

# RUABON NEWS LETTER 321

28.04.2020



## YSGOL RHIWABON HAS A NEW SCHOOL MASCOT WHOSE NAME IS 'MAVERICK'

Mrs Harrigan brought Maverick to Ysgol Rhiwabon on Monday 6<sup>th</sup> April to see everyone.

Maverick has now agreed to be the school mascot, and will try to keep everyone updated.

(Mrs Ferron-Evans seems to have taken a shine to him too!)



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### A Message From Ysgol Rhiwabon to Parents and Carers:

Dear parent/carer Firstly, can I thank you for your efforts in providing learning opportunities and supporting your children at home during these difficult and unprecedented times. Since schools were closed for educational purposes on 20<sup>th</sup> March, the Council has been providing "Grab and Go" packed lunches for children eligible for free school meals through twelve distribution centres across the County Borough.

**This system was introduced as an interim measure to give time to develop a system which will reach more families whose children receive free school meals when attending school and will continue up to and including Friday 1<sup>st</sup> May .**

**As from Monday 4<sup>th</sup> May, the Council will be introducing a Direct Payment system where parents will receive a payment into their**

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**bank account on a monthly basis equating £19.50 per week for each eligible child in the family.** This will enable parents to purchase food for their children and reduce the necessity to make daily visits to the distribution points and also reduce travel across the Borough. For the children of critical workers and vulnerable children in receipt of free school meals who are attending school and are currently in receipt of free school meals, this scheme will also apply and parents will be required to pay for the meal in school should they wish their child to have one or alternatively provide a packed lunch though using the finance provided.

**Parents with children who receive free school meals are strongly encouraged to register through completing the registration form accessed through Council's website at:**

[https://myaccount.wrexham.gov.uk/en/service/Free\\_School\\_Meals\\_Direct\\_Payment\\_Application](https://myaccount.wrexham.gov.uk/en/service/Free_School_Meals_Direct_Payment_Application)

[https://fynghyfrif.wreccsam.gov.uk/cy/service/Free\\_School\\_Meals\\_Direct\\_Payment\\_Application](https://fynghyfrif.wreccsam.gov.uk/cy/service/Free_School_Meals_Direct_Payment_Application):

**Applications will open from 9am on Monday 20th April, and will close on Friday 1st May 2020 at 5pm. Payments for those who qualify will be made on Wednesday 6th May.**

**Applications made after the closing date above, will not be paid in May.**

Should there be any queries, please contact

[freeschoolmeals@wrexham.gov.uk](mailto:freeschoolmeals@wrexham.gov.uk)

Yours sincerely, Ian Roberts, Chief Officer; Education and Early Entitlement

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## **CABINET STATEMENT**

### **Written Statement: Results Day 2020**

**Kirsty Williams AM, Minister for Education**

First published:

16 April 2020

Last updated:

16 April 2020

I am pleased to confirm that the 2020 Wales results day for AS and A level students, and for GCSE students, will be as originally scheduled. This means that Wales, Northern Ireland and England will share the results days of 13 August for AS & A Level and 20th August for GCSE.

As I set out in my letter to the Education Secretary for England on 31 March, during these uncertain times, providing clarity and ensuring that learners are not disadvantaged in accessing their university places by a divergence in results dates have been key priorities for me. I am pleased this will now be the case.

Sticking to the existing results dates has been the intention in Wales, supported by the advice of our independent exam regulator Qualifications Wales. Proposals in England to move to a much earlier results day introduced an unnecessary risk, and I had expressed my concerns to counterparts in the UK government, as had the education sector here in Wales and UCAS.

I therefore welcome today's announcement for England. Education ministers from across all governments in the UK have worked well together during these challenging times, but on this occasion I regret that we were unable to make a joint announcement. GCSEs and A Levels are shared and owned across three countries within the UK. Making a joint announcement would have helped provide much needed assurance and certainty for all of our learners, their parents and practitioners at this difficult time.

I hope that now confirmation of results day has been provided our learners are able to make future plans with a little more confidence, although I recognise this continues to be a time of great uncertainty.

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## Report from Ruabon Medical Centre

**There is general concern amongst the healthcare profession that people may not be seeking medical help for illnesses and symptoms that are not related to Covid-19.**

**Some patients are telling us that they do not want to bother the doctor at this time, but we would like to**

assure you all that we are here and still able to help you. Only a small number of clinical procedures, such as cervical screening, have been suspended for the time being.

Other patients may be nervous of coming to the Health Centre but please be assured that we have many measures in place to ensure that our patients and staff are safe.

You can contact us via telephone, and our GPs and nurses are able to provide advice on the telephone, or via text or video link. Patients are brought down to the health centre only when absolutely necessary and are screened for Covid-19 symptoms before they enter the building.

Please do not wait too long to seek urgent assessment and treatment.

For parents: if your child is unwell and you are concerned you should seek help.

Those with urgent dental pain should still call your dentist.

If you have a health complaint that is worrying you and will not go away you should call your GP.

