

# RUABON NEWS LETTER 323

12.05.2020

## A HERO AT 9 YEARS OLD!

### ALEC ROGERS

has managed to raise £310 for the charity:



Alec has walked 5 miles each day for a week despite still being under the care of the orthopaedic departments of the Wrexham Maelor and Alder Hay hospitals, as has been the case for all his life. Alec's family are all justly proud of him, of his outlook on life and his determination.



The photos show Alec, still smiling during his last walk and concentrating on his well-deserved 'Celebration Cake'

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If anyone would like to contribute to the charity:  
AWYR Las through Alec:

Please contact Alec's

Mother:

Rachel.quayle

<[rachel.quayle@hotmail.co.uk](mailto:rachel.quayle@hotmail.co.uk)>



The following piece, 'Going up the Mountain', was written by my late husband John Penri Williams about three years ago. It is a recollection of his childhood years. It is all true.

(Margaret Williams).

## GOING UP THE MOUNTAIN

**We were at war with Germany.** I was eight years old and we had decided to go up the mountain as far as the boundary of Joseph's field, half-way to the summit. From there we could view the whole of Port Talbot except for Margam, hidden by the contours of the mountain itself. Below us would be the centre of Taibach with Gallipoli field enclosed by two chapels and one of the mid-nineteenth century rows of workers' cottages that seemed to differentiate the whole area from the rest of Port Talbot. There, recalling locations familiar during the Crimean War, would be Scutari, Alma, Varna, Gallipoli itself, Inkerman East, Inkerman West - "Little Russia" - whether because of the street names or the politics of the area I have never been quite certain.

The rest of Taibach consisted of streets and buildings built in the late nineteenth and early twentieth centuries. The river Ffrwdwyllt formed a visible boundary between central Port Talbot and Taibach itself - a boundary emphasised by Port Talbot Memorial Park just over the river, across the bridge from Park Street where I lived. The river was always black and often silted up with the waste from the collieries higher up the valley. Until a determined effort in the mid-thirties to build a strong retaining wall it would, occasionally, overflow into Park Street.

Dominating the whole of the village was the steelworks with its blast furnaces, coke ovens and gasometers. Beyond was the sea held back by the magnificent sand dunes leading to Morfa beach. On a clear day, the clouds emanating from the coke ovens permitting, you could see across Swansea Bay to the lighthouse at Mumbles Head. The main road from Cardiff to Swansea ran through Taibach, forming

Commercial Road, the main shopping area. Perhaps from our vantage point we might see soldiers marching along it.

There were five of us, myself, Gilbert, Jeff, Billy-next-door and Ken his brother. Ken was nearly eleven years old, and the rest about my own age. Ken would obviously lead us and off we set, down the street, along Varna Terrace, across the railway towards the end of Caradoc Street and then up the steps onto the mountain proper.

The steps were at the end of Caradoc Street. As we approached, around the corner came a group of "big" boys, at least 13 years old. "Where are you lot from?" said one.

"Park Street," said Ken.

"What are you doing in Caradoc Street?"

"We're not going to Caradoc Street. We're going up the steps" said Ken, boldly standing his ground whilst the rest of us cowered behind him.

"Oh, leave them alone", said one of the big boys.

"OK. As long as you're only going up the steps", said the first boy.

Nervously we passed them and continued on our way. As we climbed we could hear roars of laughter behind us. This did little to reassure me because I had had a real shock when we were encountered - two of the big boys were exactly the same - one at one end of the group and one at the other end. It didn't seem possible but I later found that I had met the Powell twins - the dread of my life on the many occasions I was to climb those steps.



Margam Mountain

Two years later I had passed the scholarship and entered the Grammar School.

One of the many wonders of my new school was a purpose-built lavatory block with individual urinals and a row of washbasins. I was eyeing it with awe when there, in front of me, was one of the Powells. My heart gave a quiver but he smiled at me and said: "How do you like your new school?" I could hardly believe it. Both the Powell twins and one other of the formidable "defenders of Caradoc Street" were in the school. I got used to seeing them going through Park Street towards the school but was in my late twenties before I was able to tell which was which when they were apart. By then I had married their little sister - 57 years ago.

The other boy from the group who had confronted us was Ritchie Jenkins. My brothers-in-law both became Head Teachers and lived to a goodly age. Ritchie's untimely death prompted my mother to ring me. "Pity," she said "he was a lovely boy. He could have made something of himself". Instead, of course, he changed his name to Burton and became an actor.

By the way, we never did see any soldiers.



Monday 4<sup>th</sup> May 2020

Dear Parent/Guardian,

Thank you for all you are doing to support your child's learning at home in partnership with the school.

