and Natter 2.8.19, 16.8.19 & 29.8.19 Dysgu Gweu / Learn to knit Cymorth Cyfrifiadurol / Computer Drop in

Dysgu yn y Llyfrgell

Llyfrgell Rhiwabon | Ruabon Library

Learning at the Library

Dydd Mercher
31 Gorffennaf
4-5pm

Ymwybyddiaeth Dementia

Mae 850,000 o bobl yn y DU yn byw gyda dementia a bydd y nifer yn codi i filiwn erbyn 2021. Bydd y sesiwn yma yn helpu chi deall sut y gallwch fod yn fwy cefnogol i bobl sy'n byw gyda dementia.

Gall hyd yn oed y camau lleiaf wneud gwahaniaeth mawr.

Wednesday
31 July
4-5pm

Dementia Awareness

There are 850,000 people living with dementia in the UK and this number is expected to rise by 1 million by 2021. This session will help you understand how you can be more supportive to people living with dementia.

Even the smallest action can make a difference.



☎ 01978 822002

email: ruabon.library@wrexham.gov.uk

frgelloedd Wrecsam & Wrexham Libraries @LlyfrgellWcm & @WxmLibraries



Os hoffech chi gwranddo ar y digwyddiad yma yn Gymraeg gadewch i ni wybod wythnos o flaen llaw

www.wrexham.gov.uk / www.wrecsam.gov.uk



RUABON CHURCHES' NEWS

St Mary's Shared Church - General Information:



For children and young adults:

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 4th August at 8am: Holy Communion; at 9.30am Family Communion

**

At 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 Saturday 3rd August
OPEN CHURCH FROM 10am- 12noon: Refreshments
ALL Welcome.

On Sunday 4th August at 10.30am, the Rev'd Marian J Jones will lead the service.

**



At Ruabon Congregational Church (The Chapel on the Hill)
on Sunday 4th August at 11am (No information)

**

At All Saints' Church, Penylan on Sunday 4th August on 11am Holy Communion

**

St John's Church, Rhosymedre on Wednesday 31st July at 10am
Morning Prayer at 11am Plas Telford.

On Sunday 4th August 11am Family Service

- PLEASE WELCOME JO MACKRIELL, OUR NEW PLACEMENT STUDENT, WHO JOINS US TODAY. SHE WILL BE WITH US UNTIL SHE IS ORDAINED DEACON NEXT YEAR.
- THERE WILL BE A SPUD AND SALAD LUNCH ON SATURDAY 10TH AUGUST AT ST MARY'S, 12NOON, IN AID OF PROJECT MALA. MONEY RAISED SUPPORTS THE EDUCATION OF A CHILD IN INDIA. TICKETS £5 FROM PAULINE.
- THE NEXT MEETING OF 'TIME WELL SPENT' IS ON FRIDAY 16TH AUGUST 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. PLEASE NOTE, THE FELLOWSHIP GROUP WILL NOT BE MEETING IN AUGUST.

- THE NEXT **FISH AND CHIPS AND BINGO** AT ST JOHN'S CHURCH WILL BE ON TUESDAY 13TH AUGUST. PLEASE LET BEULAH KNOW IF YOU PLAN TO COME.
- **THE HOLIDAY HUNGER PROJECT WILL BE STARTING ON THE 22ND JULY AND FINISHING ON THE 30TH AUGUST, HELP WILL BE NEEDED AT 11 AM EACH DAY (EXCEPT 2ND, 7TH AND 26TH AUGUST) IN ST JOHN'S CHURCH RHOSYMEDRE. THANK YOU.**
- THE NEXT FILM NIGHT AT ST JOHN'S CHURCH WILL BE ON SATURDAY 31ST AUGUST AT 6PM.
- THERE ARE LEAFLETS AT THE BACK ADVERTISING **ST MARY'S HISTORY EXHIBITION** IN SEPTEMBER. PLEASE ADVERTISE THIS AMONG THOSE IN THE COMMUNITY WHO MIGHT HAVE ITEMS TO EXHIBIT.
- THERE WILL BE A DAY VISIT TO PENNANT MELANGELL ON AUGUST 14TH. PLEASE CONTACT YVONNE PRYCE (07789 105396) FOR DETAILS.
- TRISH AND I WILL BE AWAY FROM 19TH AUGUST UNTIL 10TH SEPTEMBER VISITING THE DIOCESE OF SW TANGANYIKA IN TANZANIA. THE OFFA MA IS TWINNED WITH THE VILLAGE OF AMANI AND WE ARE VISITING TO SEE HOW WE CAN HELP THE COMMUNITY THERE. IF YOU WOULD LIKE TO MAKE ANY CONTRIBUTIONS THAT WOULD BE GREAT, WE HAVE BEEN TOLD THAT GOOD QUALITY PENCILS OR CRAYONS WOULD ALL BE ACCEPTABLE GIFTS, AND WE WILL TAKE SOME MONEY WITH US TO GIVE TO THE CHURCH AS WELL.

**

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.