**Diolch / Thanks**

**Darron**

**Darron Kelly BA(Hons) Rheolwr y practis/Practice Manager  
The Medical Centre, Bwrdd Iechyd Prifysgol, Betsi Cadwaladr  
University Health Board, Ruabon Medical Centre High Street,  
Ruabon, Wrexham, LL14 6NH**

Bwrdd Iechyd Prifysgol Betsi Cadwaladr yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Betsi Cadwaladr.

Betsi Cadwaladr University Health Board is the operational name of Betsi Cadwaladr University Local Health Board



The following poem has been chosen by  
Ennys Hughes to reflect the season:

“Loveliest of Trees, the Cherry Now”

By A.E. Housman

“Loveliest of trees, the cherry now  
Is hung with bloom along the bough,  
And stands about the woodland ride  
Wearing white for Eastertide.

Now, of my threescore years and ten,  
Twenty will not come again,  
And take from seventy springs a score,  
It only leaves me fifty more.

And since to look at things in bloom  
Fifty springs are little room,  
About the woodlands I will go  
To see the cherry hung with snow.”



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**RUABON WI** LETTER FOR MAY 2020.



**A RAINBOW EVENT.**

My heart leaps up when I behold  
A rainbow in the sky:  
So was it when my life began;  
So is it now I am a man...  
.....William Wordsworth.....

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Dear Members, these are familiar words to many of us, words which we have carried within us, sometimes from childhood. Even now, when we are older, we cry out “Oh! Look! There’s a rainbow!” and we smile. It is the realisation that there is a sunnier day ahead and that the rainy days

won't last forever. It is a sign of hope that something good will come and that unpleasant things will pass. Seeing so many beautiful rainbows in our windows makes me hope that our young people will find the resilience needed when the days of renewal return and that our communities will come together again. I write this in the fifth week of isolation and I am grateful for the many offers of help I receive from friends and neighbours. When this ordeal is over, which one day will happen, I hope we can all come together to resume our normal lives, but this time let's do it better! If there's one thing we might have learned it is that we need each other.

'We need each other'. I wonder if that is what the good women of Jersey thought as they set about cleaning and preparing their limpets for Limpet Stew. As sea fishing was severely restricted during the occupation by the German Army and shore gathering was limited as much of the coastline was heavily mined, where low water and rod fishing were allowed the seashore was foraged for limpets, razor fish, sand eels and winkles. I seem to remember, as a child, I could never remove limpets from the rocks. I thought it impossible. **First, gather 1 quart of limpets, put into boiling water and boil for 10 minutes. Remove shells and intestines. Take off the soft top and mince the hard part. Put a little fat, butter or oil in frying pan. Add 1 tablespoon flour, a little salt, bay leaf, thyme and parsley. Fry till brown, stirring all the time. Add enough stock or water to make a thick gravy, add limpets and green peas. Stir and simmer for 15 minutes. This is said to be excellent with 2 tablespoons of curry powder. Serve with mashed potatoes. Bon appétit!** I wonder if

this was regarded as a delicacy? I rather think it was a thrifty and economical way of feeding the family when supplies were in short supply. What, now, would we use if our supplies were so restricted? We have become so used to having available a pantry full of good ingredients that we might find it hard to resort to basic rations.

Oh! The lengths we go to feed the family! Like everyone else, our thoughts and concerns revolve around our families, and particularly so in difficult times, but light-hearted memories come to us too, when we remember the funny things our children have said or done. One in particular refers to a seven-year old who was commended by his teacher for 'good use of onomatopoeia'. Another, who left a note on the back door saying 'I've gone out. Key under the bin' - a sure invitation to any would be burglar, I think. I know of a very young child who, having had Welsh lessons in school said: 'I can speak Welsh'. Wanting to encourage him I asked him to say 'Good Morning' in Welsh. His instant reply was 'Bonjour'!!! These innocent yet amusing remarks seem somehow to become a part of our families' histories, to be recalled and retold when the occasion arises. Then there are the more personal memories which others in the family don't necessarily share, songs from quiet moments at our mother's knee and which remain with us forever. Our families are what have shaped us into what we are today. We would do well to remember that what we ourselves say and do, influences our children into what they themselves become.

I'd like to leave you today with a Welsh flavoured Quiz:-

## Questions About Famous People From Wales

11. Where was Welsh singer Shirley Bassey born?
12. Name the Welsh boxer who won Joe Lewis's world crown.
13. What was the original name of famous Welsh actor Richard Burton?
14. Which well-known Welsh entertainer is known for having women's underclothes thrown at him whenever he sings?
15. Name the popular Welsh TV presenter and singer who first shot to fame as a child, with her album "Voice of an Angel".
16. Name the politician who was born in Port Talbot, and who became Foreign Secretary and Chancellor for Margaret Thatcher's government?
17. Who is Wales's most famous poet and playwright?
18. Which Welsh comedian used to march around the stage holding a giant leek?
19. Name the Welsh singer and TV presenter who first won acclaim with "Walking in the Air".
20. The TV series Torchwood is filmed in which Welsh city?