This is my second update letter since the Easter holiday and I will continue to communicate with you in this way, every two weeks, for as long as your child remains at home. Many of you are contacting school to discuss what, and how much work, your child should be completing each day. We realise in these difficult times making sure school work is completed each day adds to the challenges we face currently. I would like to reassure you that as long as there is some engagement with school work to maintain a learning routine there is

no right or wrong way of doing this. Every home situation is different and staff in Ysgol Rhiwabon will be aware of this and will plan catch up and support sessions when it is time to return to school. In the meantime we would like to stress that your child's wellbeing and yours is as important as the lessons. School staff, pupils and parents are all sharing their homes with work. It is important to strike the right balance between home life and work life to avoid unnecessary pressures, knowing that your child will be supported on their return to school.

As your child enters their fifth week of distance learning we are making some suggestions in this letter to support you. Working with the Local authority and regional consortia, we have been considering sensible models for distance learning, based on up to date research.

We suggest:

- 3 hours of learning per day, using the resources provided by school
- 1 hour of exercise
- Completion of hobbies and life skills. This can include completing a community task for our school PACK challenge which can be submitted via the form on the website: helping round the home does count!

### **Distance Learning**

Up to now your child will have been working at home independently for four weeks, excluding the two week holiday. After the initial work set we have continued to update our school website with more resources accessed through the subject tab on the Home Page.

There is plenty to do here and a range of activities.

- From this week new work will be uploaded fortnightly and can be accessed from a range of platforms.
- An overview sheet will outline work for each Year group for easy access. This will be ready by Wednesday 4<sup>th</sup> May and available on the website.
- You can find work for individual subjects accessed via our school website. On the homepage at the top access subjects and here you will find work organised in individual year groups.

- Some work for Year 7 and 10 is available through Goggle Classrooms. Year 8 and Year 9 will be able to use this platform by the end of this week, May 8th
- We have also added useful national resources and Apps. Bitesize, for example, has made all its resources for primary and secondary schools available on line for all subjects.
- MathsWatch is proving highly popular and is encouraging some healthy competition amongst our students

### **Childcare provision for key workers**

We have been looking after students who are eligible for supervision in school since statutory education was suspended in March. This provision will continue until school officially reopens according to the Welsh Government Guidelines.

### **Reports**

Year 7 and 8 reports will be posted home this week and next, ensuring that you have access to your child's teacher and to relevant targets to support progression whilst working at home. Year 9 and Year 10 have their individual reports and can review the targets set in each subject to support them

### **Finally.**

We realise that we are managing the wellbeing and education of our students through a very challenging time. School remains open for you to phone or email in if staff can help in any way. Apart from continuing independent learning at home it is important to us all that our children remain well, safe and happy. Please keep sending in your stories of kindness and inspiring ways to support each other during this unprecedented time through our Personal Acts of Community Kindness project. We will continue to stay in touch through our website, parent texts, emails and letters.

Thank you as always for your support.

With Kind regards,

**Melanie Ferron Evans**  
**Headteacher**

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## Issue 9

## Community support response to Coronavirus- Wrexham:

### Briefing Sheet update 10th May 2020



#### Lockdown changes

As we hear from political leaders in Wales and England, we are learning that fundamentally the lockdown in Wales will be remaining the same for another three weeks with only minor tweaks. Differences that will occur in England will impact on local residents who have work bases over the border as some employers reopen. We cannot undo the impact that everyone has been working towards reducing the spread of Covid on our communities and crucially keeping the R number below 1. Most people had never heard of an R number until recently, yet it is the most crucial figure that we all need to be watching.

Whilst the number of confirmed cases and deaths are still fluctuating all the fantastic volunteer support will still need to be helping people with shopping and other roles. There are many people who are part of the 'Shielding' group who will be remaining indoors for 12 weeks until June and there have been another 21,000 people across Wales that are being brought into this group. <https://gov.wales/wales-extends-coronavirus-lockdown>

#### 2020 and beyond Planning for the future

It is important that organisations and communities start planning for the future and AVOW are holding a series of events to gather information from all parts of our communities – we want to listen to what has been going on and what support communities and organisations may need in the future.

It is important that 'Recovery Plans' are not about getting back to how we did things pre Covid without giving thought about what we have learnt and adapted – how many adapted working and support practices now need to be retained and become part of the new normal.

**Together we need to take the knowledge from yesterday to shape our new tomorrow**

#### Volunteer Update:

The RVS GoodSam app to volunteer with Health- Many people in the area may have signed up on the app to volunteer but not realise that this was for England only. If you did register you will have received an email informing you that the app is closed

for Wales and to sign up on the Volunteering in Wales web site. As many Covid volunteering opportunities are now full we encourage everyone to look at all the other roles that people could sign up for- there is always a need for a wide range of volunteers no matter what your skills – if you have time to volunteer there will be an opportunity for you beyond the Covid lockdown period. Looking forward to new roles

for people who may want to help on one off occasions to meet the needs of our communities' work is underway to retain details of everyone. We never know when the next crisis may arise. It was only on Thursday when a potential need for



volunteers occurred following the significant burst water mains in Wrexham leaving many people without a supply for over 12 hours. The water company delivered bottled water to many homes but if this had expanded volunteers could have been mobilised to help distribute water to vulnerable people in our communities.

