

RUABON NEWS LETTER 308

27.01.2020

ST MARY'S CHURCH IN WALES PRIMARY SCHOOL

Following lots of mild, wet weather we had a frosty morning so the Foundation Phase children took the opportunity to have a frosty walk. They went to explore where 'Jack Frost' had been. First of all they made dragon breath by blowing into the cold air! They made hand prints on the sandpit and the bench. They explored the playground for signs of frost; they observed and felt all the ice and looked at the frosty patterns. They felt the brittle hard leaves and saw the sun making the frosty grass sparkle!

Nursery Teacher Mrs Jones explained all about Frost and afterwards read a lovely 'Jack Frost' story.



DRAGON BREATHS



LEAVING THEIR MARKS IN THE FROST

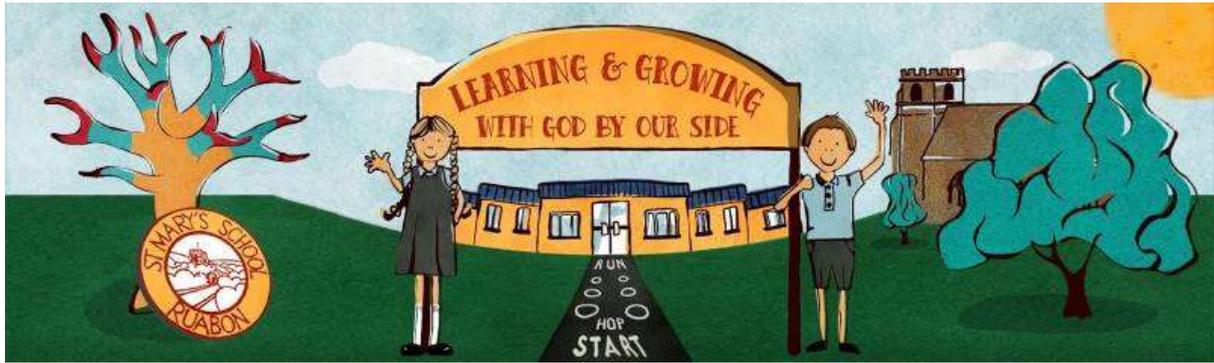
AND

JUST HAVING A GOOD TIME



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





St Mary's School, Ruabon

APPLICATIONS FOR NURSERY PLACES

If you have, or know of, a child turning three before 31st August 2020 you can now apply online for a Nursery place at St Mary's Church in Wales School, Ruabon.

If you would like to arrange to come and have a look around our school, please contact Mrs Booth on 01978 820979.

Online admissions must be completed by
21st February 2020.



February Half Term
Easter / Summer Holidays
October Half Term



Care Inspectorate
Wales Registered

Jumping Jacks Holiday Club

Outdoor Play

Crafts



Cooking

Free Play

Based at Ysgol Rhiwabon

8.00 am - 6.00pm Monday to Friday

Booking essential

For more information Call 07543 455965

Ages 3yrs to 16 yrs.

Registered for 30 hrs Child Care for 3 /4 year olds



Friends of Ruabon

The time limit has been extended for the submission of photos in (jpeg format) for the Christmas Card Competition, until 4th April 2020, in the hope that there will be an opportunity to take photos of Ruabon in the snow.

Members will meet for their regular monthly gathering on 1st February at the Bridge End Inn at 10am until 12noon.

One of the items on the agenda will be the arrangements for future events during 2020.

There is always room for residents to come to these meetings to understand just how relaxed; enthusiastic and informal they are.

There is also a welcoming atmosphere with tea and coffee available, for these meetings at the Bridge End Inn, courtesy of the Gillian, Peter and Matthew McGivern.



The Bridge End Inn

A CAMRA Pub of the Year



Wrexham Indoor Athletics Championships

Ysgol Rhiwabon recently hosted the Wrexham Indoor Athletics Championships, in conjunction with Active Wrexham, North East Wales Athletics and Coleg Cambria.

Over 100 students participated from across the Wrexham area.

Our Year 10 boys won to become Wrexham County Champions.



Learning Support Assistant Vacancy - Update

The closing date for applications for our vacancy for a Learning Support Assistant has been extended until Sunday 9th February 2020.

The post is for 25 hours per week, term time only.

For more information see contact below:-

<https://www.ysgolrhiwabon.co.uk/learning-support-assistant-vacancy-update/>

“Ruabon Station

As Part of our Railway Upgrade Plan, we will soon be carrying platform and track alterations to platforms within Ruabon Station. This essential work is part of our commitment to maintain a safe and reliable railway and provide more passenger seating and a better service.

What does the work involve?

This will involve lowering the coping stones on the platform as well as aligning the track using a road to rail vehicle[Ⓢ].

We apologise in advance for any disturbance. Thank you for your patience during this time.

When will the work take place?

We will be working on the dates below:

Monday 10th February 21.00 pm – Friday 14th February 06.00am

Monday 17th February 23.00 pm - Friday 21st February 06.00am

Safety is a key priority and for this reason a large amount of this work must be carried out while trains are not running. This means carrying out a lot of our improvements during the night.

During the work Network Rail Staff and our partners are briefed to work responsibly in the local community. Please be aware that the equipment we use means some disturbance is unavoidable, however we will make every effort to minimise any unnecessary noise.”

Many thanks to Frances Jones who has provided the information above for Ruabon residents.

**



Road to Rail Vehicle[Ⓢ]

can be driven on roads to near the site, then converted to a rail vehicle for the final journey to the worksite.

