



RUABON NEWS LETTER 314

09.03.2020

£2,000 to Hope House from Students

"Over the last twelve months, Ysgol Rhiwabon students have organised and participated in a series of fundraising activities in aid of Hope House Hospice as one of their chosen charities.



Using their creativity and entrepreneurial skills from the 'Skills Challenge Certificate' as part of the Welsh Baccalaureate qualification, Year 10 students ran the annual Christmas Fair offering presents decorations and treats to students, staff and visitors from the local community.

Highlights included: homemade cakes, original games, food and drink stalls all created by the students themselves.

Younger students also participated in fundraising efforts using their musical talents to entertain local residents in a carol concert held at the local chapel. Throughout the year non uniform days, cake sales and other events were held to swell the charity fund.

On Wednesday October 23rd, Cat Dowdeswell, visited the school to introduce the challenge to the current

Year 10 students in preparation for their fair to be held during December.

The follow up visit took place on Wednesday March 4th, where Cat again visited the school to congratulate the students for their efforts in fundraising for Hope House



After highlighting the great work done for local families in the local community, Cat was presented with a cheque for £2000 by Deputy Head Girl, Alice Williams and Deputy Head Boy, Owen Crump."

Mrs Helen Sava, Assistant Headteacher, said:

"I was delighted for our students to be able raise such a sum for Hope House. It is a tremendous effort and all credit should be given to the students for the dedication they have shown for this worthy cause".

Photo from L to R.

Mrs Helen Sava,
(Assistant Headteacher)
Owen Crump,
(Deputy Head Boy)
Cat Dowdeswell,
(Hope House)
Alice Williams,
(Deputy Head Girl)
Mr Jon Tonks,
(Lead Learner).





Another 'Good News Story' from

Ysgol Rhiwabon

The Sports Centre at Ysgol Rhiwabon has benefitted from a project, during half term, to improve the performance and energy efficiency of the centre's lighting, following weeks of careful planning and audit.

The partnership with Freedom Leisure and Wrexham Council is working well at the site and is leading to significant investment in the new energy efficient lighting for the centre, which will ensure that the students of Ysgol Rhiwabon, North Wales Cricket, and Freedom Leisure customers will continue to enjoy the benefits of the modern lighting system.

The design and installation, using LED luminaries and sensor technology, will also reduce the energy consumption for the site, reducing the costs of operation moving forward.

These are great sports facilities for the school, and for local sports clubs, to use - follow the link to the sports centre to make a booking-

<https://www.ysgolrhiwabon.co.uk/sports-centre/>

The pictures below show the installation of the system by PLS Lighting.





Litter Pick

Come and join our litter pick around the
village

Saturday 28h March @10am

Meeting point Ruabon Village Hall

Maes-y-Llan Lane LL146AE

All equipment supplied

Please register you interest

Email: info@friendsof ruabon.co.uk

Facebook :Friends of Ruabon





SPRING FAYRE

SATURDAY APRIL 4TH

1PM

RUABON VILLAGE HALL

STALLS

GAMES

CRAFTS

REFRESHMENTS

FUN FOR ALL THE FAMILY



Bunny Hunt Saturday 11th April 2020 10.30am
Ruabon Park Gates Park Street Ruabon LL14 6LE



Find the names of all the bunnies hidden in the grass and trees behind the Park Gates. Suitable for all ages, appropriate footwear essential. Lots of little Easter Eggs to win as well as the main Easter Basket for each age group.
Lots of fun for all the family

Stamp appeal

RNIB

See differently



Collect your used stamps and help us create a world without barriers for people with sight loss.

Order your pre-paid envelopes and boxes today!



rnib.org.uk/stamps



0345 345 0054



RNIBstamps@rnib.org.uk



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FUNDRAISING
REGULATOR

REB0903

© RNIB registered charity in England and Wales (226227), Scotland (SC039316), Isle of Man (1226). Also operating in Northern Ireland.

Community Councillor Sarah Giles will shortly be placing collection boxes for these stamps at Ruabon Medical Centre and also at Ruabon Village Hall

WYNNSTAY ARMS

Pub Quiz


EVERY MONDAY

8.30PM

STARTING 10TH FEBRUARY

ROBINSONS

www.wynnstayarms.pub

 [ynnstayarmsruabon](https://www.instagram.com/wynnstayarmsruabon)

 [/wynnstayarmsruabon](https://www.facebook.com/wynnstayarmsruabon)

For further health information, visit
drinkaware.co.uk

IMAGE FOR ILLUSTRATIVE PURPOSES ONLY

NOTICE FROM RUABON MEDICAL CENTRE

PROTECTED EDUCATION TIME

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

Thursday 12th March 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 12^{ed} Mawrth 2020

Os oes angen i chi gysylltu â meddyg mewn argyfwng, ffoniwch y rhif
ffôn canlynol os gwelwch yn dda - 0300 123 5566

These posters are clearly displayed on
our entrance doors and around our
waiting area.

