

# Ruabon News Letter 325

26.05.2020



## SHARE YOUR SUNNY TOMORROWS

So how many of you have Sunflower seeds over from last year or have already sown or ready to sow, and I wonder if sunflower seed from bird feeders would work?

If you can, we would love to watch them grow with you as not all of us are that prepared.

**Friends of Ruabon** have received a great suggestion by one of our residents to get the community involved in planting sunflowers photographing them as they grow and measuring them to share in a gallery on our page.

If you sow seeds now, we could possibly see happy sunflowers peeping over walls and fences by the end of the summer. They are apparently the seeds to sow in May so let's get a move on if we have the ingredients to make it happen!

Many of us have now taken up this suggestion, so perhaps Ruabon will soon be known for its Sunflowers in years to come, if we continue with this delightful idea. Please send in ALL your floral photos for everyone to admire.



Grow a Sunflower and make  
our Village Shine



Get your Free Sunflower Seeds

tel 07985568627

## A MESSAGE FROM RUABON MEDICAL CENTRE

From all the staff at Ruabon Medical Centre, we'd like to give a huge THANK YOU to the generosity of **the 3 individuals who run the Live Bingo and Raffle page on Facebook** who kindly provided a surprise buffet lunch for us all. Waistbands are still increasing, however, we continue to be amazed and humbled at the generosity of the local community during these uncertain times.

Diolch / Thanks



*Jo*

Joanne Barlow, Dirprwy Reolwr Practis / Deputy Practice Manager  
The Medical Centre, Bwrdd Iechyd Prifysgol, Betsi Cadwaladr University Health Board  
High Street, Ruabon, Wrexham, LL14 6NH

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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.



# Social Prescribing

YOUR WELLBEING MATTERS TO US



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

We offer confidential support and advice on matters impacting on your health and wellbeing, such as:

- Dealing with the stress of a new medical diagnosis
- Bereavement
- Isolation
- Debt
- Anxiety
- Depression

### The next step

Ask your GP reception team to refer you, or refer directly to the team by emailing [spt@rainbowcentrepnley.org.uk](mailto:spt@rainbowcentrepnley.org.uk)

stating full name, surgery registered with, and main reason for support



**How it works:** During the current lockdown, our sessions are completed via the phone or video call. We aim to contact you within 7 days



**Rainbow Centre** Penley



## 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. \_\_\_\_\_

## Wrexham Library Service



Welsh Government has announced plans for libraries to consider reopening. We are working with colleagues across Wales to identify the best way to achieve this in a safe and responsible way. Until then our buildings will remain closed. You can still access our online services via [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries) and follow the online service link.

Gwasanaeth Llyfrgell Wreccsam Mae Llywodraeth Cymru wedi cyhoeddi cynlluniau i lyfrgelloedd ystyried ailagor. Rydym yn gweithio gyda chydweithwyr ledled Cymru i nodi'r ffordd orau o gyflawni hyn mewn ffordd ddiogel a chyfrifol.

Tan hynny bydd ein hadeiladau'n parhau ar gau. Gallwch barhau i gyrchu ein gwasanaethau ar-lein trwy [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries) a dilyn y ddolen gwasanaeth ar-lein.

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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

should be left on your doorstep. #ViralKindnessRuabon

# **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**

**Issue 11 Community support response to Coronavirus- Wrexham:  
Briefing Sheet update 24th May 2020**



**Moving Forward –Post Covid or Living with Covid**

Many people are looking forward to the lifting of Lockdown and increased opportunity to move around but it is important that everyone realises this will not be a period of Post Covid. Covid like many other viruses will remain in our community for very many months to come with a risk of a second wave.

There will still be people who will catch the virus as it remains being around our communities. It is crucial that everyone and organisations start thinking about a lifestyle which is based on living with Covid for many months.

This will be a very crucial step in moving forward – it will be the time when many people will feel in limbo – perhaps being able to leave their homes as a staged lifting of lockdown commences whilst at the same time still seeing new cases and deaths occurring in our locality. Everyone will be eagerly awaiting a vaccine that will give protection to allow the greater freedom that we all long for in the future. We can be thankful that due to all our Health colleagues across the Health Service they have worked through the large numbers and created ongoing capacity for the continuing cases – provided a new spike is not generated the health system may cope. This is still dependent on everyone adhering to the guidance on social distancing and isolation.

