

THE COMMUNITY NEWS

From Cefn Mawr, Acrefair, Plas Madoc, Dee Valley and District
Covid-19 Bulletin No 6, July 1 2020



TESCO COLLEAGUES FUND RAISE FOR SHOOTING STARS CANCER UNIT

Tesco colleague Karen has been raising money on behalf of Maelor Hospital Volunteer Joyce Tudor from Garth. Joyce has been making rainbows during Lockdown and Karen was delighted to present £200 raised from Tesco Staff who have been buying them as quick as she could crochet them! Joyce is well known for her skills being a member of *Cefn Crochet* and the *Knit and Natter Groups* who were meeting at Cefn Library, she has been making colourful Rainbows, Hearts, Owls and Masks. Joyce who usually spends around



400 hours a year volunteering at the Maelor said it has been a great way to keep busy whilst isolating as she has missed being part of the Maelor Robin Team along with the friends she meets in the groups she enjoys. She said it was lovely that so many people kept asking for items. She has raised a total of £325 during this

lockdown all of which goes to Maelor Shooting Stars.

LLANGOLLEN & DEE VALLEY FOOD AND DRINK



A huge welcome back to all the businesses in Llangollen & the Dee Valley who are re-opening their doors and a heartfelt *Thank You* to those who were able to keep the community supplied through lockdown. Valley residents please show your love by continuing to **#BuyLocal!**

Porters Delicatessen, Dee Valley Produce, Zingiber Wholefoods, Llanvalley Natural Products, Rachel's Vegan Cakes, Marina's Italian Cookery Gales Wine Bar, Llangollen Oggie Shop & Fine Foods, Aballu Truffles, Sabor de Amor.

We are pleased to see that Denbighshire CC have opened the Market Street public toilets as businesses re-open this will encourage people to shop and visit,

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WE ARE CONTINUING OUR WEEKLY AUCTIONS EVERY SATURDAY @ 10am
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Text us on 07803 334089
or email: admin@tongsauctionhouse.co.uk

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www.easyliveauction.com/tongsauctionhouse
or www.tongsauctionhouse.co.uk

Tel 01978 822769 Mobile 07803 334089

ADVANCE PARK, PARK ROAD, RHOSYMDRE LL14 3YR

YSGOL RHOSYMEDRE UPDATE



We are very much looking forward to welcoming some pupils back to school the week beginning 29th June. Staff have been working hard preparing the school for the next phase to ensure that it is as safe as it possibly can be, whilst still having lots of fun!

Here are a few photos to let you see how we have been getting school ready to welcome you back.

We have been open everyday Monday to Friday including bank holidays and school holidays to our wonderful key worker pupils. We are proud that we have been able to provide this continuity of service to our community.

For those children who are staying at home we will continue to speak to them on a regular basis and continue to provide blended learning online. Until we can all be together again under one roof, stay safe, be good and enjoy the summer months! Take care all.



MORRISONS WREXHAM COMMUNITY



Our Doorstep Delivery Service is dedicated to those in vulnerable and isolated households in our communities and we are still offering this service. You can do your shopping over the phone and pay by card on delivery.

Please phone us on **0345 611 6111** (select option 5) The delivery service is free and always includes a friendly smile! Please spread the word!

#ItsMoreThanOurJob



BORED???

Don't forget you can join Wrexham Library online and download free e-books and audio books. Why not learn a language, new recipe, craft or read up on some local history?

<https://libraries.wales/my-digital-library/borrowbox/>

PLAS MADOC LEISURE CENTRE UPDATE



Since we closed the building on the 20th March we have continued to carry out all Health & Safety checks required and our Operations Manager is ensuring the building is prepared for our return to business.

While we have been closed we submitted an application to the Welsh Government Economic Resilience grant scheme and were awarded £55,000. This grant is to support and safeguard the business and ensure we are able to reopen. It's purpose is to contribute towards unavoidable costs through this period including all monthly bills e.g. utilities, intruder/fire alarm, insurance. All of these require payment despite us having zero income while we are closed. This grant has provided a major lifeline for the leisure centre and will ensure that it reopens when we are able to.