### **Volunteers Week June**

Opportunity to celebrate Volunteers Week in a new virtual way.

At a time when volunteers have been playing such a large part in supporting people through the Covid crisis we would like to invite you all to our Virtual Volunteers Week Afternoon Tea Event. Details below.

Bring your own virtual piece of cake and a drink (Non alcoholic of course!) Tuesday 2nd June from 2pm - 4pm <https://bit.ly/2SSThu3> This is the chance for us to say thank you to you for all your dedication through these difficult times. Let us know if your organisation is doing anything to celebrate volunteers.

### **AVOW Volunteers Network**

If you are involved with looking after volunteers why not come to our virtual network



meeting to share with others your experience- let us all start to learn from each other- 14th May 10.00am <https://bit.ly/35NxCbM>

### **Current issues:**

**PPE** – supplies are now being delivered to meet the needs of Health and Social Care setting. Community organisations who require PPE should ensure that they are sourcing through reputable outlets and the items meet all necessary quality standards. If the necessary quality standards products are not available, then organisations should inform the insurance company to avoid issues of **noncompliance**. <https://bit.ly/2zoSt9l> <https://bit.ly/3dxd2J9>

**Food provision:** There have been many emergency responses to the provision of extra food parcels to people who may be in need. Congratulations to everyone concerned with these schemes but there are limits to the time that these are sustainable. It is important that those involved in supporting people to obtain information on benefits and other services that can help develop a sustainable wrap around package. Email [covid19@avow.org](mailto:covid19@avow.org) if you are looking for details about what support is available.



Thanks to the local food provision providers for information sent in to go onto our master list,

### **Local shopping:**

Additional information has been added again this week with our list of local shops providing a delivery service now being very extensive.

<https://avow.org/2020/04/08/wrexham-independent-retailers/>

### **Food Parcels for shielding people:**



An additional 21,000 people across Wales approx. 1,000 for Wrexham have received Shielding letters due to an expanded range of medical conditions being added. Many people who fall into this category have identified family or community volunteers so are accessing mainstream shopping outlets and

do not require the free parcels. Additional information is available

<https://bit.ly/34rVbGF>

**General Shopping:** AVOW is still continuing to deal with requests for shopping and pharmacy collections for people with no family or community support email [covid19@avow.org](mailto:covid19@avow.org) or tel [312556](tel:312556) if you or someone you know are seeking help.

## **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/> . More than 2600 have now registered for the Direct payment that has been introduced instead of Free School Meals- <https://bit.ly/2YKPmDn>

**Welsh Government and Health Guidance-** (following requests for single information sources we have grouped together several Welsh Government and Health resources.

### **Health and Social Services**

- In response to growing evidence and concern that the COVID-19 infection is having a disproportionate adverse impact on Black, Asian and Minority Ethnic (BAME) people, the Welsh Government BAME Covid-19 health advisory group met for the second time yesterday.
  - <https://gov.wales/wales-bame-covid-19-health-advisory-group-takes-cross-government-approach>
- The Welsh Government Minister for Health and Social Services has issued an *NHS Wales COVID-19 operating framework for quarter 1 (2020/21)*.
  - The document highlights four types of harm that could emanate from Covid-19 which the NHS in Wales must remain focused on and guard against.
  - <https://gov.wales/written-statement-coronavirus-covid-19-nhs-wales-operating-framework-quarter-1-202021>
- Public Health Wales are conducting an on-going national public engagement telephone survey on health and wellbeing during Coronavirus.
  - The survey asks people across Wales how coronavirus and related control measures are affecting their health and wellbeing, how they are coping and their views on how they are being supported.
  - The latest summary report and data from other weeks is on the PHW website <https://phw.nhs.wales/news/public-health-wales-survey-reveals-a-decrease-in-concern-for-becoming-infected-with-novel-coronavirus/>

### **Community Safety**

- Welsh Government has launched the 'Home shouldn't be a place of fear' campaign, with a message to victims of domestic abuse: support is available, you are not alone
  - <https://gov.wales/minister-launches-home-shouldnt-be-a-place-of-fear-campaign>

### **In the News - COVID-19 research studies in Wales**

There is a need for large numbers of people to take part in all forms of research around the impact of Covid19 – medically and impact on people lives- the following are a range taking place in Wales.

### **The Clinical Trials Wales is taking part to find treatments for coronavirus**

Wales is currently taking part in 10 public health research studies to find treatments for coronavirus. The studies, set up through Health and Care Research Wales, are looking into multiple treatments for patients, identifying risk factors and specific genes which make people more susceptible to the damaging effects of Covid-19.