'The Ruabon Field Club

This month the talk will be:

History of Acton Park



given by

Alistair Williams

on

Tuesday 17th March at 2pm

at

St Mary's Church Hall

*New members welcome at an annual subscription of £10

*Visitors welcome to attend meetings for a non-
membership fee of £2



Are you an unpaid carer?

NEWCIS Carer Information Service Run informal and friendly groups and training sessions across Wrexham County, which are a great way to relax and meet other carers.

Join us for a:

‘Basic British Sign Language Taster’ session

At Ruabon Village Hall

Tuesday 10th March from

10am until 12 o’clock

A NEWCIS Carer Wellbeing Officer will also be on hand to tell you more about our service and the support we can offer to carers in Wrexham County.

Free session - Suitable for beginners - Refreshments available

Please contact Maxine on **01978 423114** to book your place.

BOOKING ESSENTIAL.

The information below has been sent in by
Ruabon Medical Centre

Novel Coronavirus (2019-nCoV)

**Call NHS Direct Wales on 0845 4647 or 111
Wales, if available in your area**

If you have been to:

- Hubei Province (including Wuhan) in the last 14 days; or
- China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau **in the last 14 days AND have any of these symptoms:**

Cough Fever Difficulty breathing

Please do not enter the surgery.

Telephone the surgery on: 01978 823717

If you are very unwell, please inform the receptionist at the beginning of your call. Please contact the helpline when you return home and **follow the advice below:**

DO: Stay indoors and avoid contact with others as much as possible for 14 days after you arrive.

DO NOT: go to work, school or public areas

DO NOT: use public transport or taxis

AVOID visitors in your home.

Social Prescribing

Many of life's problems can make you feel unwell.

HEALTH

BEREAVEMENT

ISOLATION

DEPRESSION

DEBT

HOUSING

What is Social Prescribing?

Benefit advice. Help with housing issues. Tackling loneliness. Exercise. Advice. Wellbeing. Signposting to services. Relationships. Holistic. Keep learning. Volunteering. Social activities. Health. Happiness.

Social Prescribing helps you explore extra services that support you to improve your health, sense of wellbeing and to make positive life changes.

Social Prescribing enables your GP, nurse or other healthcare professional to refer you to a Social Prescribing Link Worker based in your practice, to talk about the issues you're facing and find the right services to support you.

The next step: Just ask your GP practice to make a referral. It is quick and easy.

A social prescription to support your health and wellbeing

Support with your finances Be more socially connected Support your mental wellbeing Be healthier Live well & more independently



Be more active

Delivered by Rainbow Centre, Penley. Charity No: 1100479.



In collaboration with

This is a great example of how the Social Prescriber service can support people: Patient Case Study 1: November 2019

A 42 year old female patient attended for social prescribing. She had an addiction to gambling, this had previously led her to steal money from her employer which she received a criminal conviction for. This cycle of addiction had led to large debts, isolation and issues within her family relationship. The patient had been diagnosed with reactive depression:

The social prescriber took the following steps to support the patient:

- * Looked at addiction/cycle of change to reassure the client - this was used in review sessions
- * Referred and signposted the patient for a range of services offered by Gamcare
- * Referred the client to 'Step-change' who offer financial/debt advice
- * Monitored mood/focused on progress made by client
- * Identified action plan to promote clients' wellbeing and relationships
- * Encouraged patient to engage in a manageable amount of activities with friends

Outcome: The patient has sustained 3 months of not gambling. She is now on a debt management plan. The patient is utilising the online 'Gamcare' support, although she felt the face to face support group was not for her. Patient is making slow progress in her marriage/relationships. She is setting realistic goals in getting out more and seeing her friends.

Letter of appreciation received in November 2019.

Thank you Social Prescriber but I think my first step was actually talking to you. I was so worked up and almost left the waiting room

because I really struggle with anyone I don't know to be honest. I am useless talking to strangers or even letting my guard down. When I started talking to you and almost broke down you really showed me compassion and made me feel comfortable. You didn't make me feel embarrassed which I can't thank you enough for. You really are a credit to people out there struggling with their emotions and difficulties so never stop doing the great work you are doing because you really are a great help to us all struggling.

THANK YOU.

One blood donation could be lifesaving to babies in need of a blood transfusion.

PLAS MADOC LEISURE CENTRE
Acrefair

Tuesday 10 March
14.00 - 16.00 & 17.30 - 19.30



THE HAFOD COLLIERY CENTRE
Rhosllanerchugog

Wednesday 11 March
14.00 - 16.00 & 17.30 - 19.30



BOOK TODAY!