And remember -

"The glances over cocktails

That used to seem so sweet,

Don't seem quite so glamorous

Over the Shredded Wheat!"

Until next time, keep safe and support each other.

Margaret (Williams)

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### Wales playing leading role in 'antibody transfusion' treatment for coronavirus patients 14th April, 2020

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The programme will capture the benefit of plasma transfusions to improve COVID-19 patients' speed of recovery and survival.

**Wales is playing a leading role in the UK programme for treating coronavirus patients using a blood donation extract**

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**taken from people who have recovered from COVID19 – ‘convalescent plasma’.**

Non COVID19 plasma has been used daily in NHS Wales for a variety of needs for many years. COVID19 convalescent plasma will help patients develop immunity as it ‘transfuses’ antibodies against the virus, helping the receiving individual fight infection.

**Recovered patients are being invited by letter, if eligible, to donate blood to the scheme. The Welsh Blood Service, Welsh Labour Government, Public Health Wales and University Hospital of Wales are now working with partners across the UK to share knowledge, procedures, best practice and learning.**

The programme will capture the benefit of plasma transfusions to improve COVID-19 patients’ speed of recovery and survival. In Wales, the plasma collected will be made available to clinicians for the benefit of COVID-19 patients, for example through participation in clinical trials which will inform the best possible future use.

Public Health Wales will identify and write to potential donors who have a confirmed COVID-19 positive test result and are eligible.

The plasma will be collected and processed by the Welsh Blood Service. Donor safety and wellbeing are paramount, and donors must be fully recovered before donating and virus free. For these reasons, normally, plasma will be collected no sooner than 28 days after recovery and the established safe blood donor selection criteria .

**Welsh Labour Minister for Health and Social Services, Vaughan Gething**, said:

*“It’s brilliant to see Wales is playing a leading role on this project which has the potential to significantly improve patient recovery and save lives. We will be capturing all outcomes and feeding into the UK and worldwide learning on the use of this technology.”*

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## **Welsh Government releases additional £100M business support as Economic Resilience Fund sees unprecedented rate of applications**

The latest phase of the Welsh Government's Economic Resilience Fund has benefited from the release of a further £100million from ministers within 72 hours of launch, due to a massive demand. More than 6,000 grant applications from small and medium sized businesses and social enterprises were received within 24 hours of the launch on Friday - an unprecedented response, revealing the scale of the challenges facing Welsh businesses.

The Fund aims to complement and fill the gaps left by UK Government schemes such as the Job Retention Scheme, with grants of up to £10,000 for micro-enterprises and up to £100,000 for SMEs and a light touch appraisal system designed to get money to businesses with the minimum of delay - as well as a new loan fund administered by the Development Bank of Wales.

Less than three weeks since the First Minister announced the intention to create the Fund, the Welsh Government has released a further £100 million, taking the grant fund to £300 million. This will supplement this latest phase of support, providing non-repayable grants to microbusinesses, SMEs and those large businesses of critical, social or economic importance to Wales.

The Fund has been warmly received by trade union and business organisations, with the Institute of Directors calling it 'very welcome news for business owners and managers who are desperate for all the help they can get at this difficult time'. The South and Mid Wales Chambers of Commerce has called 'the rapid response to date' of the Welsh Government in supporting the economy of Wales 'impressive'. The Wales TUC welcomed 'additional funding to address the gaps'.

## Minister for Economy, Transport and North Wales: Ken Skates

said: "We knew that even with the help offered by initiative such as the Job Retention Scheme, there was a massive need for quick access to grant funding if Welsh businesses were to survive this unprecedented economic shock.

Whilst in order to make the scheme quick and simple we needed to take tough decisions over eligibility - like requiring businesses to be registered for VAT as a way of having to check on their trading history - it is clear from the level of response received that the Economic Resilience Fund is plugging a gap in UK Government support and providing much needed financial reassurance to many businesses at this challenging time. We will continue to review support and consider how we can develop it over the coming days.

"The rate of applications has been massive and unprecedented. This is the second time in a matter of weeks that access to Welsh Government funds aimed at easing cash flow pressures for Welsh business have quickly reached capacity, and we have responded with pace to release a further £100m into this phase of the fund.

"In these difficult and demanding economic times we have worked hard to free up resources to create such a large Fund despite the huge demands on our budget, and to strike a balance between supporting as many enterprises as possible and making a meaningful contribution to each one's

survival, as well as asking each recipient to sign up to the principles of the economic contract.

"Though we applaud much of what the UK Government has done, there is an urgent need to see more of the promised lending guaranteed by the UK Government getting to the front line. The UK Government must continue to support and press the high street banks to be much more responsive to the needs of our businesses at this difficult time."