Just before we closed we submitted an application to the Welsh Government to support a project to upgrade the pool changing rooms. This is an area where we constantly have negative feedback from, saying that it is tired and worn. We can't argue with these comments and would love to modernise the area. This would be a major benefit to the centre and everyone who visits our pool. The application process has two stages and we have been notified that we have successfully passed the first stage. We now have 3 months to complete the second part of the application and would like to ask for the communities support with this project. We will be asking for your views over the next 3 months and would really like to hear your comments.

Finally, we don't have an actual reopening date yet but we are hopeful that it will be in August at the very latest. We may not be able to open all areas at once but could offer a reduced service. We are working on plans ensuring we follow the social distancing guidance and as soon as we have any dates and details of reopening we will let you know. Thank you for your continued support.

HOME of HAIR

A luxurious hair salon offering beautiful, individual cutting and styling, bespoke colouring and specialised treatments

New opening times: Mon, Tues 9 - 8, Wed 9 - 6,
Thurs 9 - 8, Fri 9 - 6, Sat 9 - 5

28 High Street • Rhosymedre • Wrexham • LL14 3YE

Telephone: 01978 822328



We will be making appointments from **Monday 13th July**. If you are on the priority list we will be contacting you to make your appointment. If you would like an appointment contact us on **01978 822328** and leave a message we will be in touch as soon as we can. This is going to take a lot of organising so please be patient with us, thank you.

LADY JANE BRIDAL

Designer Outfit

Tel: 01978 799 032 Mob: 07779 454 590 Email: ladyjanebridal@gmail.com Web: www.ladyjanebridal.co.uk

To all you brides to be. At last we are happy to announce that we will soon be reopening and are now making appointments starting the 3rd of July. Please note all social distancing measures will be in place and all customers coming into the shop will have to adhere to the Welsh Government guidelines.

Best wishes from Lady Jane Bridal

We look forward to seeing you at our shop in Ruabon

Please phone for appointment

01978 799032 or 07779 454590

4 New High Street, Ruabon. LL14 6NL

Visit our website **www.ladyjanebridal.co.uk**

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Tel 01978 820263 or 07854 654568

email: jrsoftfurnishings@yahoo.co.uk

CEFN COMMUNITY COUNCIL UPDATE

We will re-open the George Edwards Hall when the government recommends that it is safe to do so. Please visit our website for up to date information in relation to Coronavirus.

www.cefncommunitycouncil.co.uk

World War11 Project: we are delighted with the response to this project and are busy gathering your memories, memorabilia and stories relating to **WW11**. We are looking for stories of those who served in the war in all three services, those who worked in factories, were Wardens, the Land Army, the Bevan Boys (Coal Miners), Radio operators, the Home Guard, the list is endless and memories of growing up as a child or an evacuee to this area. See our poster on page 30.

Floral Displays: after all this lovely weather we hope they can take the battering from the wind and really start to fill out the planters and baskets, see photos.

Cefn Community Council Bowling Green, Football Pitch and Play areas are still closed until further notice.

Street lights: any street lights out please can you report them with the number off the lamp post to the Clerk.

Birthdays: If you know of members in our community who are going to be celebration their 90th or 100th birthdays please can you let the Clerk know thank you.

Trefynant Cemetery: is still open however we respectfully ask when visiting the Cemetery you distance yourself two metres apart from other people.

Please remember the Community Agent is able to help and offer support to the over 50's in these uncertain times and can be reached on **07925 048711** or email cefncommunityagent@gmail.com

Regrettably due to the current situation we all find ourselves in, Cefn Community Council, have cancelled this year's **Garden in Bloom Competition**. We would still love to see pictures of your garden in full bloom as we know you all take huge pride and spend hours tending to your plants. If you wish to send in some pictures for a future edition of the Community News please send them by email to the Clerk on cefnmawrparish@btconnect.com

During this period you can contact The Clerk on **01978 821298** and leaving a message or by email: cefnmawrparish@btconnect.com

Stay safe and follow the guidelines, thank you.