St. Mary's Church,
Ruabon



Presents



Vale Royal Singers

Saturday 1st February
at 7:30 p.m.

Beautiful choral music through the ages.

Director: Margaret Corlett
Accompanist: Brian Heald

Tickets £7.50

Contact: Kate Tiltman 01978 824087 or katherinetiltman@gmail.com

**NOTICE FROM RUABON MEDICAL
CENTRE**

PROTECTED EDUCATION TIME

Please note the **practice will be closed** between
1.00pm and 5.00pm on:

Thursday 6th February 2020

If you need to contact a doctor in an emergency,
please dial the following number – **0300 123 5566**

AMSER ADDYSG NEILLTUEDIG

Sylwch y bydd y feddygfa **ar gau** rhwng **1.00yp a
5.00yp:**

Ddydd Iau 6^{ed} Chwefror 2020

Os oes angen i chi gysylltu â meddyg mewn argyfwng,
ffoniwch y rhif ffôn

canlynol os gwelwch yn dda – **0300 123 5566**



International Dance Day

The Llangollen International Eisteddfod will be hosting a free 'International Dance Day' workshop for all ages and abilities at Wrexham's Ty Pawb on Saturday 1st February, from 11am until 1pm.

NEW Dance, the community dance organisation, will be leading the workshop and will explore dance traditions from Spain, Greece, Russia and the UK, to give a taster of the weeklong International Eisteddfod and its mission of bringing peace and harmony through music and dance. Participants will have the opportunity to learn 3 or 4 dances in a fun session for all ages, from grandparents to children*, and share their work at the end of the workshop in the People's Square at Ty Pawb.

There will also be an opportunity to find out more about the International Eisteddfod's concert programme, and the brand new dance and solo competitions for 2020.

If you would like to join us for this fun family session, please reserve your place by booking your ticket through **Eventbrite**.

*Children must be accompanied by an adult.

Date And Time

Sat, 1 February 2020
11:00 – 13:00 GMT
Wrexham LL13 8BB

Ty Pawb, Market Street

News from the Chester to Shrewsbury Rail Partnership January 2020 (Ruabon)

The Rail Partnership is part of a nationwide network of community rail partnerships following the Department for Transport's Community Rail Development Strategy and a member of the Association of Community Rail Partnerships.

The Partnership works to deliver an agreed business plan following the DfT strategy and the Wellbeing of Future Generations Act.

During October 2019 the Partnership applied for and was granted Accreditation which is formal recognition by the Department for Transport (DfT) and the Welsh Government that a community rail partnership (CRP) operates to a high standard and with objectives and activities that are supported by Government.

Accreditation is a recognised mark of quality for a CRP that confirms that the organisation:

- Operates to high standards of governance and financial propriety. Adopts a collaborative approach and is worthy of trust by others and is a suitable entity for receiving public funds;
- Is a representative voice for their local community;
- Has an annual plan setting out activities that aim to help their communities to get the most from their railways, reflecting (any of) the themes of the DfT's Community Rail Development Strategy.

The Partnership will meet again in February 2020 in Shrewsbury.

Station Usage Statistics

The Office of the Rail Regulator has recently released the Station Usage Statistics for 2018/19 showing passenger numbers at stations which is analysed annually.

The Chester-Wrexham-Shrewsbury Line has seen increases at all its stations as follows:

- Chester up 8% to 5,061,662 from 4,686,374
- Wrexham General up 7.6% to 529,622 from 492,390
- **Ruabon up 7.3% to 102,628 from 95,670**
- Chirk up 5.6% to 79,746 from 75,524
- Gobowen up 4.5% to 228,526 from 218,684
- Shrewsbury up 3% to 2,276,726 from 2,209,684

Fares News

Transport for Wales released some new fares for 2020 including: **Free Off-Peak Tickets for under 16's when accompanied by a fare paying adult.**

Those aged 15 years and younger can get a free off-peak ticket on TfW Rail services (maximum 2 under 16's per fare paying adult) for journeys within a specific area of the network.

For more details see <https://tfwrail.wales/january-fares-changes-reducing-cost-train-travel>

Free Travel Tickets for under 11's when accompanied by a fare paying adult

Those aged 10 years and younger can get a free travel ticket on TfW Rail services (maximum 2 under 16's per fare paying adult) for journeys within a specific area of the network.

For more details see <https://tfwrail.wales/january-fares-changes-reducing-cost-train-travel>

The area of the ticket validity can be found here:

<https://tfwrail.wales/sites/tfwrail.wales/files/2019-11/Zonal%20Maps.pdf>

Days out by train

Birmingham NEC

Direct train to Birmingham International station and just a few minutes away from the exhibition centre.

Get there as they open. Use the 07.58 train from Ruabon, Monday to Friday, or the 07.52 on Saturday. Arrives 09.50.

January			March	
9-12	Autosport International		5 - 8	Crufts
25-26	National Running Show		11 -14	The Big Bang Fair (the UK Young Scientists & Engineers Fair)
			14 -17	The Photography Show & Video Show
February			19 - 22	Sewing for Pleasure including Fashion & Embroidery
18-23	Caravan, Camping & Motorhome Show		19 - 22	The Creative Craft Show
18-1 Feb	National Wedding Show		26 - 29	The National Homebuilding & Renovating Show

Many thanks to Sheila Dee for sending in the above information especially for those travelling to and from **Ruabon Station**

Chair of the Chester Shrewsbury Rail Partnership: Cllr David A Bithell commented on the rise in the number of passengers as revealed in Sheila Dee's report above:

"This demonstrates how important our railways are to all our communities.