**Finance Minister Rebecca Evans** said:

*"The Economic Resilience Fund is part of more than £2bn of support that we have made available to help businesses and charities during these incredibly difficult times.*

*"We know that support for business is crucially important but whilst we are doing everything we can in Wales to plug any gaps and provide the best possible financial support to businesses, it is clear there are further steps that the UK Government needs to urgently take."*

The Economic Resilience offers financial support to help businesses, charities and social enterprises deal with the coronavirus crisis and will be vital in helping organisations manage cash flow pressures. It is a unique additional funding stream for Wales and was designed to address gaps not currently met by schemes already announced by the UK Government, Welsh Government and Development Bank of Wales.

The first stage of the Fund saw the £100 million Development Bank of Wales' loan scheme fully subscribed in little more than a week.

Applications are currently being processed and some businesses have already received funding. It is anticipated that the Development Bank will have processed all applications received within the month.

To ensure that money reaches businesses as quickly as possible more than 120 additional Welsh Government and Business Wales staff have been diverted onto processing applications and supporting businesses and organisations in this latest stage of the Fund. **ENDS.**

**Notes:** In response to this news:

**Robert Lloyd Griffiths, Director of IOD Wales** said:

*“Today’s announcement by Welsh Government will come as very welcome news for business owners and managers who are desperate for all the help that they can get at this difficult time. It is particularly pleasing that it follows the announcement last week by UK Government that the furlough scheme has been extended as called for by the IoD.”*

**Heather Myers, CEO, South and Mid Wales Chambers of Commerce** said: *“The Welsh Government has made significant efforts to support the business and industry of Wales, creating packages of funding that will help get much needed cash into very many businesses.*

*“We have been in regular contact, explaining the issues that businesses face and the areas of distress where they need urgent help. The Economic Resilience Fund, The Small Business Rates Relief and the range of support from the Development Bank of Wales shows that Welsh Government Ministers have been listening.*

*“Whilst there are still gaps in funding, which we will continue to identify, the rapid response to date to support the economy of Wales has been impressive.”*

**Ian Price, CBI Wales Director** said:

*“The CBI welcomes today’s allocation of a further release of £100m from the £500m Economic Resilience Fund, announced by the Welsh Government on the 30th of March. Welsh firms of all sizes and all parts of our nation are facing unprecedented challenge as they respond to the social, economic and health impacts of the coronavirus. Similar to the support provided by the UK Job Retention Scheme, Welsh businesses will be keen to receive these funds in their bank accounts so they can continue to support their staff, secure their business and plan for the post-Covid economy.”*

**Shavanah Taj, General Secretary of Wales TUC** said:

*“Despite the UK Government’s relief package, we know that some employers are still unable to readily access the funding they need to survive this deepening crisis.*

*“We welcome this additional funding to address the gaps, as well as Welsh Government’s ongoing commitment that this will be going to employers that are delivering fair work and a safe environment for their workforce.”*

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**Issue 7      Community support response to Coronavirus- Wrexham:**  
**Briefing Sheet update 26th April 2020**

**All our lives in future are in the hands of Volunteers:**

**£16,200 raised  
for PPE production  
in Wrexham**



This is no exaggeration when two volunteers have come forward last week to be the first humans in Europe to trial a Coronavirus vaccine. Even with all the best scientific brains looking at a potential vaccine we should not forget the part that these volunteers and others in the future will be playing in the search for a solution that will benefit all of us. A special good luck to them and the researchers all working for the common benefit of everyone.

<https://www.bbc.co.uk/news/health-52394485>

**Never has so much for so many ever depended on Volunteers stepping into the unknown to save ALL our lives**

**Volunteer Update:**



The tremendous effort by volunteers across our community is continuing with many new friendships being developed with the person needing support. People living in the same streets have come forward to help neighbours they might have seen frequently in their garden but never talked with before.

When Covid is over (or at least restrictions of movement are lifted) we hope that people will stay in touch and continue to offer support – who knows when the next time may be- it could be very heavy snow or a medical emergency again where volunteers will be called upon again to come out and help those who are isolated or need support.

The Wrexham Bank of volunteers runs into thousands on the AVOW Bank, Street Level, Health and very many other organisations that have adapted to meet the needs of individuals and communities.

We wish to celebrate all the 1000's of hours committed every week.



### Current issues:

PPE – volunteers have been asking about PPE for them to undertake their various roles - whilst there is still supply issues these should only be used within the Public Health Wales guidance. It is acknowledged that some people would be less anxious performing some roles if PPE was available, but the supply still currently does not meet the demand.

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe>

### Paying for food:



There have been issues around people sharing their bank card with those outside of their family and the possibility of financial risk. To overcome this there are now schemes operating by Sainsbury and Asda who have developed a volunteer voucher scheme. There is also a broader scheme operated by the Post Office using vouchers.