ROWLANDS PHARMACY CEFN MAWR

Social distancing restrictions will continue for the foreseeable future with a maximum of 2 customers in branch at any one time.

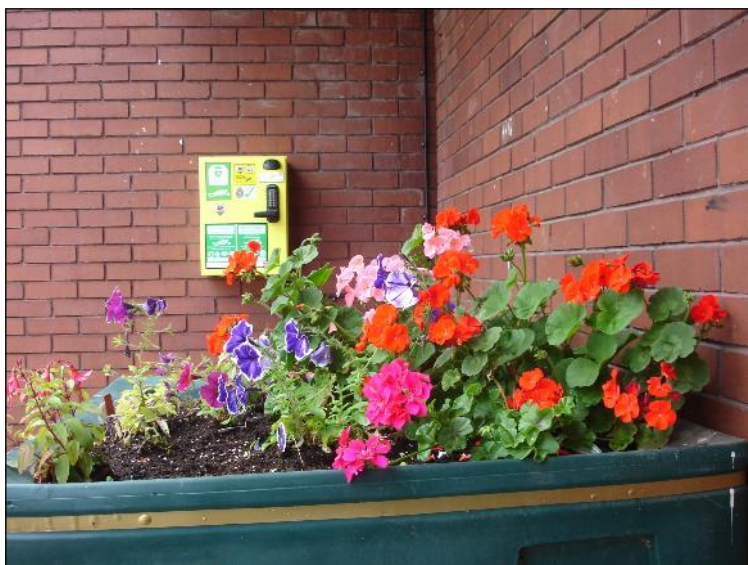
Open:

Monday to Friday 9am to 1pm and 2 to 5.30pm.

Saturday 9am to 1pm.

Phone 01978 822600

Medical Hall, Crane Street, Cefn Mawr LL14 3AD



Important Statement from Borough Councillors & Cefn Community Council Road Closure Park Road, Rhosymedre

Week Commencing 13th July 2020

Essential works to drain the rainwater from the new housing estate in Rhosymedre the main Park Road will be closed for up to 9 weeks, regrettably this will cause significant traffic disruption for us all during these works. The work is to be carried out in two phases, phase one will be the Ruabon side of the (Plough) junction. The second phase will be the junction itself on the Newbridge side.

Our fear: The County Councillors and Cefn Community Council is that at times delivery vehicles to and from the Tesco Store will need to come via Queen Street. A request has been submitted to WCBC for a temporary traffic lights system to be fitted at the junction of Queen Street, Dolydd Road and Hill Street during the duration of these works, this however has been rejected by WCBC.

I am sure residents of the community will be aware of the safety problems associated with the Queen Street area since the bus companies choose this as their most profitable route for the Wrexham - Oswestry service.

As much as we have tried at this stage as local Borough Councillors in conjunction with Cefn Community Council, WCBC are refusing and unwilling to insist and install a traffic light system, they have indicated the area will be constantly monitored during the works and if safety issues are apparent they will re-asses. In our view this is not acceptable.

During the works there will be disruption to the Oswestry - Wrexham - Oswestry bus service. WCBC and Arriva have given us assurances that any change to routes will be advertised well in advance.

We will continue to pressure the powers that be, that this is essential to the safety of people and their property in the Queen Street area.


Phil Vaughan
Chairman


Derek Wright
Borough Cllr


Santa Benbow Jones
Borough Cllr


Paul Blackwell
Borough Cllr

Please note, the plans for these intended road works are on display in the window of the George Edwards Hall, Well Street, Cefn Mawr.

As the building is currently closed we felt this was the safest option. It is the window under the Council Chamber, before the planter and entry door.

The first phase is for three weeks with the second phase is expected to be lasting around six weeks which impacts on the Oswestry buses and delivery

traffic to Tesco's.

Once phase two is started there will be no buses through Newbridge, Pentre and Whitehurst as they will be routed (from Oswestry) via the Halton roundabout to Ruabon then Plas Madoc, Rock Road Rhosymedre, Tesco and Acrefair as normal and reverse back from Wrexham to Oswestry..

Please note these works should not effect the 2C Cefn bus.