Read the whole article in [Wales Online](#)

For updates and new information about COVID-19 research, visit the COVID-19 research hub [on our website](#)

### **Funding:**



Local money for local projects – the AVOW Emergency Fund normally makes decisions within 48 hours of applications being received- our record is turning an application around in two and half hours!!

AVOW this week have made grants available to

### **CRNCA- Cefn Rhosymedre and Newbridge Community Association**

#### **Johnstown Cubs**

Groups are seeking funds to support the way that they have moved many of their activities online and now using video conferencing type facilities to remain engaged. 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/>

### **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](mailto:rafat.arshad-roberts@avow.org);

Support for entrepreneurs and Self Employment – Under a Welsh Government scheme [john.every@avow.org](mailto:john.every@avow.org); [Judi.Sellwood@avow.org](mailto:Judi.Sellwood@avow.org) are able to support individuals.

**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 sending in this information from AVOW](#)**

## **Wrexham County Borough Council**

### **Bins and recycling**

#### ***Household waste recycling centres***

On Friday, 8<sup>th</sup> May Welsh Government announced that councils can begin planning to re-open household waste recycling sites.

**We're carefully assessing the new guidance and – along with other councils in Wales – will be looking at how to manage staffing levels and health and safety compliance, before confirming when and how our sites in Wrexham will reopen. We'll update you as soon as we know more.**

### **Libraries**

Welsh Government also announced on Friday that councils can start to consider whether to reopen libraries.

**Again, we're looking carefully at the new guidelines, before deciding how to move forward in Wrexham. We'll keep you updated.**

## 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





IN PARTNERSHIP WITH

RUABON

COMMUNITY

COUNCIL



**HERE TO HELP**

**Do you or somebody you know need any help  
at this challenging time?**

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

Picking up shopping

Collecting Prescriptions

A friendly phone call

Urgent supplies

**Volunteers from Friends of Ruabon and  
Ruabon Community Council are here to help**

We want you to know that you are not alone

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    01978 824087**

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

**Facebook: Friends of Ruabon Viral Kindness**

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

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

# NEWSLETTER

## Communities for Work

### Have you recently been made redundant from your job?

We have some employers contacting us to help fill their vacancies, this is changing on a day by day basis.

If you would like some assistance finding temporary work, please email [cfw@wrexham.gov.uk](mailto:cfw@wrexham.gov.uk), or

call (07976200413/07976200414) to sign up to the Communities For Work Programme, there is a short telephone referral form to go through but this will be explained in more detail when you call. The lines will be open between 10am - 3pm and we will be expecting a high volume of calls, so please do leave a voicemail message and we will get back to you ASAP.

We will then compile a list of names and match jobs with those registered as they come in.

We can't promise we will be able to get you work, but we can offer support.

Unfortunately this assistance is only available to residents within Wrexham.

Spring 2020



Cymunedau am Waith  
Communities for Work



Ulywodraeth Cymru  
Welsh Government

## MEN IN SHEDS

Communities For Work have been working with Cefn Mawr Men's Sheds group running training courses and activities. Members of the group have taken part in woodwork workshops, coppice basket making and mosaic design. One member of the group said that 'the courses put on by Communities For Work have given me more confidence to try new things and given me new ideas'. He has gone on to produce items made from wood which have been displayed at open days and events.



## KEEP CALM AND CARRY ON



In these challenging times The Communities for Work team are continuing to provide a quality service. The combined team across Wrexham received 937 referrals last year. Of those, 411 joined the programme. From this intervention 183 people found employment. If we add in the figures from last year we received 1637 referrals and 274 people found employment. This means that over third people who joined the programme found employment.

At present we are open for business providing one-to-one mentoring via telephone and internet. We are also providing online training, help and advice. A note from one participant read

"My relationship with Vicki was good to be fair, she did challenge me but I've learnt from it. I would definitely recommend Communities For Work to others. Thank you for your help, not sure I could have done it without you"

wrexham  
wrecsam



Ulywodraeth Cymru  
Welsh Government

# NEWYDDLLEN

## Cymunedau am Waith

**Ydych chi wedi cael eich gwneud yn ddi-waith yn ddiweddar?**

Rydym yn cael rhai cyflogwyr yn cysylltu â ni i helpu i lenwi eu swyddi gwag, mae hyn yn newid o ddydd i ddydd.

Os hoffech dderbyn cymorth i ddod o hyd i waith dros dro, gallwch anfon e-bost at [cfw@wrexham.gov.uk](mailto:cfw@wrexham.gov.uk)

[cfw@wrexham.gov.uk](mailto:cfw@wrexham.gov.uk), neu ffonio (07976200413/07976200414) i gofrestru ar gyfer y Rhaglen Cymunedau am Waith, mae yna ffurflen fer ar gyfer atgyfeirio dros y ffôn i fynd drwyddi ond eglurir hyn yn fwy manwl pan fyddwch yn ffonio. Bydd y llinellau yn agored rhwng 10am – 3pm a byddwn yn disgwyl nifer uchel o alwadau, felly gadewch neges llais a byddwn yn dod yn ôl atoch chi gynted â phosibl.