Gall un rhodd o waed achub bywydau babanod sydd angen trallwysiad gwaed.

CANOLFAN HAMDDEN PLAS MADOC
Acrefair

Dydd Mawrth 10 Mawrth
14.00 - 16.00 & 17.30 - 19.30



CLWB PWLL GLO HAFOD
Rhosllanerchugog

Dydd Mercher 11 Mawrth
14.00 - 16.00 & 17.30 - 19.30



ARCHEBWCH HEDDIW!



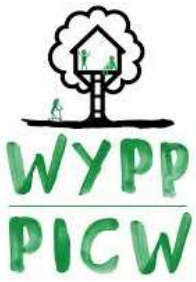
Visit welshblood.org.uk
Or call us on 0800 25 22 66



Ewch i gwaedcymru.org.uk
Neu ffoniwch ni ar 0800 25 22 66



Thank you to Debbie Day, Donor Engagement Co-ordinator/
Cydlynnydd Ymgysylltu a Rhoddwyr, for this information



THE WREXHAM PLAY AND YOUTH SUPPORT TEAM

will be offering a

PLAYFUL PARENT DROP-IN

every Thursday at

THE RUABON YOUTH CLUB,

Starting on the 27th February

for 6 weeks

These free sessions will run from 12:30-2:30pm and are a chance for children and parents to play, as well as to meet other parents and chat to the playworkers.

Ysgol Rhiwabon
Silver
Ambassadors
 Present to you...

6th February!!

Thursday Lunchtimes in the Seminar Room!

Fitness and Exercise Sessions!

After school fitness club from 3.05pm-4.05pm,
 Starting from February 12th 2020

We take part in fun activities such as: Fitness, Stretches
 Circuit training and Just Dance!

Open to Year 7 and 8
 Boys and girls



Weekly competitions within the club!

Win prizes such as sweets and trophies!

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	
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 March	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



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

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
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)

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-10am to 12 noon	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-10am to 12 noon	TBC	<u>Ruabon Library</u>	Design and make your own tote bag
Ancestry-10am o 12noon	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) - 10am to 1pm	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) - 10am to 12 noon.	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	Monday 16 March	Caia Park Partnership	Online-1pm to 3pm

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-2pm-4pm	Wednesday 18 March	Cefn Mawr Library	Craft an Easter bunny from a sock. Materials provided
First Aid in the workplace-9.15am to 4.30pm	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-1pm to 3pm	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 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	Where	Time
Every Monday	Caia Park Partnership	1pm – 3pm
Every Tuesday	Acton Community Resource Centre	10am – 12pm
Every Tuesday	Rhos Library	1pm – 3pm
Every Wednesday	Brynteg Library	10am – 12pm
Every Thursday	Caia Park Partnership	10am – 12pm
Every Wednesday	Cefn Mawr Library	1pm – 3pm
Every Thursday	Gwersyllt Resource Centre	1pm – 3pm
Every Friday	Wrexham Library	10am – 12pm
Daily	Caia Park Partnership (Blue Building)	10am – 12pm
Appointment only in Brymbo Enterprise Centre, Chirk Library, Llay Resource Centre and Ruabon Library		

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

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.

The Gresford Craft Group is due to occupy this space as from the 1st March for one month

**

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 11th January at 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.

**

Dysgu yn y Llyfrgell
Llyfrgell Rhiwabon | Ruabon Library
Learning at the Library

Dydd Mercher
18 Mawrth
2.15

Dewch i ddysgu sut i wneud bocs sgwar perffaith gyda cherdyn lliwgar. Addar iawn ar gyfer rhoi anrheg bach neu siocled mewyn pryd ar gyfer Sul y Mamau.

Wednesday
18 March
2.15

Join us to learn how to make a perfect square box using coloured card. Ideal for holding small gifts or chocolates in time for Mothering Sunday.

☎ 01978 822002 | ✉ ruabon.library@wrexham.gov.uk



Llyfrgelloedd Wrecsam & Wrexham Libraries



@LlyfrgellWcm & @Wxm. Library

Ydych chi dros
50?/Are you
over 50?

Ydych chi'n teimlo'n
unig ac ar ben eich
hunan? / Are you
struggling with lone-
liness or isolation?

Ddim yn siŵr ble i
fynd am
gyngor? / Not
sure where to go
for advice?

Asiant Cymunedol Community Agent

Trigolion Pen-Y-Cae a Rhiwabon / Residents of Pen-Y-Cae & Ruabon

Am fwy o wybodaeth neu i
ddefnyddio'r gwasanaeth
cyfrinachol ac am ddim hwn,
cysylltwch â Ffion Austin ar:

For more information or to use
this free & confidential service
please contact Ffion Austin on:

07751 778868

communityagentpr@yahoo.com

Gweithio gyda eich
Cyngor Cymunedol /
Working for your Com-
munity Council

Hoffech chi gael wybodaeth
am grwpiau a
gweithgareddau yn eich
ardal chi? / Would you like
some information on groups
and activities in your area?