**Local shopping:** At this time of everyone helping why not support local businesses whilst many of them have now started doorstep delivery to make it easy to obtain fresh food. AVOW has produced a useful resource online that lists all the known local delivery services. <https://avow.org/2020/04/08/wrexham-independent-retailers/>

### Food Parcels for shielding people:



The service to deliver Food Parcels to people who have received letters from the Welsh Government advising they should 'shield' themselves for twelve weeks are now being delivered. These are intended for people who don't have access to any support at all in their community or from other organisations. To log someone's requirement the person needs to ring the Council 292000 to have their name added to the Portal. The Council are now able to add people onto the Portal if they have a letter from their Doctor indicating stating they qualify for the Shielding Scheme. <https://bit.ly/34rVbGF>

### General Shopping:

The large number of volunteers at Street Level and on the AVOW Volunteer Bank are readily available to do shopping for people who are isolating and no family members available – email [covid19@avow.org](mailto:covid19@avow.org) or tel 312556 if you or someone you know are seeking help.

### Loneliness:

A key problem AVOW are identifying now from people who are needing support are an increasing number who are feeling isolated and need someone to talk to. There are people on the AVOW Volunteer Bank and information on other providers is held to match someone to the most appropriate befriending service. For many people just having a short chat is all that they need to help them along. email [covid19@avow.org](mailto:covid19@avow.org) or tel 312556 if you are or someone you know may benefit.

### News from the Council:



A number of updates on services from the Council can be found on their web site <https://news.wrexham.gov.uk/> . A new item of information is how parents are able to sign up to have a monetary payment to replace the Free School Meals Grab and Go bags

<https://news.wrexham.gov.uk/covid-19-briefing-note-24-4-20/#freeschoolmeals>  
parents have until 1<sup>st</sup> May to register for the scheme that starts on 4<sup>th</sup> May.

### News from Health Board:

#### Make PPE clothing-

Do you want to help by making 'scrubs' for the staff in Health settings due to a shortage. Information on the pattern and materials required to make the much needed items are available on

[https://awyrilas.org.uk/content/downloads/BCUHB\\_Statement-to-North-Wales-Craft-Sewing-Community\\_19.04.20.pdf](https://awyrilas.org.uk/content/downloads/BCUHB_Statement-to-North-Wales-Craft-Sewing-Community_19.04.20.pdf)

#### PPE visor project:



AVOW and everyone involved with the 3D printer project making visors are extremely grateful for all the wonderful donations that individuals, businesses and organisations have made to the fund. The fund is now standing at £16,500 which will make 1000's of visors and potentially other



items.

The overall project will also benefit all the secondary Schools in the area when the printers are distributed for the pupils to use

#### Different languages:



AVOW have been asked for information that can be shared with residents who do not have English or Welsh as their first language. There is a resource with information from Public Health Wales highlighting preventative action we should all undertake in different language formats. Please note that you can use the recite me function on our website to tailor the language, view and accessibility of the pages to suit your

individual needs. <https://covid.reciteme.com/nhs-well-at-home-feeling/>

#### Public Health Wales – information all in one place

The new link is the go-to place for any information requirements from Public Health Wales- having a first-hand reliable information resource is crucial

Dashboard (desktop): <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-grid-links/coronavirus-covid-19-data-dashboard-desktop-view/>

Dashboard (mobile friendly): <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-grid-links/coronavirus-covid-19-data-dashboard-mobile-view/>

### Welsh Government new guidance on movement:



As expected there have been several changes to the regulations restricting movement across Wales. These new regulations ask everyone to question why they are going out- key priority is to protect yourself and those you meet.

<https://www.bbc.co.uk/news/uk-wales-52416541>

### Funding:

We are pleased to announce the details of the first batch of applications to the local Voluntary Services Emergency Fund. Each have been awarded £1000



**The Vic Music Studio**  
**Pisc**  
**Nightingale House**  
**Collaborative**

**Caia Park Food Project**  
**NEWMIND**  
**Community Care**

All projects have met the criteria of providing support for Covid related issues

The grant scheme remains open and Applications for the local scheme that has a weekly panel meeting to assess applications up to £1000. <https://bit.ly/2JZ274K>

The first announcement of successful applications for the larger fund (up to £100,000) administered by WCVA will be publicised this week <https://bit.ly/34vdxX3>

General help on grants can be found at <https://avow.org/category/grants/> or email [nigel.davies@avow.org](mailto:nigel.davies@avow.org)

**Steve Morgan Foundation funding** – this fund which has a target of North East Wales and North West England has committed initially to fund £1 million a week for a 12-week period.

Information and applications can be found at <https://stevemorganfoundation.org.uk/>

### Business/Charity Government support.

A new Government financial support finder has been launched last week <https://www.gov.uk/business-coronavirus-support-finder-> many Third Sector organisations, Social Enterprises and Community Incorporated Organisations qualify for a number of support schemes - remember to indicate that you are based in Wales.

### Charity Governance-

Lots of questions have come to AVOW around how charities can maintain their governance arrangements and ensure compliance with Charity regulations. The Charity Commission have issued some specific guidance for those organisations that have been impacted by Covid19 <https://www.gov.uk/guidance/coronavirus-covid-19-guidance-for-the-charity-sector>

In addition, specific help can be obtained from AVOW – email Rafat Arshad-Roberts <rafat.arshad-roberts@avow.org>

**Research:**

There are considerable levels of research being undertaken around the COVID medical condition and the social impact of the lives of individuals. It is vital that large numbers of people take part to ensure validity of data. There are several online surveys and zoom events and everyone is urged to share their experiences to help reflect and plan. New examples are occurring most weeks.