Yna byddwn yn llunio rhestr o enwau ac yn cyfateb swyddi gyda'r rhai sydd wedi cofrestru wrth iddyn nhw ddod i mewn.

Nid ydym yn gallu addo y byddwn yn gallu cael gwaith i chi, ond gallwn gynnig cefnogaeth.

Yn affodus, mae'r cymorth hwn ar gael i drigolion yn Wrecsam yn unig.

Gwanwyn 2020



Cymunedau am Waith  
Communities for Work



Llywodraeth Cymru  
Welsh Government

## DYNION MEWN SIED

Mae Cymunedau am Waith wedi bod yn gweithio gyda grŵp Siediau Dynion Cefn Mawr yn cynnal cyrsiau hyfforddiant a gweithgareddau. Mae aelodau o'r grŵp wedi cymryd rhan mewn gweithdai gwaith coed,

gwneud basgedi coedlan a dyluniad mosaig. Roedd un

aelod o'r grŵp yn dweud bod y 'cyrsiau a gynhaliwyd gan Cymunedau am Waith

wedi rhoi mwy o hyder i mi i roi cynnig ar bethau

newydd a rhoi syniadau newydd i mi'. Mae wedi mynd ymlaen i gynhyrchu

eitemau a wnaed o goed sydd wedi eu harddangos

mewn dyddiau a digwyddiadau agored.



## CADWCH YN DAWEL A DALIWCH ATI

Yn ystod y cyfnodau heriol hyn, mae'r tim Cymunedau am Waith yn parhau i ddarparu gwasanaeth o ansawdd.



Roedd y tim cyfunol ar draws Wrecsam wedi derbyn 937 o atgyfeiriadau y llynedd. O'r rhai hynny, roedd 411 wedi ymuno â'r rhaglen. O'r ymyrraeth hon roedd 183 o bobl wedi dod o hyd i waith.

Os byddem yn cyfrif ffigyrau o'r llynedd, rydym wedi derbyn 1637 o atgyfeiriadau ac roedd 274 wedi dod o hyd i waith.

Mae hyn yn golygu bod dros trydedd rhan o'r bobl wnaeth ymuno â'r rhaglen wedi dod o hyd i waith.

Ar hyn o bryd rydym yn agored i fusnes yn darparu mentora un i un dros y ffôn a'r rhyngwyd. Rydym hefyd yn darparu

hyfforddiant ar-lein, cymorth a chynghor. Nodyn gan un o'r cyfranogwyr

'Roedd fy mherthynas gyda Vicki yn dda i fod yn deg, roedd yn fy herio ond rwyf wedi dysgu o hynny. Byddwn yn bendant yn

argymhell Cymunedau am Waith i bobl eraill. Diolch am eich cymorth, dwi ddim yn meddwl y byddwn wedi

llwyddo hebdoch chi.

wrexham  
WREXHAM  
WRECSAM



Llywodraeth Cymru  
Welsh Government

## TRAINING AND COURSES

# PROVIDING NEW EXPERIENCES

We have been working with some new providers in recent times who have offered new experiences, training and the chance to learn new skills. The Woodland Skills Centre have worked with us to provide workshops to families and individuals around enjoying nature. Parent groups from Min-Y-Ddol, Rhos and Chirk have benefited from these sessions.

We have also worked with Andy Birch who has run Graffiti workshops with colourful and spectacular results. Our engagement courses and support do

make a real difference. One participant wrote to our Transition Support Officer 'My kids had a great time doing craft. What a journey I've done in one year. You've shown me what I can do. I owe you a lot.'

## WE ARE LOOKING TO WORK WITH YOUR COMMUNITY GROUPS

If you are part of, or run a community group who have people attending



that may be seeking work we want to hear from you. We can offer workshops and activities to build confidence and learn new skills. We can also meet training needs to help people into employment. You can call or email the contacts below and you will be put through to the right person.



## JOB CLUBS

We also run a number of Job Clubs across Wrexham. These are there to provide help support and advice on all things relating to finding employment. CV writing, job search, benefits advice and interview techniques are all covered in these drop-in sessions running in your community.



For some of these sessions we have invited the Fire Service to talk about fire safety and LEAP Energy Advice talking about how to save money on your bills. Unfortunately these sessions are not running at present due to the current situation. However, if you call the number below we will do our best to help.