People may feel restricted in what they do until they have had a test to see if they have had Covid or a vaccine is released – at this point we may all start to move into a new 'normal'.

Whilst we move through these phases communities and organisations will be adapting to new ways of life and working arrangements.

AVOW is retaining our Volunteer Bank to respond to what we anticipate will be an ongoing demand for volunteers as some people who have been volunteering return to work. It is still unknown yet whether the restrictions for people who are Shielding for medical reasons will be extended beyond June and what their support needs will be.

Wrexham is part of significant work that is underway to recruit for the new Test Trace and Protect system that forms part of the armoury to help moving forward.

<https://bit.ly/2Xm1E2O>

**R number explained:**

<https://twitter.com/i/status/1264225884204040192>

**The Law in Wales: Is this confusing for you-**



**Coronavirus and the law: what has been done differently in Wales?**

As the decision to impose widespread restrictions was taken on a UK-wide basis, most of the provisions are the same or very similar across the UK. However, there are differences in approach, some of which are significant. The main differences between the legislation applicable in Wales and the legislation applicable in England have been set out by the Welsh



Government- <https://bit.ly/2ywrw3y> <https://bit.ly/3eiCHvJ>

## Planning for the future

### Support for Community Groups moving out of lockdown:

The period we are entering will be one of the most difficult for organisations (Voluntary Sector and Public Bodies) as they plan for this interim period of change. AVOW has begun holding meetings with representatives from Community Councils, Community organisations and those that have been providing a variety of services and activities. Everyone can benefit from sharing information on experiences and ideas to prepare for the future- it will be unusual for someone to have an issue that is totally unique. Problem shared is a problem halved!

Details of forthcoming meetings are on [www.avow.org](http://www.avow.org) or email [vb@avow.org](mailto:vb@avow.org)

Other events that can be joined are **Preparing for different futures:** delivering services which is being hosted by WCVA on Thursday 28<sup>th</sup> May 12pm – Free event

book on <https://bit.ly/2AP7T7u>



### Opening offices and facilities:

AVOW have been asked for guidance on opening offices and facilities run by community organisations. The simple rule at present is wherever possible work from home only going into workplaces if essential and not to use community space for gatherings. There is a great deal of generic information as guidance, but

actual interpretation must remain with each organisation. To assist in planning the

future a full risk assessment should be undertaken. <https://www.hse.gov.uk/risk/>

Health and Safety <http://www.wcva-ids.org.uk/avow/1112> Risk Management

<http://www.wcva-ids.org.uk/avow/1112> . Share any of your experiences or issues on

[covid19@avow.org](mailto:covid19@avow.org)

A crucial step is also to inform your insurance company if there is a need to

introduce PPE for staff or volunteers- reference is necessary for the use of

noncertified PPE. <https://gov.wales/coronavirus-and-personal-protective-equipment-ppe>

### Survey on the future of the Third Sector:

WCVA (Wales Council for Voluntary Action) are conducting a survey on the future of the Third Sector in Wales – the more organizations that take part the more useful the information will be that is collated.

If you have a few minutes, we would really appreciate your input on how the voluntary sector and communities in Wales might look when the Covid-19 crisis begins to lessen. You can find our survey [here](#).

### Volunteer Recruitment Drop-In:

AVOW runs monthly Drop-in sessions where people wanting to volunteer can meet up directly with representatives from a variety of organisations – the first virtual session will be on 2<sup>nd</sup> June. There are more than 10 different organizations attending and will be ideal for people looking to do something different – sign up on <https://bit.ly/2TvqnR9> or email [VB@avow.org](mailto:VB@avow.org) if your organisation would like to take part.

Come and find out about the wide range of volunteer roles available in the area.