<https://www.healthandcareresearch.gov.wales/covid-19-updates/>

<https://www.swansea.ac.uk/press-office/news-events/news/2020/04/how-your-coronadiary-could-help-us-understand-more-about-living-through-a-pandemic.php>

Remember the core message for everyone is:

**REMEMBER STAY SAFE – SOCIAL DISTANCING -Help Save the NHS**

**Key web sites for resources and up to date information**

<https://avow.org/category/covid-19/>



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>



The Council is maintaining an information site where local and national information can be

found. <https://beta.wrexham.gov.uk/service/covid-19-novel-coronavirus-information>

**Welsh Government advice for Voluntary Organisations**

<https://gov.wales/coronavirus-covid-19-support-for-the-third-sector-html> -



There is a vast amount of information available but be selective or you will spend more time reading rather than providing the resource. <https://wcva.cymru/coronavirus-statement/>

Geldard's Solicitors <https://bit.ly/2XyRb5T>

Whittingham Riddell – accountants <https://bit.ly/2y2WPm2>

**Information disclaimer:**

AVOW hopes to keep this as a weekly briefing to share with our community's support information and guidance- if there are issues you want information on email

[john.gallanders@avow.org](mailto:john.gallanders@avow.org)

The content of this briefing is provided for information only. It is not intended to amount to advice on which you should rely. You must obtain professional or specialist advice before taking, or refraining from, any action based on the content. We do not accept responsibility for any errors, omissions, misleading statements or the consequences thereof.

<https://avow.org/terms-and-conditions/>

Thank you to Cllr. Dana Davies for obtaining the information above,  
for the Ruabon News Letter



HEDDLU  
GOGLEDD CYMRU  
NORTH WALES  
POLICE

Coronavirus is a worry for us all. Now there are fraudsters and scammers who want to profit from our fears and steal your money. But we are on to them! Together, we can stop them.

### Say NO to cold-calling strangers

They may offer to shop, get your meds or disinfectant your home. They may be selling cheap sanitisers, face masks, virus testing kits or remedies. They could be collecting for a Covid-19 vaccine or offering loans to help you. **These are scammer tactics to steal your money.**



### Keep your personal details PRIVATE



Don't give personal information to callers or texters claiming to be your bank, energy company or other supplier. Don't open email attachments from strangers. **Criminals use tricks to steal your details and money.**



### Be WISE to fake information & services

Fraudsters are setting up new businesses. Fake coronavirus websites to steal personal information from your computer, fake refund services for cancelled holidays and purchases, fake or overpriced sanitisers and face masks, fake virus testing kits and miracle cures. **Don't trust them.**



If you've been scammed, tell Action Fraud - 0300 123 2040

If you think you've been scammed, talk to your bank.

If you're not sure who to trust, call Citizens

Advice Consumer Helpline - 0808 223 1133

[www.citizensadvice.org.uk/wales/consumer/scams/check-if-something-might-be-a-scam/](http://www.citizensadvice.org.uk/wales/consumer/scams/check-if-something-might-be-a-scam/)

Mae'r coronafeirws yn bryder i bob un ohonom. Ond ar ben hyn, mae yna dwyllwyr a sgamwyr sydd am fanteisio ar ein hofnau a dwyn ein harian. Ond rydyn ni ar eu holau! Gyda'n gilydd, fe allwn ni eu stopio.

**Dywedwch NA wrth ddieithriad sy'n eich**



**ffoniio heb waheddiad**

Efallai y cynigiant fynd i siopa drostoch, nôl eich meddyginiaeth neu ddiheintio eich cartref. Efallai y

byddant yn gwerthu hylif diheintio rhad, masgiau wyneb, pecynnau profi am y feirws neu feddyginiaeth sy'n ei wella. Mae'n bosibl y byddant yn casglu at frechlyn Covid-19 neu'n cynnig benthyciadau i'ch helpu. **Sgamiau yw'r rhain i ddwyn eich arian.**

## **Cadwch eich manylion personol yn**



Peidiwch â rhoi gwybodaeth bersonol i'r rheini sy'n eich ffonio neu'n anfon negeseuon atoch yn honni eu bod yn cysylltu ar ran eich banc, eich cwmni ynni neu gyflenwr arall. Peidiwch ag agor atodiadau e-bost gan ddiethriaid. **Mae troseddwr yn defnyddio triciau o bob math i ddwyn eich manylion a'ch arian.**

## **Byddwch ar eich gwyliadwriaeth**



Mae twyllwyr yn sefydlu busnesau newydd. Gwefannau ffug ynghylch y coronafeirws i ddwyn gwybodaeth bersonol o'ch cyfrifiadur, gwasanaethau ffug yn cynnig ad-daliadau am wyliau a ganslwyd ac eitemau a brynwyd, hylif diheintio a masgiau wyneb ffug neu lawer rhy ddurd, pecynnau profi ffug am y feirws a meddyginiaethau gwyrthiol i'w wella. **Peidiwch â'u credu.**

Os ydych chi wedi cael eich twyllo gan sgam, rhowch wybod i Action Fraud - 0300 123 2040

Os ydych chi'n meddwl eich bod chi wedi cael eich twyllo gan sgam, siaradwch â'ch banc.