For general enquiries contact us on:  
07976200413/07976200414  
Or email: [efw@wrexham.gov.uk](mailto:efw@wrexham.gov.uk)

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Communities for Work



## HYFFORDDIANT A CHYRSIAU

# DARPARU PROFIADAU NEWYDD

Rydym wedi bod yn gweithio gyda darparwyr newydd yn ddiweddar sydd wedi cynnig profiadau newydd, hyfforddiant a'r cyfle i ddysgu sgiliau newydd. Mae'r Ganolfan Sgiliau Coetir wedi bod yn gweithio gyda ni i ddarparu gweithdai i deuluoedd ac unigolion ynglŷn â mwynhau natur. Mae grwpiau rhieni o Min-y-Ddol, Rhos a'r Waun wedi cael budd o'r sesiynau hyn. Rydym hefyd wedi gweithio gydag Andy Birch sydd wedi cynnal gweithdai Graffiti gyda chanlyniadau lliwgar ac anhygoel. Mae ein cyrsiau ymgysylltu a chymorth yn gwneud gwahaniaeth mawr. Roedd un cyfranogwr wedi ysgrifennu at ein Swyddog Cymorth Pontio 'cafodd fy mhiant amser gwych yn gwneud gwaith crefft. Rwyf wedi bod ar dipyn o siwrnai mewn blwyddyn. Rydych wedi dangos i mi beth ydw i'n gallu ei wneud. Mae fy nyled yn fawr i chi.'

## RYDYM YN GOBEITHIO GWEITHIO GYDA'CH GRWPIAU CYMUNEDOL

Os ydych yn rhan neu'n cynnal grŵp cymuned sydd â phobl sy'n



mynychu sy'n ceisio cael gwaith, hoffem glywed gennych chi. Gallwn gynnig gweithdai a gweithgareddau i ddatblygu hyder a dysgu sgiliau newydd. Gallwn hefyd ddiwallu anghenion hyfforddiant i helpu pobl i gael gwaith. Gallwch ffonio neu anfon e-bost at y cysylltiadau isod a byddwch yn cael eich rhoi mewn cysylltiad gyda'r person cywir.

## Clwb Swyddi

Rydym hefyd yn cynnal nifer o Glybiau Swyddi ar draws Wrecsam. Mae'r rhain yno i roi cymorth, cefnogaeth a chyngor ar bopeth sy'n ymwneud â dod o hyd i waith. Ysgrifennu CV, chwilio am swydd, cyngor ar fudd-dal a thechnegau cyfweid i gyd yn cael eu cynnwys yn y sesiynau galw heibio hyn a gynhelir yn



eich cymuned.

Ar gyfer rhai o'r sesiynau hyn rydym wedi gwahodd y Gwasanaeth Tân i siarad am ddiogelwch tân a Chyngor Ynni LEAP i siarad am sut i arbed arian ar eich biliau. Yn anffodus, nid yw'r sesiynau hyn yn cael eu cynnal ar hyn o bryd o ganlyniad i'r sefyllfa bresennol. Fodd bynnag, os ydych yn ffonio'r rhif isod, byddwn yn gwneud ein gorau i'ch helpu chi.

For general enquiries

contact us on:

07976200413/07976200414

Or email: [ofw@wrexham.gov.uk](mailto:ofw@wrexham.gov.uk)



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## FACEBOOK

### WE ARE HERE AND READY TO HELP

Make sure you check out our Facebook page with daily updates on job opportunities, online training, hints and tips for you and the family for getting through this challenging time.



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Look out for

- ONLINE TRAINING
- TIPS OF STUFF TO DO WITH THE KIDS
- ONLINE CRAFT/COOKING/GARDENING WORKSHOPS
- JOB OPPORTUNITIES
- LINKS TO USEFUL WEBSITES AND THE LATEST EMPLOYMENT INFORMATION



**'Thank you for everything, you were the most help, I honestly cant thank you enough for all your support and belief in me.' Sent from a client to one of our mentors.**

For general enquiries  
contact us on:  
07976200413/07976200414  
Or email: [cfw@wrexham.gov.uk](mailto:cfw@wrexham.gov.uk)



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## FACEBOOK

### RYDYM NI YMA AC YN BAROD I HELPU

Gwnewch yn siŵr eich bod yn cael golwg ar ein tudalen Facebook gyda diweddariadau dyddiol ar gyfleoedd am swyddi, hyfforddiant ar-lein a chyngor i chi a'r teulu ymdopi drwy'r cyfnod heriol hwn.