[vb@avow.org](mailto:vb@avow.org)

### Clothing appeal by Salvation Army:

"The Salvation Army in Wrexham are able to accept clothing donations once again. We are starting to receive referrals from agencies supporting people who are needing access to basic clothing. If people can help in anyway then we are need of

casual clothing. Donations need to be clean and delivered in bin bags (or similar) so that we can quarantine them until we can sort them and pass them on to those in need. They can be donated to our centre in Garden Road, Rhosddu, Wrexham. LL11 2NU. We are currently open Monday to Friday between 10am and 3pm for donations.

**Please note:** This is not something that we are widely advertising as we would not cope with the capacity of requests that we know we would get from the public. However, for those agencies that we work with we have always offered practical support including clothing for people in need on a referral basis. This has continued where possible during the current restrictions but has obviously been limited due to lack of donations. Any donations that we get that we are unable to use we recycle and the funds from this will be used to support our community work.”

**ONLY ONE WEEK TO GO – Celebrate the role of volunteers**



### **Volunteers Week June**

This is an opportunity to celebrate Volunteers Week in a new virtual way. Do you want to recognise the volunteers that have supported your organisation or community- we have special Volunteers Week Certificates for you to give to recognise those people who have done so much to support people across our communities – it does not matter whether you are a Third, Public, or Private Sector organisation everyone can be recognised – email [VB@avow.org](mailto:VB@avow.org) for details.

You can also join in with the AVOW virtual celebration tea- AVOW can provide you with the means to get together all you need is your own mug of tea and cake.

Bring your own virtual piece of cake and a drink **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.

**Volunteer Managers Network:** A virtual opportunity for voluntary organisations to detail activity during COVID 19 and to look at future volunteer recruitment. May 20<sup>th</sup> at 10.00am <https://avow.org/2020/05/11/avow-volunteer-organisation-network-meeting/>

#### **Food provision:**



There still appears to be a high level of demand for food parcels as families adjust to coming to terms with everyone in the house for long periods of time – there are lots of providers distributing parcels from the Foodbank as well as local community arrangements.

Provision for certain categories are also being support by the Welsh

Government and Local Authority. To avoid waste and duplication the different agencies should be sharing details on what they are providing/frequency to prevent families ending up with surplus supplies. AVOW are still running the Volunteer Bank and able to assist with shopping for people still not able to access shops – email [Covid19@avow.org](mailto:Covid19@avow.org) with details or ring 312556.

If you have been running one of these schemes and want to recognise your volunteers email [vb@avow.org](mailto:vb@avow.org) to obtain certificates to distribute. Other support is available from:-<https://www.citizensadvice.org.uk/wales/> ; <https://capuk.org/> ; [http://www.wrexham.gov.uk/english/council/social\\_services/welfare.htm](http://www.wrexham.gov.uk/english/council/social_services/welfare.htm)



*Wrexham Foodbank provides three-day food parcels for local people in financial crisis. If anyone is in need they should get a referral from one of the many agencies in Wrexham that do this (e.g. Citizen's Advice Bureau, Job Centre, most council departments such as Housing Support, Community Agents, some schools, most organisations and charities). A voucher can be given by the agency to the client, who then goes and collects the parcel from one of the distribution satellites. Alternatively, the voucher can be issued over the phone and sent online by the agency to the Foodbank and a home delivery can be arranged. Toiletries and pet food are also usually available.*

## **News from the Council:**



**A number of updates on services from the Council can be found on their web site**  
<https://beta.wrexham.gov.uk/coronavirus>

## **Funding:**

### **NEW funding to be announced:**



AVOW are expecting to announce next week a new funding source that will be available for voluntary and community organisations in the Wrexham area. Watch out for news.

The new funding will complement the existing AVOW Emergency Fund normally makes decisions within 48 hours of applications being received.