Passengers in the area have chosen to travel by train as it gives them good connectivity to the places they need to reach whether that be for work, education or leisure. The changes to the December timetable by Transport for Wales which has resulted in the loss of a morning service north and a two hour wait for a train south in the afternoon is even harder to understand when faced with these figures'.

"Reinstate hourly service along the Chester, Wrexham, Shrewsbury Route"

'Passengers need a frequent and reliable service and we will continue to press for the reinstatement of the hourly service along the Chester, Wrexham, Shrewsbury route which was well used since being introduced over 13 years ago by Arriva Trains Wales'.



LIVE MUSIC SHOWCASE

Live Music Showcase in Ty Pawb is designed to promote local music talent from across the genres.

Held every Thursday, these free to attend lunch time concerts offer a broad range of music ranging from the stage and screen and popular classics through to folk music and music from the jazz and blues arena.

'Live Music Showcase' at Ty Pawb is supported by



Calon FM, The Music Place, the Ty Pawb Markets, Food Court and Shops.

For information about Ty Pawb and the growing, exciting range of events and activities visit www.typawb.wales or the Ty Pawb Facebook page



FREE to attend Live Music Showcase Recital Concerts @ Ty Pawb – Winter 2020 All concerts start at 1pm

Date	Artist(s)	Instrument	Comment
January 9th	Peter Leslie	Singer Songwriter	
January 16 th	Poppy Lee	Vocalist	NEW
January 23 rd	Mair Thomas	Singer Songwriter	NEW
January 30 th	Belle Journee	Guitar, Harmonica and Voice	
February 6 th	Tim Jones Coleg Cambria Students	A Level Music Students and Ensemble	
February 13 th	Philip Chidell	Classical Violinist 'Meditation'	
February 20 th	The Flute School Miriam Peake and her Students	Flute and Ensemble	NEW
February 27 th	Robert Parry	Piano Recital	
March 5 th	Ian Stopes and Dave Hopkins	The Weather Suite	
March 12 th	The Beautiful Barley Boys	Country, Folk & Americana duo	NEW
March 19 th	Nesdi Jones	Welsh Singer Songwriter	NEW
March 26 th	Andy Lowe	Singer Songwriter	NEW

Thank you for supporting our Live Music Showcase concert series. We are pleased to be able to offer these as FREE to attend events in Ty Pawb; there are some costs associated with the concert series and we would appreciate a free will donation which will help us to meet these and also enable us to develop the concert series in the future. A basket, where you can place your donation, is available as you leave. Thank you very much for your generosity.



COURSES & TRAINING

JANUARY TO MARCH 2020

Communities for Work Plus (CFW+) offers support to all residents in Wrexham who are looking to get into employment, volunteering or training.

1. We are also able to offer in-work support to those on low incomes who are looking to upskill or retrain.
2. CFW+ is available across the whole of Wrexham; we have two teams, one based in Caia Park Partnership and one in the opportunities Centre in Plas Madoc.
3. You can be referred to the team through your work coach; agency or you can self-refer to the programme.

Contact the Team

For General enquiries, please email: cfw@wrexham.gov.uk or Telephone 01978 802418/820520
For courses, please call 01978 318853 / 820520

Caia Park Team

Blue Building
Caia Park Partnership Ltd
Prince Charles Road
Wrexham
LL13 8TH
01978 802418

Plas Madoc Team

The Opportunities Centre
Hampden Way
Acrefair
Wrexham
LI14 3US
01978 820520

Outdoor Skills 1.00 to 3.00	Starting Monday 6 January – ongoing course	Chirk Library	This course will teach you basic gardening as well as some woodwork skills in the outdoors.
Woodwork 10.00 to 1.00	Starting Tuesday 14 January for 4 weeks	Caia Park Partnership – Yellow building	Learn basic woodwork skills
Aromatherapy for friends and Family	Starting 14 January for 6 weeks	Caia Park Partnership	This course will familiarise you with the safety aspects of using essential oils, for home use and for friends and family. Week by week we look at some of your popular essential oils and conditions that they may help to support us with, in our journey to wellbeing
Sewing 09.30 to 12.30	Starting Wednesday 15 January for 6 weeks	Caia Park Partnership	An introduction for learning basic sewing skills. Sewing machines will be provided
Valentine's day cards – 09.30 to 11.30	Thursday 16 January	Caia Park Partnership	Make a valentine's card. Materials provided

Yoga and Mindfulness/ Relaxation – 1.00 to 3.00	Tuesday 21 January	Chirk Town Hall	Course accessible for beginners (mat is provided)
Infection control and prevent (online) 10.00 to 12.00	Wednesday 22 January	Brynteg Library	Online course
Vintage teacup pin cushions – 10.00 to 12.00	Thursday 23 January	Llay Resource Centre	Learn how to make a pincushion from a vintage teacup
Love Spoons – 1.00 to 3.00	Monday 27 January	Chirk Library	Make and decorate a ceramic Love Spoon
Vintage teacup pin cushions – 1.00 to 3.00	Tuesday 28 January	Rhos Library	Learn how to make a pincushion from a vintage teacup
First Aid in the workplace – 09.15 to 16.30	Friday 31 January	Acton Community Resource Centre	This accredited, interactive course will teach you all about first aid in the work place.
Child Mental Health (online)	Wednesday 29 January	Brynteg Library	Online course
Love Spoons – 10.00 to 12.00	Friday 31 January	<u>Ruabon Library</u>	Make and decorate a ceramic Love Spoon
Asbestos Awareness (online) – 1.00 to 3.00	Monday 3 February	Caia Park Partnership	
Glitter Tattoos – 10.00 to 12.00	Wednesday 5 February	Venue to be confirmed	A basic course for learning how to do use glitter tattoos.
Mosaic – 2.00 to 4.00	Wednesday 5 February	Cefn Mawr Library	Learn how to do Mosaic and take away your own product at the end of the session
Mosaic – 10.00 to 12.00	Thursday 6 February	Llay Resource Centre	Learn how to do Mosaic and take away your own product at the end of the session.
Pet First Aid – 10.00 to 4.00	Starting Thursday 6 February for 2 weeks	Gwersyllt Community Resource Centre	Course is ideal for pet owners covering the main first aid subjects for animals.
Bath bombs – 10.00 to 12.00	Monday 10 February	Gwersyllt Community Resource Centre	Make and take away your own bath bombs, all materials are supplied