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Edrychwch allan am

- HYFFORDDIANT AR-LEIN
- CYNGOR AR BETHAU I WNEUD GYDA'R PLANT
- GWEITHDAI CREFFT AR-LEIN/COGINIO/GARDDIO
- CYFLEOEDD GWAITH
- DOLENNI I WEFANAU DEFNYDDIOL A'R WYBODAETH CYFLOGAETH DDIWEDDARAF



**“Diolch i chi am bopoeth, roeddech mor dda am helpu, fedrai ddim diolch digon i chi am eich holl gymorth a chefnogaeth a chredu ynof i. Anfonwyd gan gleient at un o'n mentoriaid.**

For general enquiries  
contact us on:  
07976200413/07976200414  
Or email: [cfw@wrexham.gov.uk](mailto:cfw@wrexham.gov.uk)



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## **Ffion Austin – Community Agent for Ruabon & Penycae 07751 778869**

- **Support Network around Wrexham** - A list of available contacts in the local community, amidst the COVID-19

[https://www.google.com/maps/d/viewer?mid=1rEZUPm6O1FUgBfT5cvk2KuotsnlmaLGP&ll=53.0128667861839%2C-2.97431870000026&z=11&fbclid=IwAR2enf66PSBMGYQL5Po677MoX-xKa\\_7xMljmWGgSULBTj2kiTVm3Huv6FYQ](https://www.google.com/maps/d/viewer?mid=1rEZUPm6O1FUgBfT5cvk2KuotsnlmaLGP&ll=53.0128667861839%2C-2.97431870000026&z=11&fbclid=IwAR2enf66PSBMGYQL5Po677MoX-xKa_7xMljmWGgSULBTj2kiTVm3Huv6FYQ)

- **Age Connects** – can support with food shopping, prescription collection, telephone befriending service.

**0845 054 9969**

- **British Red Cross** – Pharmacy support  
**01745 828330** Option 2: then leave a message

- **Age Cymru - Official Announcement.**

From Monday 23 March, we're offering a free check-in-and-chat telephone service for the over 70s in Wales who live alone.

It's hoped that the initiative will help provide some reassurances to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

These are potentially difficult times for many older people, especially those living alone who may not have anyone to share their concerns. Others may just want to have a chat about what they saw on television last night. Hopefully, this initiative will help older people cope with some of the challenges arising from the Coronavirus outbreak.

 08000 223 444

 enquiries@agecymru.org.uk

 <http://bit.ly/CheckInAndChat>

- **Government Advice** -

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely?fbclid=IwAR2OtEYWmcXOSxkoQ8jRIE-mw1Botvu-avodQQKLzUuRT-KwmG1nNjv15sQ>

- **Welsh Government** - Looking out for each other safely

<https://gov.wales/safe-help?fbclid=IwAR3GRKssxSeWUqZDxehqNzc5ZpnCtn4scdwehZWi8Xt2DN1SvX5oC7-52Lk>

- **Digital Communities Wales** - Our DCW digital inclusion advisors are on hand to provide help with enquiries about digital inclusion and helping people get online in light of the Coronavirus. More information on how we can help can be found: <http://bit.ly/DCWCovid19>
- **Newcis** - Useful Contacts and Organisations  During this difficult time, NEWCIS have compiled a useful list of organisations that may be able to support you over the telephone 

[www.newcis.org.uk/useful-contacts/](http://www.newcis.org.uk/useful-contacts/)

[Alzheimer's Society](#), [British Red Cross](#), [Carers Trust](#), [Dewis Wales](#), [Macmillan Cancer Support](#), [Marie Curie UK](#), [Mind](#), [No Panic](#), [PAPYRUS Prevention of Young Suicide](#), [SANE Mental Health Charity](#), [Tenovus Cancer Care](#), [Silver Line](#)

- **NEWCIS COVID-19 statement:** [www.newcis.org.uk/covid-19-newcis-statement/](http://www.newcis.org.uk/covid-19-newcis-statement/)
- **AVOW** - Services providing telephone befriending for people experiencing isolation.

Self-isolation may mean that some citizens will get no interaction at all. These services can provide telephone befriending for these people, ensuring some human interaction.

<https://avow.org/.../telephone-befriending-services-available/>

The Wrexham Community Map is an interactive map collated by AVOW and the COVID19 Community response, with area contacts across Wrexham County Borough, including Community Councils, Council Members, Community Agents where available. The map will be up-dated frequently with further contact details from volunteers at a community and street level.

If you have information to contribute to the above map, please get in touch with AVOW at 01978 312556 or email [COVIDcommunity@avow.org](mailto:COVIDcommunity@avow.org).

<https://avow.org/2020/03/25/wrexham-community-map/>

Here are some useful numbers which may help if you need someone to talk to:

- Samaritans : 116 123
- Mind : 0300 123 3393 or text 86463
- Age UK : 0800 678 1602
- Rethink : 0300 5000 927
- Switchboard : 0300 330 0630
- The Silver Line : 0800 470 8090
- **Food** [https://www.facebook.com/dragondinners/?hc\\_location=ufi](https://www.facebook.com/dragondinners/?hc_location=ufi)

Elderly & Vulnerable Priority Shopping Hours	
	Thursday - the first hour of opening.
	Monday, Wednesday and Friday, 9am - 10am. (except Express stores).
	Friday - from store opening until 9am.
	Monday and Thursday - the first hour of opening.
	The first hour of opening, every day.
	Monday to Saturday, 9am - 10am.
	The first hour of opening, every day.