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>

For larger projects funding up to £100,000 is administered by WCVA <https://bit.ly/34vdxX3>

**Last chance to book -AVOW Virtual Funding Workshop with National Lottery Community Fund Wales**

Join AVOW Funding Officer Nigel Davies and National Lottery Community Wales Funding Officer Catriona Learmont on Thursday 28th May for the first Virtual Funding Workshop for Wrexham County Borough. **Date:** Thursday 28th May 2020

**Time:** from 10 am **Location:** via Microsoft Teams

**Register:** email Nigel Davies, Funding Officer at AVOW, on [nigel.davies@avow.org](mailto:nigel.davies@avow.org)

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

**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/>



<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/>

## **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-2.974318700000026&z=11&fbclid=IwAR2enf66PSBMGYQL5Po677MoX-xKa\\_7xMljmWGgSULBTj2kiTVm3Huv6FYQ](https://www.google.com/maps/d/viewer?mid=1rEZUPm6O1FUgBfT5cvk2KuotsnlmaLGP&ll=53.0128667861839%2C-2.974318700000026&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	
<b>Sainsbury's</b>	Thursday - the first hour of opening.
<b>TESCO</b>	Monday, Wednesday and Friday. 9am - 10am. (except Express stores).
<b>ASDA</b>	Friday - from store opening until 9am.
<b>M&amp;S</b>	Monday and Thursday - the first hour of opening.
<b>Iceland</b>	The first hour of opening, every day.
<b>Morrisons</b>	Monday to Saturday, 9am - 10am.
<b>Waitrose</b>	The first hour of opening, every day.

## RUABON LIBRARY

3 High St, Ruabon, Wrexham LL14 6NH



### 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 Wrecsam | 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.

[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.

## More News from Wrexham Library

### Online Book Group



Are you missing being part of a Reading Group? Welsh Libraries are launching Online Book Group Wales this week! It is a great opportunity for you to read along with this online community and share your thoughts on the chosen book. The selection will be voted by the public, and all are welcome to have their say. Books will be available to download from our online facility BorrowBox and read as eBooks and/or eAudiobooks. To find out more and get involved, search for "Online Book Group Wales" on Facebook.

<https://www.facebook.com/groups/231290021468538/> **Free**

### Temporary Online Membership

Did you know that you can get a temporary online membership that will give you access to all of our online ebooks free of charge? Go to [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries) - Online services and select Online Catalogue and Join the Library. **Online Catalogue** <http://bit.ly/2btcIRt>  
**Website:** [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries); **Facebook;** **Twitter**

Telephone Wrexham Library 01978 292090

**The following contribution has been sent in by Ennys Hughes, a Ruabon resident and keen horticulturist:**

"I understand our editor has resorted to talking to herself, as have no doubt many others during the lockdown.

Well I have been talking to the Watering-Cans of Gardden!! They have been very busy during the last few weeks as you can imagine because of the hot, dry weather we've been having lately. Even the baby has been busy helping out in the greenhouse. I have taken some photos of them for Ruabon News.



Mr and Mrs Watering-Can and the children, Poppy and Daisy ,the twins, their elder brother Campion and the baby, sweet little William were all outside the greenhouse the other day. Mrs Watering -Can said "I think we could all do with a break, let's go for a walk".

I saw them striding past my gateway, lots of people have been walking this way lately.



As they went on up the hill I overheard Mrs Watering-Can exclaim," My word, this hill is steep". A comment I have heard from many others too."

**(Just a short comment:  
The present lockdown has a great deal to answer for!)**

# Horse Riders Beware!

(Thank you Ceris Jones)

Well, that's me in Hospital ! This has not been a good day. After spending the last 8 weeks quarantined inside the house, and going stir crazy I decided to go horse riding, something I haven't done in ages. It turned out to be a one big mistake!



I got on the horse and started out slowly, which was fine. But then we went a little faster; before I knew it, we were going as fast as the horse could go. I couldn't take the pace and fell off and caught my foot in the stirrup, the... horse was then going like the clappers with me on the ground with my foot stuck in the stirrup. The horse just would not stop it was out of control I've never known anything like it.

Thankfully the manager at Tesco came out and unplugged the machine. He actually had the nerve to take the rest of my coins so I wouldn't try to ride the machine again..... 😞

## Ysgol Rhiwabon

The Head Teacher: Mrs Melanie Ferron-Evans, gives her presentation of her welcome message this year, by video message on: <https://youtu.be/JRRhDa70CYA>.

You can read more about our Senior School on:  
<https://www.ysgolrhiwabon.co.uk/>.

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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.