LLANGOLLEN CORONAVIRUS HELP GROUP

Our Volunteers are local residents, Llangollen Police, Denbighshire County Council Volunteer Services, Llangollen Town Council and all local businesses.

This group is here to help you. Volunteers are coordinated by Cat at Wingetts, any concerns please call her direct on **01978 861366** or email:

catherine@wingetts.co.uk Stay Safe, We are here to **HELP**. Check our Facebook group:

Llangollen Coronavirus Help Group

Support Line: Cat @ Wingetts 01978 861366

Press "0" to be connected Mon to Fri, 10am to 4pm

Out of Hours: Mike Connolly 07375 374914 From 4pm to 8pm

Llangollen Town Council: Charlie 01978 861345

Check in and Chat Service ~ Chem on 07813

761766 or email chemshouts@gmail.com We

have a select group that have offered to be a friendly voice should you need it at the end of the line, we have both Welsh and English speakers, both male and female.

We all want to open up and start up Llan but we need to protect one another in the process, or we will ALL be back to the beginning and some businesses may not survive another lockdown, businesses want to welcome locals and tourists, of course we do, our Town should be preparing for our Annual event, where we welcome the world instead we are trying to open with a lot of restrictions after 3 months at zero income!

Prepare, keep you and your staff safe, protect locals and hopefully together we can create our Towns new "normal" but safety first. Remember it has not gone away. [#llangollenfamily](#) [#weareinthistogether](#)

LLANGOLLEN HEALTH CENTRE

Patients requiring urgent medical attention can contact the Out of Hours service on **0300 123 55 66**. Please note that this is an emergency service.

Details of emergency pharmacies and dental services in the local area can be found by following this link: <https://www.llangollenhealth.com/>

If you need to access urgent medical help in North Wales outside of normal GP Surgery hours, call the **GP Out of Hours Service** on **0300 123 55 66**.

Prescription requests can be phoned through on **01978 860625** or emailed to:

Llangollen.Admin@wales.nhs.co.uk

LLANGOLLEN PHARMACY 01978 860657

Open **Monday to Friday 8.30am to 6pm**, closed for lunch **12-1pm**. Closed Saturday **Llangollen Rotary Club** are running all collections, to request a collection please contact Sheena on **07592 018533** or email: sheenaburrell@aol.com

We are trialling a new SMS text message service which enables us to inform you by text message when your prescription is ready for collection. If you would like to enrol onto this service please pop in or call us on 01978 860657.



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 01978 860123
 F: [lillyroseinteriorscymru](https://www.facebook.com/lillyroseinteriorscymru)

Looking forward to seeing everyone again at **Lilly Rose Interiors** even if it will be at a distance. Only 3 people at a time in the shop, hand sanitiser is by the door as you come in and I will be wiping down handles and surfaces, card payments are preferable. Please be patient if you have to wait but everything is in place for all of our protection. Thank you, we are open Monday, Tuesday, Thursday, Friday & Saturday from 10.30am to 4pm.

STANS LLANGOLLEN TEL 01978 862861

Open Mon to Sun 7am to 9pm Small shopping requests will be done by volunteers. Call our support line **01978 861366** **Payment** Cash or card over the phone at checkout

LLANGOLLEN SPAR TEL: 01978 860275

New opening times 7am-9pm Monday to Sunday **Home delivery available for vulnerable and self isolating**. Please call the store Call before 1pm for same day delivery 7 days a week Card payments accepted

LLANGOLLEN ZERO WASTE & FOOD SHARE PROJECT

OPEN Monday, and Thursday from 2pm - 2.30pm at **Pengwern Community Centre**. Here to help all who are struggling, we understand that the current crisis has put many more people in financial difficulty. **PLEASE DO NOT GO WITHOUT FOOD**. Contact us using the **message button on our Facebook page** or phone us on **07710 789 854**. We will respond as soon as we can.

FINLEY'S NEWSAGENTS, SANDWICH BAR & GENERAL STORE

We are missing all our wonderful customers and are currently assessing the situation regarding reopening the shop again. We feel when the travel ban to Wales has been lifted and more people are allowed in town this will be more beneficial for us as a business as well as the support from our amazing locals and regulars. We will keep you informed and up to date over the next week or so.