Yoga and Mindfulness/ Relaxation – 1.00 to 2.30	Monday 10 February	Plas Madoc Opportunities Centre	Course accessible for beginners (mat is provided)
Tote Bags – 1.00 to 3.00	Tuesday 11 February	Rhos Library	Design and print your own tote bag
Interviewing skills (online) 10.00 to 12.00	Wednesday 12 February	Brynteg Library	Online course
Woodland Skills (individuals)	Starting Friday 14 February for 5 weeks	Ty Mawr	A five week course aimed at adults wanting to improve their health and wellbeing – Free transport will be included to the session in Bodfari
Valentines Decorations – 10.00 to 12.00	Friday 14 February	Plas Madoc Opportunities Centre	Learn how to make a special clay gift for someone you love!
Bath Bombs - 1.00 to 3.00	Tuesday 17 March	Chirk Library	Make and take away your own bath bombs, all materials are supplied
Spray Tan – 10.30 to 2.30	Wednesday 19 February	<u>CS Beauty – Ruabon</u>	Course includes: Health, safety and hygiene, client consultation, preparation, aftercare and product information
Horse care and Wellness 10.00 to 1.00	Starting Wednesday 19 February to 1 April - for 6 weeks	Coedpoeth - Plas Pentwyn Community Centre	Basic Care and Management in relation to the Five Freedoms. Practically working with the horses around their care and wellbeing. (Wisdom of Equus Certificate of Achievement)
Facial Waxing – 10.30 to 2.30	Wednesday 26 February	<u>CS Beauty – Ruabon</u>	Course includes: Health, safety & hygiene, application & safe removal of wax and aftercare advice
Paediatric First Aid – 9.15 to 4.30	Thursday 27 February	Caia Park Partnership	This accredited course is ideal for parents or those wanting to work with children
Bath bombs – 10.00 to 12.00	Thursday 27 February	Hightown Community Centre	Make and take away your own bath bombs, all materials are supplied

Ancestry – 10.00 to 12.00	Thursday 27 February	Gwersyllt Community Resource Centre	Discover how to research family history and learn more about your local area.
Express lashes – 10.30 to 2.30	Wednesday 4 March	<u>CS Beauty – Ruabon</u>	During the artificial lashes course students will learn the correct procedure for the application of artificial individual Lashes that can look effective for a good weekend
Tote bags – 10.00 to 12.00	Wednesday 4 March	Brymbo Enterprise Centre	Design and make your own tote bag
Clay Daffodils – 2.00 to 4.00	Wednesday 4 March	Cefn Mawr Library	Make and decorate clay daffodils
Tote bags – 10.00 to 12.00	TBC	<u>Ruabon Library</u>	Design and make your own tote bag
Ancestry – 10.00 to 12.00	Friday 6 March	<u>Ruabon Library</u>	Discover how to research family history and learn more about your local area.
Working in confined spaces (online) – 10.00 to 1.00	Tuesday 10 March	Acton Community Resource Centre	Online course
Graffiti – 1.00 to 3.00	Tuesday 10 March	Rhos Library	Design, create and paint your own name plaques to take away home with you.
Graffiti – 1.00 to 3.00	Monday 16 March	Chirk Library	Design, create and paint your own name plaques to take away home with you.
Working at heights (online) – 10.00 to 12.00	Wednesday 11 March	Brynteg Library	Online course
Sewing course – 9.30 to 12.30	Starting Wednesday 11 March for 6 weeks	Cefn Mawr Activity Centre	An introduction for learning basic sewing skills. Sewing machines will be provided
Drug and Alcohol Awareness (online) – 1.00 to 3.00	Monday 16 March	Caia Park Partnership	Online
Lash lift and tint – 10.30 to 2.30	Wednesday 18 March	CS Beauty - Ruabon	Course includes: Health, safety & hygiene, related anatomy & physiology, correct procedure for perming, benefits of perming and aftercare advice
Easter Sock Bunnies – 2.00 to 4.00	Wednesday 18 March	Cefn Mawr Library	Craft an Easter bunny from a sock. Materials provided

First Aid in the workplace – 09.15 to 16.30	Friday 20 March	Plas Madoc Opportunities Centre	This accredited, interactive course will teach you all about first aid in the work place.
Easter Sock Bunnies – 1.00 to 3.00	Monday 23 March	Chirk Library	Craft an Easter bunny from a sock. Materials provided
Brow Definition – 10.30 to 4.00	Wednesday 25 March	<u>CS Beauty – Ruabon</u>	Course includes: Lash Tinting, brow Mapping/problem solving, tinting, waxing, trimming, tweezing, Threading and powder
Bake and Make Chocolate Easter eggs – 10.00 to 12.00	Monday 30 March	Hightown Community Centre	Craft course for making chocolate Easter eggs

Booking is essential on all courses, if you would like to book a place, please call a member of the team on 01978 318853 or 01978 820520

Please note the phone lines will be open until Monday 23 December and then closed until Thursday 2 January 2020 (no answer phone is available)

Spaces will be allocated on a first come first served basis.