**

Bellevue Park – Sports and Games sessions (31/07/2019)

Meet at the bandstand for fun sports & activities Tel 01978 298997 for details

Alyn Waters – Family Orienteering (31/07/2019)

Alyn Waters – Family Orienteering Family Fun. Suitable for beginners.

Messy Play (02/08/2019)

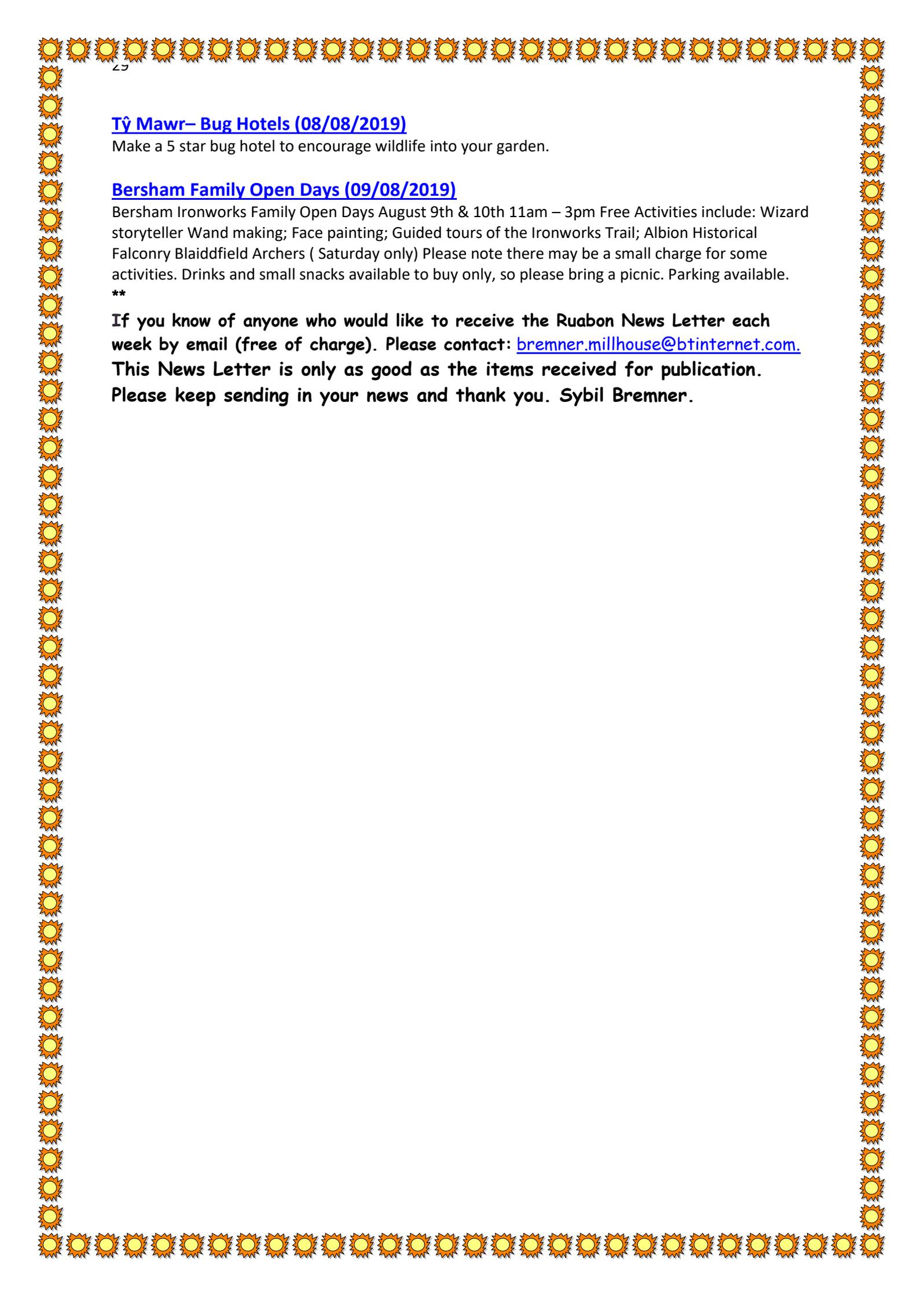
Explore through mixing, pouring, squeezing and squelching

Craft Session (06/08/2019)

Coedpoeth Library Craft Session Age 3+ Younger children must be accompanied by an adult

Messy Museum (05/08/2019)

Monday 5th August Messy Museum Monday 10.30am – 12noon (drop in) We'll be decorating ice lollies, buckets & spades in our beach themed session Suitable for ages 3 and under £2 per baby / toddler, accompanying adult free



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Tŷ Mawr– Bug Hotels (08/08/2019)

Make a 5 star bug hotel to encourage wildlife into your garden.

Bersham Family Open Days (09/08/2019)

Bersham Ironworks Family Open Days August 9th & 10th 11am – 3pm Free Activities include: Wizard storyteller Wand making; Face painting; Guided tours of the Ironworks Trail; Albion Historical Falconry Blaiddfield Archers (Saturday only) Please note there may be a small charge for some activities. Drinks and small snacks available to buy only, so please bring a picnic. Parking available.

**

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.