ZINGIBER WHOLEFOODS

Health Food Store Llangollen. Payment via contactless, bank transfer or cash To order please call **01978 862676** Text or WhatsApp to **07542 861897** Email zingiber_orders@btinternet.com

GWYN BUTCHERS TEL: 01978 860075

7.30am-3pm To Order & Pay Fresh & cold meats, Mince, Chicken, Etc **Delivery** ~ *If you have also ordered with Dee Valley fruit and veg, advise on calling and they will deliver your order all together.*

WATKINS & WILLIAMS LLANGOLLEN

Llangollen's traditional DIY store, providing everyday essentials, key cutting service and speciality products for the home and garden. Also supply coal, logs and aggregate. Order and pay direct, home delivery is available. Please call: **01978 860652** to check opening times and delivery availability, thank you. Email: watkinandwilliamslltd@yahoo.co.uk

COURTYARD BOOKS LLANGOLLEN

We are back open!! We have our screen in place, but only one customer in at a time please. Our opening hours are Tuesday, Thursday, Friday and Saturday from 10am until 2pm Alternatively, you can reach us on Courtyardbooksllangollen@gmail.com If you are still isolating and would prefer not to come in to the shop, then please ring us and we will deliver if you are not too far away, **01978 869394**. We are able to order books if they are not in stock, but these are taking a little longer at the moment. Thanks for your patience Keep safe, Sian and Lesley

DEE VALLEY PRODUCE, OAK STREET

All Produce is daily market fresh, prices subject to change daily, fruit, veg, plants, dairy, eggs, jams and chutneys. Opening **Monday to Saturday 9am to 5pm** closed **Sundays**. Deliveries & collections are available all week. Local salad items from **Mountain Produce, Minera**. You can place an order and pay over the phone or contactless at your car window and we can put your order straight in your car boot for you. Check our Facebook page for updates. Please call us on: **01978 861805**

BLUEBAY LAUNDRETTE TEL: 01978 869277

Service wash Monday, Wednesday and Friday from 9am to 5pm. we will wash, dry & fold it for you' We are also offering a collect, launder and return service Please call Jayne or Sarah

We're open
Thursdays & Fridays
from 10 - 5 and
Saturdays 10 - 4.
Telephone
01978 501129

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witzendframing@talktalk.net

PLAS MADOC AREA SUPPORT AND LINKS

WE ARE PLAS MADOC ~ WAPM

Aims to ensure all residents are aware of the support available and can make contact if they need it also keeping our community connected. We have established a **WAPM WhatsApp** support group for members of our Community may need some support - whether that be help to pick up a prescription or just a friendly chat! If you know someone who needs help please let us know as we are trying to reach everyone at this difficult time. If anyone is interested in volunteering they can email **WAPM** through donna.jordan@avow.org

We Are Plas Madoc mobile number: 07394 465113

WAPM Support Group link: <https://chat.whatsapp.com/BF3emsMzUqJ8zxBcx123hr>

Hi All our wonderful Street Champions are delivering a newsletter and letter for you to have an input on the vision of Plas Madoc over the next 5 years. Your ideas and input are very valuable and important so please take a minute to fill it in, there is a post box at The Land and also a phone number you can call or text to collect. Thank you

THE LAND - claire.pugh@avow.org

Hope you're all well, we're still here working away and will continue to be here to support you in any way we can. Massive thank you to all the staff and volunteers who are working tirelessly - whether it's delivering resources, friendly phone calls, picking up shopping/prescriptions and quizzes (to name just a few!), the effort from everyone is incredible! Stay safe everyone and please get in touch if you need anything. Facebook - <https://www.facebook.com/playon.plasmadoc>
The Land is continuing to provide support to Parents/Families within 'Kettle Club' running regular quizzes and a weekly chat group. - <https://www.facebook.com/groups/1100684493315531/>

Little Sunflowers are sharing resource and activity ideas on their Facebook page for more information please email sharon.evans@avow.org