Work Clubs & Digital Drop in Sessions

Open to all – Wherever you live. Work Clubs provide free Support for anyone looking for work.

- Meet our friendly and supportive staff
- Use a computer and get help if you need it
- Complete successful job searches
- Manage your Find a Job Account
- Get extra help with CVs and training needs
- Get help and assistance with your Universal Credit claims
- Communities for Work Plus work clubs are open to all and it does not matter if you are already on the work programme or are getting support from other projects. Just come along and have a cuppa and a chat with a cup of tea.

When

Every Monday

Every Tuesday

Every Tuesday

Every Wednesday

Every Thursday

Every Wednesday

Every Thursday

Every Friday

Daily

Appointment only in Brymbo Enterprise Centre, Chirk Library, Llay Resource Centre and Ruabon Library

Where

Caia Park Partnership

Acton Community Resource Centre

Rhos Library

Brynteg Library

Caia Park Partnership

Cefn Mawr Library

Gwersyllt Resource Centre

Wrexham Library

Caia Park Partnership (Blue Building)

Time

1pm – 3pm

10am – 12pm

1pm – 3pm

10am – 12pm

10am – 12pm

1pm – 3pm

1pm – 3pm

10am – 12pm

10am – 12pm

Essential Skills:

Age 16+.

Get help with Numeracy & Literacy (Basic English & Maths)

When	Where	Time
Every Wednesday (Term Time only)	Plas Madoc Opportunities Centre	9:30am 11:30am
Every Wednesday (Term time only)	Caia Park Partnership	10am – 12pm
Every Thursday (Term Time only)	Brynteg Memorial Centre	9am – 11am

**

Please scroll down for Welsh

HEALTH WATCHDOG ASKS PEOPLE TO TALK ABOUT VASCULAR SERVICES

NEWS RELEASE

16 DECEMBER 2019

The independent health services watchdog for North Wales – the North Wales Community Health Council (NWCHC) - has now confirmed further dates for listening and engagement events across the region. These events will give people the opportunity to share their views and experiences of some major changes made in March of this year to the provision of Vascular Services.

The NWCHC is hosting a series of events across all six counties of North Wales, inviting NHS staff, patients, their carers and their families, to talk about Vascular Services. The first two events held in Pwllheli and Bangor, were well attended and people are pleased that the NWCHC is providing the opportunity for them to air their views.

Further events will be taking place on the following dates and venues

14th January 2020 from 11.00am – 1.00pm at Neuadd Pendre Tywyn, 4 Brook Street, Tywyn, Gwynedd LL36 9DP

16th January 2020 from 11.00am – 1.00pm at Holywell Leisure Centre, North Road, Holywell, Flintshire CH8 7TQ

24th January 2020 from 10.30am – 12.30pm at Aberconwy MIND, 3 Trinity Square, Llandudno, Conwy LL30 2PY

28th January 2020 from 2.00pm – 4.00pm at Colwyn Bay Cricket Club, 77 Penrhyn Avenue, Rhos-on-Sea, Colwyn Bay, Conwy LL28 4LR

3rd February 2020 from 11.00am – 1.00pm at Morfa Hall, 141 Bath Street, Rhyl LLI8 3EB

12th February 2020 from 10.00am – 12noon at Town Hall, Bulkeley Square, Llangfeni, Ynys Mon LL77 7LR

13th February 2020 from 11.00am – 1.00pm at Ty Pawb, Market Street, Wrexham LLI3 8BY

27th February 2020 from 11.00am – 1.00pm at HWB Dinbych, Smithfield Road, Denbigh LL16 3RG

28th February 2020 from 10.00am – 12noon at Amlwch War Memorial Hall, 18 Market Street, Amlwch, Ynys Mon LL68 9ET

Mr Geoff Ryall-Harvey, Chief Officer for NWCHC said 'Since the changes have been made to some of the Vascular Services, we have been monitoring the patient experience of the service. Over recent months however, we have been aware of an increased level of concerns in respect of the impact of the service change.'

'We have raised these concerns with the Betsi Cadwaladr University Health Board (BCUHB) and are pleased to learn that the BCUHB intends to carry out a thorough review of the performance of the service and the impact of the changes made to the service to date.'

Mr Ryall-Harvey went on to say 'We are holding these events in order to allow people to talk to us about specific issues concerning their experiences of Vascular Services across North Wales. The events will be structured around a number of aspects such as compliments, concerns and complaints, care planning, care provision and communication.'

'We understand that in some instances, people might wish to share experiences in a confidential way and we will ensure that there is a safe space for such discussions to take place.'

Should you wish to attend any of the events or for further information please contact the North Wales Community Health Council on tel: 01248 679284 (*nb there is an answerphone system in operation – please leave a message and a member of our team will be in touch*) or e-mail yourvoice@waleschc.org.uk

You can register attendance via our SurveyMe app by using the following link:

<https://svy.at/5xr1r> UK-EWN3-75TQ

**

DATGANIAD NEWYDDION

16 RHAGFYR 2019

CORFF GWARCHOD IECHYD YN GOFYN I BOBL I SIARAD AM WASANAETHAU FASGWLAIDD

Mae corff gwarchod gwasanaethau iechyd annibynnol Gogledd Cymru - Cyngor Iechyd Cymuned Gogledd Cymru (CICGC) - yn awyddus i glywed gan bobl sydd wedi cael eu heffeithio gan rai newidiadau mawr a wnaed ym mis Mawrth eleni i ddarpariaeth Gwasanaethau Fasgwlaidd.