## 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.

\*\*

## THE CENTRE OF RUABON IS LOOKING BRIGHTER THANKS TO RUABON COMMUNITY COUNCILLORS

These beautifully replenished planters were planned for, several months ago, when Cllr Sarah Giles made contact with Derwen College to explain what was needed. Due to working restrictions at this difficult time, college personnel were unable to visit Ruabon to do the planter displays themselves. Cllr. Bill Smith then stepped in and collected the plants; a comprehensive DIY plant plan was sent to Sarah for her to follow, then with the help of her husband and daughter: Stephen and Lucy Giles, the old compost was cleared and the colourful displays are now complete to cheer everyone coming into the village.



# The Big Brownie Birthday

Monday 4<sup>th</sup> May marked 70 years since the 1<sup>st</sup> Ruabon Brownie Pack was formed



Of course the brownies could not have a 'normal' party but they celebrated i by having a virtual party instead with cakes, candles and cards.

Belated 'Happy Birthday' to all the  
**1<sup>st</sup> Ruabon Brownies**

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# **RUABON ROVERS FOOTBALL CLUB**

**WE'VE ALL MISSED FOOTBALL DURING THIS LOCKDOWN, BUT RUABON HAS MISSED FOOTBALL FOR A LOT LONGER!**

**THE VILLAGE HAS BEEN WITHOUT A TEAM FOR A NUMBER OF YEARS, AS THE VERY HEART OF FOOTBALL IN WALES WE BELIEVE THIS NEEDS RECTIFYING.**

**WE ARE FORMING A NEW CLUB 'RUABON ROVERS FC' A SENIOR MENS TEAM, WHICH WILL COMPETE IN THE 2020/21 SEASON AS PART OF THE CLWYD EAST LEAGUE. (SATURDAY'S)**

**WE ARE LOOKING FOR KEEN VOLUNTEERS TO HELP US CREATE AND PUSH FORWARD OUR COMMUNITY CLUB, PLEASE GET IN TOUCH.**

**FIND US ON FACEBOOK @RUABONROVERS**



**#RRFC  
#OURCOMMUNITY**

**FACEBOOK  
@RUABONROVERS**

## Information from Mike Snodgrass re: his 'IN TOUCH' News Letter this week:

First of all it is 'Apology Time' to everyone (from me), for putting out Mike's status incorrectly:

Mike has sent me the following message on his true identity, to clarify the error I made (what a gentleman!):

"Just a small correction regarding the information about myself I am not a lecturer in history, just happen, as nobody wanted the job to organise with a couple of other people the local History Group as a part of the Wrexham U3A. We normally hold a monthly meeting with a speaker who might be one of our members or somebody from outside that can give about a one hour talk on subjects of local historic interest.

Very like the Ruabon History Group, who`s meetings unfortunately clash with the U3A main monthly meetings, or else I would attend those myself."

---

The first item in Mike's 'In Touch' letter that I found intriguing was the recipe for Carrot Scones made for tea when he and Kathy celebrated 75years of the end of World War Two last week:



### Carrot Scones

#### **Ingredients** (makes 12)

12 tbsp ( Tablespoon) self-raising flour  
& 1 teaspoon baking powder, sifted together.

2 tbsp butter or (margarine).

4tbsp sugar.

8 tbsp grated carrot.

A few drops of vanilla essence.

Raspberry preserve.

#### **Method**

Preheat oven to gas mark 6 /200c and grease a baking tray.

Leave out butter so that it becomes soft, and easier to mix in the sugar. Beat these until they become light and creamed.

Add in the grated carrot, a bit at a time, and then add in the vanilla.

Slowly add the sifted flour. The more you beat the more moisture the carrots will release to bind the mixture together. You will be left with a ball of sticky carrot-flecked dough.

Pinch and roll the desired amount between your hands.

Place on the baking tray and sprinkle with a little sugar (optional).

Cook in the centre of the oven for about 20 Minutes.

Once firm on the top and at the sides, remove and cool before serving with raspberry preserve.

They were really good, especially if warmed in the microwave oven for a few seconds before spreading with butter and eating."

\*\*

### **SEEDS:**

I did order some seeds including sunflowers for the garden from a company called "Just Seed" and when they arrived in a few days, by post guess where they came from? Wrexham. Bryn Estyn Business Centre (suite3B), Bryn Estyn Road, Wrexham LL13 9TY. 01978 421764 Email [sales@justseed.com](mailto:sales@justseed.com)

I put all that information on in case anybody wants seeds for the garden they have thousands of varieties and at £1.25 a packet and £1.15 postage I found it very reasonable and shall use them again in the future.

\*\*

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.'

From Sybil Bremner.