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.

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

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For Catholic weddings, baptisms and confessions in Ruabon, Chirk and Llangollen: Please contact: Rev'd Fr. Anthony Nnamah MSP email: chykenam@gmail.com.

RUABON AND DISTRICT CHURCH SERVICES

At St Mary's Church, Ruabon on Sunday 15th March at 8am Holy Communion and at 9.30am Morning Prayer

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

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At Ruabon Methodist Church on Sunday 15th March at 10.30am Deacon Lisa Rathbone will lead the congregation.

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At Ruabon Congregational Church
(The Chapel on the Hill) on Sunday 15th March, there will be a service of Hymns and Readings.

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At All Saints' Church, Penylan on Sunday 15th March at 11am a Service of Morning Prayer

At St John's Church, Rhosymedre on Wednesday 11th March at 10am: Lent Group

On Sunday 15th March at 11am, a service of Holy Communion

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NOTES FOR THE ANGLICAN CHURCHES:

- **GUIDANCE ON COVID-19 VIRUS FOR PARISHES**

PLEASE DO NOT INTINCT BECAUSE HANDS CAN BE AS MUCH A SOURCE OF PATHOGENS AS LIPS, INTINCTION IS NO SAFER THAN DRINKING AND CAN INTRODUCE GERMS INTO THE CUP. INTINCTION (DIPPING THE BREAD INTO THE WINE) CAN ALSO THREATEN THOSE WITH CERTAIN IMMUNE OR ALLERGIC CONDITIONS.

IT IS FINE TO RECEIVE HOLY COMMUNION IN ONE KIND. IT IS ANGLICAN TEACHING THAT TO RECEIVE JUST THE BREAD IS TO RECEIVE THE SACRAMENT IN ITS ENTIRETY.

AT THIS TIME THERE IS NO NEED TO REFRAIN FROM SHARING THE PEACE.

- THE NEXT **FISH AND CHIPS AND BINGO** AT ST JOHN'S CHURCH WILL BE ON TUESDAY 10TH MARCH AT 12.30PM. PLEASE LET BEULAH (01978 810868) KNOW IF YOU PLAN TO COME.
- THE NEXT MEETING OF '**TIME WELL SPENT**' IS ON FRIDAY 20TH MARCH IN ST MARY'S CHURCH HALL. COFFEE AND CHAT FROM 11AM, A COOKED LUNCH AND RELAX WITH FRIENDS.
- THE NEXT **FILM NIGHT** AT ST JOHN'S WILL BE ON SATURDAY 28TH MARCH AT 6PM.
- OUR NEW CURATE WILL BE LICENSED ON SUNDAY 29TH MARCH AT 3.30PM IN ST MARY'S RUABON. WE WILL HAVE A CHORAL EVENSONG LED BY THE CHOIR AND JOHN LOMAS WILL BE COMING TO PREACH. PLEASE COME AND WELCOME HEATHER, AND ENJOY THE REFRESHMENTS AFTERWARDS.
- THE RUABON SPRING FAIR IS ON SATURDAY 4TH APRIL IN THE VILLAGE HALL. WE WILL DO OUR USUAL EASTER TOMBOLA, SO PLEASE CONTRIBUTE EASTER EGGS OR BUNNIES OF ANY SIZE. THANK YOU.
- THE NEXT **CELTIC SERVICE** IS ON TUESDAY 7TH APRIL AT 7PM IN THE ST THOMAS CENTRE, PENYCAE. COME AND ENJOY A DIFFERENT WAY OF WORSHIPPING GOD.
- **LENT GROUPS** WILL START WEEK BEGINNING 1ST MARCH, TUESDAY AT 7PM AT CHERRY RISE, PENYLAN AND WEDNESDAY AT 10AM IN ST JOHN'S CHURCH. THESE GROUPS WILL BE FOLLOWING THE YORK COURSE.
- THERE WILL BE A GROUP MEETING IN JOHNSTOWN ON TUESDAY EVENINGS AT 7.30PM AT 22 BRYNHYFRYD, NANT PARK.
- THERE IS AN ECUMENICAL LENT GROUP MEETING IN CHIRK IN THE CHURCH HALL, ON WEDNESDAYS, 7-8PM AND THEY WILL BE LOOKING AT THE GENEROSITY, GIFT AND GRACE MATERIAL.

- THE FELLOWSHIP GROUP MEETS IN ST MARY'S HALL ON WEDNESDAYS, 12.30-1.30PM. ALL ARE WELCOME. THE GROUP WILL BE CONTINUING TO STUDY THE BOOK OF ESTHER DURING LENT.

'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.



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.