Bydd yr CICGC yn cynnal cyfres o ddigwyddiadau ar draws pob un o chwe sir Gogledd Cymru, gan wahodd staff y GIG, cleifion, eu gofalwyr a'u teuluoedd i siarad am Wasanaethau Fasgwlaidd. Daeth nifer dda i'r ddau ddigwyddiad cyntaf a gynhaliwyd ym Mhwillheli a Bangor, ac roedd pobl yn falch bod CICGC wedi rhoi'r cyfle iddynt fynegi eu barn.

Bydd digwyddiadau pellach yn cael eu cynnal ar y dyddiadau a'r lleoliadau canlynol:

14 Ionawr 2020 o 11.00 y bore – 1.00 y prynhawn yn Neuadd Pendre Tywyn, 4 Stryd Brooke, Tywyn, Gwynedd LL36 9DP

16 Ionawr 2020 o 11.00 y bore – 1.00 y prynhawn yng Nghanolfan Hamdden Treffynnon, Ffordd y Gogledd, Treffynnon, Sir y Fflint CH8 7TQ

24 Ionawr 2020 o 10.30 y bore – 12.30 y prynhawn yn MIND Aberconwy, 3 Sgwar Trinity, Llandudno, Conwy LL30 2PY

28 Ionawr 2020 o 2.00 y prynhawn – 4.00 y prynhawn yng Nghlwb Criced Bae Colwyn, 77 Ffordd Penrhyn, Llandrillo yn Rhos, Bae Colwyn, Conwy LL28 4LR

03 Chwefror 2020 o 11.00 y bore – 1.00 y prynhawn yn Neuadd Morfa, 141 Stryd y Baddon, Y Rhyl LLI8 3EB

12 Chwefror 2020 o 10.00 y bore - 12.00 yn Neuadd y Dref, Llangefni, Ynys Môn LL77 7LR

13 Chwefror 2020 o 11.00 y bore – 1.00 y prynhawn yn Ty Pawb, Stryd y Farchnad, Wrecsam LLI3 8BY

27 Chwefror 2020 o 11.00 y bore – 1.00 y prynhawn yn HWB Dinbych, Stryd Smithfield, Dinbych LLI6 3RG

28 Chwefror 2020 o 10.00 y bore - 12:00 yn Neuadd Goffa, 18 Stryd y Farchnad, Amlwch, Ynys Môn LL68 9ET

Dywedodd Mr Geoff Ryall-Harvey, Prif Swyddog CICGC 'Ers i'r newidiadau gael eu gwneud i rai o'r Gwasanaethau Fasgwlaidd, rydym wedi bod yn monitro profiad cleifion o'r gwasanaeth. Dros y misoedd diwethaf fodd bynnag, rydym wedi bod yn ymwybodol o gynnydd mewn lefelau pryderon mewn perthynas ag effaith y newid gwasanaeth.'

'Rydym wedi codi'r pryderon hyn gyda'r Bwrdd Iechyd Prifysgol Betsi Cadwaladr (BIPBC) ac rydym yn falch o glywed bod y BIPBC yn bwriadu cynnal adolygiad trylwyr o berfformiad y gwasanaeth ac effaith y newidiadau a wnaed i'r gwasanaeth hyd yma.'

Aeth Mr Ryall-Harvey ymlaen i ddweud 'Rydym yn cynnal y digwyddiadau hyn er mwyn caniatáu i bobl siarad â ni am faterion penodol yn ymwneud â'u profiadau o Wasanaethau Fasgwlaidd ledled Gogledd Cymru. Bydd y digwyddiadau wedi'u strwythuro o amgylch nifer o agweddau megis canmoliaeth, pryderon a chwynion, cynllunio gofal, darparu gofal a chyfathrebu.'

'Rydym yn deall, mewn rhai achosion, efallai y bydd rhai pobl yn dymuno rhannu profiadau mewn ffordd gyfrinachol a byddwn yn sicrhau bod lle diogel i drafodaethau o'r fath ddigwydd.'

Os hoffech fynychu unrhyw un o'r digwyddiadau neu i gael rhagor o wybodaeth, cysylltwch â Cyngor Iechyd Cymuned Gogledd Cymru ar y rhif ffôn canlynol: 01248 679284 (*nodwch mae system peiriant ateb ar waith - gadewch neges os gwelwch yn dda a bydd aelod o'n tîm mewn cysylltiad â chi*) neu e-bost yourvoice@waleschc.org.uk

Mae modd i chi gofrestru eich presenoldeb ar ein ap SurveyMe drwy ddefnyddio'r ddolen ganlynol:

<https://svy.at/5xr1r>

UK-EWN3-75TQ



CAROL WILLIAMS

DIRPRWY BRIF SWYDDOG / DEPUTY CHIEF OFFICER

Cyngor Iechyd Cymuned Gogledd Cymru / North Wales Community Health Council

11 Llys Castan/Chestnut Court, Ffordd y Parc, Parc Menai, Bangor, Gwynedd, LL57 4FH Ffôn/Tel 01248 679 284



Ysgrifennwch ataf yn Gymraeg neu Saesneg
Please write to me in Welsh or English

Rydym yn croesawu gohebiaeth trwy gyfrwng y Gymraeg a'r Saesneg. Os byddwch yn ysgrifennu atom yn Gymraeg, byddwn yn ateb yn Gymraeg. Ni fydd hyn yn arwain at oedi wrth ymateb i'ch gohebiaeth.