Os nad ydych chi'n siŵr pwy i'w gredu, ffoniwch linell gymorth Cyngor ar Bopeth - 0808 223 1133

[www.citizensadvice.org.uk/cymraeg/consumer/scams/check-if-something-might-be-a-scam/](http://www.citizensadvice.org.uk/cymraeg/consumer/scams/check-if-something-might-be-a-scam/)



SCCH / PCSO 3606 Steve Bellis  
Swyddog Cefnogi Cymuned Heddlu / Police Community Support officer  
Diogelwch Cymunedol / Community Safety  
Wrecsam / Wrexham  
Heddlu Gogledd Cymru / North Wales Police  
[Symudol / Mobile: 07818 522367](tel:07818522367)

Rydym yn croesawu gohebiaeth yn y Gymraeg a'r Saesneg - byddwn yn ymateb yn gyfartal i'r ddau ac yn ateb yn eich dewis iaith heb oedi.

We welcome correspondence in Welsh and English - we will respond equally to both and will reply in your language of choice without delay.

The message above has been sent in by PCSO Steve Bellis  
 SCCH / PCSO 3606 Steve Bellis  
 Swyddog Cefnogi Cymuned Heddlu / Police Community Support officer  
 Diogelwch Cymunedol / Community Safety  
 Wrecsam / Wrexham  
 Heddlu Gogledd Cymru / North Wales Police  
 Symudol / Mobile: [07818 522367](tel:07818522367)

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## The Wrexham Symphony Orchestra

In response to the closure of so many entertainment and socialising places and the continuing impact of the Virus, we have set up a public Facebook page called '**The Virtual Concert Hall**' and each day we are uploading a range of entertainment for you to enjoy.

Generally the daily schedule will work like this:

In the Morning (8am): Morning Thoughts and Music

Lunchtime (12 noon): Classic Comedy

Kids Time (3pm): Fun and Films

Evening Concert (7pm): Music right across the genres

After Hours: (10pm): Late Night Jazz Blues and Soul

Here is the link to the page:

<https://www.facebook.com/groups/1106805319668553/>

It is a FREE page and people can upload their own favourite piece of music or performance.

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## RUABON AND DISTRICT CHURCHES

Most residents will be aware of the drastic changes that have been made to accommodate those who worship in different ways in our community.

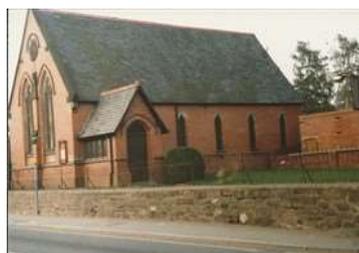


Rev'd Kate Tiltman, Vicar of the Offer Mission Area which covers St Mary's, All Saints and St John's Churches has said that "Every week we put a service on WhatsApp (Offa Mission Area Prayer). There is also a short 'thought for the day' by this group with a chance to add you own thoughts or pictures. The service also appears on You Tube and on [stmaryschurchruabon.com](http://stmaryschurchruabon.com). I also deliver paper copies of the service to those in the Ruabon area especially those who do not use computer technology. If there is anyone else who would like a printed sheet please let me know and I will sort it out for you."

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](mailto:katherinetiltman@gmail.com) /  
[www.stmarysruabon.org.uk](http://www.stmarysruabon.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](mailto:chykenam@gmail.com).

### Members of Ruabon Methodist Church AND



The Congregational Church (the Chapel on the Hill) have chosen to keep in contact with each other by telephone.



**Thank-you for your  
blood donations  
Pembroke House**

donors  
attended

**150**

roddwyr  
i'r sesiwn

donations  
collected

**140**

rhoddion a  
gasglwyd

new  
donors

**27**

rhoddwyr  
newydd

next  
session

**5,6,7 May**

sesiwn  
nesaf

**Diolch am roi gwaed  
Ty Penfro**

**0800 25 22 66**

**[www.welsh-blood.org.uk](http://www.welsh-blood.org.uk)**

**[www.gwaedcymru.org.uk](http://www.gwaedcymru.org.uk) / [www.welshblood.org.uk](http://www.welshblood.org.uk).”**

A Message below from Debbie Day -  
our Donor Engagement Co-ordinator

"I just wanted to update you all, (as I always try to do) on how we got on with our new blood donation sessions at Wrexham last week. We did very well, with 150 attending and 140 donations collected over 3 days, **meaning 420 lives potentially saved**...a fantastic result I'm sure you'll agree.