We welcome correspondence through the medium of both Welsh and English. If you write to us in Welsh, we will answer in Welsh. This will not lead to a delay in responding to your correspondence.

Os ydych angen yr wybodaeth yma ar ffurf wahanol cysylltwch â 01248 679284 neu carol.williams@waleshcorg.uk

If you need this information in an alternative format please contact 01248 679284 or carol.williams@waleshcorg.uk

Sylwer y gellid mynnu, o dan delerau Deddf Rhyddid Gwybodaeth 2000, bod y Cyngorau Iechyd Cymuned yn gwneud cynnwys unrhyw e-bost neu ohebiaeth a dderbyniwyd yn gyhoeddus.

Please be aware that, under the terms of the Freedom of Information Act 2000, Community Health Councils may be required to make public the content of any emails or correspondence received.

**

The Virtual Dementia Tour

The Virtual Dementia Tour was invented 20 years ago and can give people with a



healthy brain an experience of what dementia might be like. It gives people an opportunity to walk in the world of people living with dementia - and then change the environment and their practice to potentially allow people with dementia to stay at home longer and improve their care.

By walking in the shoes of a person with dementia, we can start to understand the issues that they experience every day. You will experience being confused, isolated, lost, intimidated, vulnerable and much more and therefore understand what you need to change to improve quality of care.

The bus will be at the following locations:

- February 18 - Bangor-On-Dee Village Hall, Wrexham, LL13 0BY
- February 19 - Pendine Park Care Organisation, Wrexham, LL13 7YW
- February 20 - Pheonix Homecare and Support, Wrexham, LL11 4YL
- February 21 - Enterprise Hub (Old Iceland), Wrexham LL11 1AT

*The 18 and 20 February have later sessions to enable carers to attend.

If you would like to learn more about what it is like to live with dementia, then book your place on the Virtual Dementia Tour Bus when it returns to Wrexham in February 2020.

There will be three sessions available per day and booking is essential:

01978 292066

Commissioning@wrexham.gov.uk.

**Croeso i'r
Canolfannau Teuluoedd**

**Welcome to the
Family Centres**



Rydym yn darparu cefnogaeth, cyngor a chyfarwyddyd i blant a phobl ifanc a'u teuluoedd ar draws Wrexham.

We provide support, advice and guidance to children, young people and their families across Wrexham.



**

RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH



Books AND Far, Far More

"Libraries are a cornerstone of democracy—where information is free and equally available to everyone. People tend to take that for granted, and they don't realise what is at stake when that is put at risk."

Carla Hayden

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

**

The Exhibition area in Ruabon Library is free to exhibit each month. Please contact a member of staff for availability, phone number above.

**

There is a Dementia Art Group on a Wednesday afternoon where materials are provided.

Please call Margaret Roberts on 01978 351013 for further details. Christine has made many new friends at the group and is looking forward to the opportunity to share her work with you.

**

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!

Mondays: Natter & Chatter - come and join us at our natter and chatter table between 4-5pm.

Welsh Learners Conversation Group meet between 2 and 3pm.

The Welsh Reading Group meets on the **FIRST** Monday of the month at 3pm.

Family Board games - 3-4pm

Wednesdays:



Ruabon Library reading group will meet on Wednesday 8th January, 2.15pm. Each group will discuss their latest read over a cup of tea and a lively discussion about the book and a natter about everything!

Paws to Read with Elliot the Tiger - 3.30pm. Children are welcome to come along and share a story, poem or rhyme with Elliot, either with parents, carers or staff.



Clwb Plant /Children's Club Dydd Mercher

cyntaf o'r mis/ First Wednesday of the

month 3:30yp/3:30pm. Dewch draw am hwyl,

Lego, gemau, posau, lliwio, straeon a llawer mwy. Come along for fun, Lego, games, puzzles, colouring, stories and much more. Oed 5 - 10 Years



Thursdays: Chess Club - 2.15pm. New members welcome. Please contact staff for more details, as we currently only have one chess set.

Fridays: Knit & Natter 2-4pm.

New members always welcome.

**



Stori â Chân/Dydd Gwener: Story and Rhyme at 2.15pm



**

Time to Remember at Ruabon Library

Reminiscence means sharing life experiences, memories and stories from the past. Typically, a person with Dementia is more able to recall things from many years ago than recent memories, so reminiscence draws on this strength. Reminiscence can give people with Dementia a sense of competence and

confidence through using a skill they still have. Ruabon hold regular specifically for people living with Dementia, their Carers and/or Families, to provide them with an opportunity to talk about and share happy memories and good feelings. The sessions include reading, chatting, listening to music, playing games and more. They take place on the 2nd and 4th Wednesday's of each month, 2-3pm. If you know someone who could benefit from these sessions please call the library to reserve your place? 01978 822002.



HELLO, My name is Ffion Morus and I am the Community Agent in Pen-Y-Cae and Ruabon. Are you over 50 and looking for a FREE and confidential service?

HELLO, Ffion Morus yw fy enw I ac rwy'n Asiant Cymunedol yn Rhiwabon a Pen-Y-Cae. Ydych chi dros 50 ac yn edrych am wasanaeth gyfrinachol sydd am DDIM?