We are going to be continuing to collect in this way, visiting centralised donation hubs for the immediate future, with another 3 visits to Pembroke House Wrexham planned in for early May.

*Debbie*

Debbie Day

Cydlynnydd Ymgysylltu a Rhoddwyr / Donor Engagement  
Coordinator

**Nodwch, rwyf yn gweithio o adref ar hyn o bryd/ Please note, I am working remotely at the moment. Llun-Iau/Mon-Thurs 08:30-16:30 Gwasanaeth Gwaed Cymru / Welsh Blood Service Ty Penfro, Ffordd Ellice, Parc Technoleg Wrexham, LL13 7YT Pembroke House, Ellice Way, Wrexham Technology Park, LL13 7YT 03000 859 391**

**HELLO!**

**If you are self-isolating,  
we can help**

**If you are self-isolating due to COVID-19 we can help with:**

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Picking up shopping   | <input checked="" type="checkbox"/> Collecting Prescriptions |
| <input checked="" type="checkbox"/> A friendly phone call | <input checked="" type="checkbox"/> Urgent supplies          |



Friends of Ruabon are a group of likeminded volunteers who are here to help  
We want you to know that no-one is in this by themselves.

**Just contact us via any of the below and we will do our best to help you (for free):**

Call or text: 07741 596 812

email: [info@friendsofruabon.co.uk](mailto:info@friendsofruabon.co.uk)

01978 824 087

Facebook: Friends of Ruabon Viral Kindness

Check [phw.nhs.wales](http://phw.nhs.wales) for the latest advise

Coronavirus is contagious.

Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance).  
Wash your hands regularly. Items should be left on your doorstep.

#ViralKindnessRuabon

# RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH

Helen and Dilys, Ruabon Library staff, send their best wishes and would like to pass on the message that they are thinking of all of you all and hoping that everyone is 'staying safe'

## Ruabon Library News

Ruabon Library remains closed to the public until further notice. However, you can stay up-to-date with all of Wrexham Council services on: <https://beta.wrexham.gov.uk/> or follow Wrexham Library service on Facebook - Llyfrgelloedd Wreccsam | Wrexham Libraries and Twitter - @LlyfrgellWcm | @WxmLibraries

### **Did you know your Libraries are open online all hours?**

You can still access your library twenty-four hours a day, seven days a week. Staying safe at home, you can access thousands of e-books, e-audio books, e-magazines and comics. There is also access to a huge range of research and factual information, such as Ancestry and the Theory Test Pro - all within the sanctuary of home! All you need is a library card and PIN number. Check it out at [www.wrexham.gov.uk/services/libraries](http://www.wrexham.gov.uk/services/libraries) and follow the link to online services.

### **Not a member? Don't worry!**

To access any of the libraries online resources, which are free of charge, all you need is a valid library card and PIN. If you don't have your PIN and would like to request it please email [library@wrexham.gov.uk](mailto:library@wrexham.gov.uk) stating your



name, address, postcode and library card number. If you don't have a library card, don't worry you can still have access to these wonderful resources, simply visit our website

[www.wrexham.gov.uk/services/libraries](http://www.wrexham.gov.uk/services/libraries), click on the **Online Catalogue** link followed by the **Join the Library** link for a temporary membership.

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## Answers to WI Quiz

- |                                  |                             |                     |                  |
|----------------------------------|-----------------------------|---------------------|------------------|
| 1. Cardiff (Tiger Bay, Butetown) | 2. Tommy Farr (August 1937) |                     |                  |
| 3. Richard Jenkins               | 4. Tom Jones                | 5. Charlotte Church | 6. Geoffrey Howe |
| 7. Dylan Thomas                  | 8. Max Boyce                | 9. Aled Jones       | 10. Cardiff      |

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This next item has been taken from the "In Touch" Letter which Mike Snodgrass, a History Lecturer, sends out to his U3A students, (and me) during the lockdown:

### A Rhyme For Our Time:

(Apologies to Rudyard Kipling)

If you can social distance when all about you  
Lurk the germs of coronavirus flu,  
If you can wear a face mask and gloves and go out  
With absolute certainty there`s no one else about.

If you find many other shoppers at the door  
Of the Asda, Sainsbury`s or the Tesco store  
If the shelves are empty and there`s no bread  
And you can buy currant buns instead.

If the toilet roll shelves are bare  
And you can pretend you just don`t care.  
If you find antibacterial gel but not look delighted,  
Hide it in your trolley without getting too excited.

If you can wait and not be tired of waiting,  
Standing in a long queue without fainting.  
If you can dream, but not forget your place,  
And get an itch but do not touch your face.

If you can wander home still wincing at the price  
And wash your hands (singing Happy Birthday) twice.  
If your kids ignore the word`s you`ve spoken  
And the things inherited from Gran get broken.

If you can fill the unforgiving minute  
With the wonder of the earth and everything in it,  
And with love and laughter and lots of fun-  
When Covid`s gone, you`ll be a man, my son.  
*Pauline Relf, Tonbridge, Kent.-*

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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](mailto: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.