MONTHLY DROP IN SESSIONS –
EVERY 3RD MONDAY OF THE MONTH
11-12PM
AT RUABON LIBRARY
STARTING 16TH SEPTEMBER

SESIYNAU MISOL -
GALWCH I FEWN BOB TRYDYDD LLUN OR MIS
11 TAN 12
YN LLYFGELL RHIWABON
DECHRAU MEDI 16^{ed}

I can support you with:

- Information on groups and activities
- Completing forms
- Housing issues
- Healthcare queries
- Loneliness and isolation

Rwyf yn helpu gyda:

- Gwybodaeth gweithgareddau a grwpiau
- Cwblhau ffurfienni
- Materion Cartref
- Ymholiadau Gofal Iechyd
- Teimlo'n unig ac ar ben eich hunan

Please contact me on/ Cywlltwech â mi:
 Mobile/Yffon – 07751 778868
 Email/Ebost – communityagent@ruabon.com

New Year New You

Caia Park Health Team in conjunction with the NHS and Wrexham Library are holding a series of workshops to help you stay fit and healthy throughout January and February. The next session on the 24th January, 11:00am-12:00pm will look at the Food and mood, where they will discuss with you how you can have a healthy balanced diet and its positive effect on mood. These sessions are free of charge and there is no need to book.

Veganuary at your local library

Have you seen all the press coverage and wondered what Veganuary is all about? Wrexham Library have a range of books available for you to loan to learn about the vegan diet and some fantastic recipe books to get you started. If you love baking, then 'Chloe's Vegan Dessert' by Chloe Coscarelli or 'The Vegan Baker' by Dunja Gulin will be so tempting. If you are a speedy cook, then Katy Beskow's '15 Minute Vegan – Comfort Food' will be just the thing for you. If Veganuary doesn't interest you, but you are looking for other diets or healthy eating books, the library has lots of those too. So, don't be nervous about a new year, new you, visit your local library today and get your free healthy eating journey started.

Bus Pass Renewal's at your local library

Did you know all old style bus passes will expire after 29 February 2020? To help you apply for a new one some libraries around Wrexham County Borough are holding special sessions led by volunteers to guide you through the process before the closing date of 31st January. Sessions will be held on Friday's throughout January at Wrexham Library, 2:00pm -3:00pm on a first come first served basis. Please remember to bring with you your current bus pass and your National Insurance number Please note Wrexham Library will not be able to help you outside of these times.

Learning at Lunchtime

The next Learning at Lunchtime at Wrexham Library will focus on the EU Settlement Scheme. Tim Fox from Mind in Wales will be talking about the EU Settlement Scheme and the FREE support available to anyone who needs help with making an application. He will cover what people need to apply for and when they need to apply by. This is important for European citizens who wish to continue living in Wrexham after the UK leaves the EU. The session will take place on Wednesday 5th February, 1:00pm – 2:00pm. There is no need to book your place.

**

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: Please contact: Rev'd Fr. Anthony Nnamah MSP email: chykenam@gmail.com.

**

RUABON AND DISTRICT CHURCH **SERVICES**

St Mary's Church, Ruabon on Sunday 2nd February at 8am, a service of Holy Communion and at 9.30am Family Communion.

**

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

**



At Ruabon Methodist Church on Saturday 1st February there will be an Open Church and Prayer Meeting from 10am to 12 noon
On Sunday 2nd February at 10.30am, the service will be led by Sian Williams.

**



At Ruabon Congregational Church
(The Chapel on the Hill) on Sunday 2nd February, there are no details as yet

At All Saints' Church, Penylan on Monday 27th January at 11am, a Funeral (Richard Darlington)

On Sunday 2nd February at 11am: a Family Service

**

At St John's Church, Rhosymedre on Tuesday 28th January at 2pm: a funeral Jean Lloyd.

On Wednesday 29th January at 10am, a service of Morning Prayer and at 11am: Plas Telford.

On Sunday 2nd February at 11am a Family Service.

At 12noon a meeting of the Church Committee.

NOTES FOR THE ANGLICAN CHURCHES

- ON SATURDAY 1ST FEBRUARY AT 7.30PM THE VALE ROYAL SINGERS WILL BE SINGING IN ST MARY'S. PLEASE PUT THE DATE IN YOUR DIARY AND COME AND SUPPORT THE CHOIR THAT JO, OUR ORDINAND AND HER HUSBAND SING WITH. TICKETS ARE AVAILABLE (PRICE £7.50), AND HELP WILL BE NEEDED WITH REFRESHMENTS.
- THE NEXT FISH AND CHIPS AND BINGO AT ST JOHN'S CHURCH WILL BE ON TUESDAY 11TH FEBRUARY AT 12.30PM. PLEASE LET BEULAH KNOW IF YOU PLAN TO COME.
- THE NEXT MEETING OF 'TIME WELL SPENT' IS ON FRIDAY 21ST FEBRUARY IN ST MARY'S CHURCH HALL. COFFEE AND CHAT FROM 11 AM, A COOKED LUNCH AND RELAX WITH FRIENDS. THE PLANNING MEETING WILL BE ON MONDAY 17TH AT 2.30PM IN THE CHURCH HALL.
- THE FELLOWSHIP GROUP MEETS IN ST MARY'S HALL ON WEDNESDAYS, 12.30-1.30PM. ALL ARE WELCOME.
- PLEASE NOTE THAT IF YOU WISHTO BOOK ST MARY'S CHURCH HALL YOU MUST WRITE THE EVENT ON THE HALL CALENDAR.

**

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.