Please note if you live in Plas Madoc and the following adjoining streets: Ash Grove, Oak Road, Maple Drive, Maes Madoc and also Chatham Close, Off Rock Road we are here to help and support you and your families. Please contact us on 07394 465113 or email:

donna.jordan@avow.org

claire.pugh@avow.org

sharon.evans@avow.org

KETTLE CLUB




Kettle Club is a support group run by The Land - we're an informal, friendly group. People can access support, advice and have opportunities to attend/access training. The group normally runs every

Thursday between 12.30 - 2.30pm at the Opportunities Centre, everyone is welcome and it's free to attend. We're having to adapt the way we work so our catch ups now are online via zoom (for Brunch and Munch) and messenger (please get in touch if you'd like to attend and we'll send links to join) OR if

you have other suggestions for keeping in touch please let us know....This page will enable us to let you all you know about things that are happening in and around Plas Madoc and support that is available and/or needed. We also want you to use this page as a platform for chatting to each other - please feel free to use it for information sharing, tips, requests for support, ideas for entertaining the children or just a general natter... If there is anything you'd like to see on here or anything you need support with, please get in touch <https://www.facebook.com/groups/1100684493315531/>

CHINWAGS

FEELING LONELY? FANCY A FRIENDLY CHAT?



Please call or text 0739 446 5113 or message 'We are Plas Madoc' on Facebook and we will arrange a suitable time to call and have a chat.



WINGS

Are an agency that provide free sanitary products across Wrexham. Follow their Facebook page WINGS

Wrexham, for a list of agencies that can provide free sanitary products to those who need it, and the contact details to check their opening times during the coronavirus outbreak.

Email: wingswrexham@gmail.com

LITTLE SUNFLOWERS AVOW is proud to support WINGS a project providing girls and women with free sanitary products. Please contact **Sharon** on **01978 813914** or look for us on **Avow Little Sunflowers** if and when you need items.

PLAS MADOC POST OFFICE & TOP SHOP

Mondays to Saturdays 8.30am to 7pm. and Sundays 9am to 7pm. Please help us by following the Guidelines when shopping or waiting to come in, thank you. **Tel: 01978 8207294**

DISCLAIMER

Whilst **The Community News** makes every attempt to ensure the accuracy and reliability of the information contained in these pages.

The Community News does not take responsibility for advertisements and articles which are the sole responsibility of the contributors.

Cervical Screening Restarts



By the end of June Cervical Screening Wales will start to send screening invitations again.

We're starting with people who need an **early repeat test** because they have either:

- Have a test that showed human papillomavirus (HPV) with normal cells
- Need a follow-up test after coloscopy

After this we will start to send invites for routine screening.

If you are due a test but haven't had an invitation letter, please speak to your GP or sexual health clinic.

#LoveYourCervix

<http://www.cervicalscreeningwales.wales.nhs.uk/>

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Find Us On  

All being well **Maypole Hair Gallery** will be opening on **13th July**, and as I'm not at the salon please leave me an answerphone message (I'll be checking regularly) or contact me via my **Facebook** or **Instagram** page. Thank you .

Sam's Virtual Slimming World Group

**Support off Sam as your consultants who is an award winning consultant of 16 years & Team Developer (Area Manager)*

**Slimming World New Website/App & Online shop exclusive to members*

**Members only Facebook group for weekly support*

**Weekly meeting used though Zoom- for ideas, recipes & support*

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Sam:-

07951 896066

slimmingworld.co.uk

0344 897 8000

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COVID-19 (NOVEL CORONAVIRUS) WCBC PUBLIC BRIEFING NOTE 26.6.20

Key messages for today

We're **unlocking services and facilities slowly** – in line with Welsh Government guidance and scientific evidence on Covid-19.

We're working closely with lead agency, Public Health Wales, on responding to the **situation at Rowan Foods**.

Schools across the county borough **reopened on Monday**.

Ian Bancroft – Chief Executive

Mark Pritchard – Leader of the Council

Unlocking services, reopening schools and keeping you safe

As restrictions ease, councils across the UK are starting to 'unlock' local services and facilities. Here in Wrexham, we've reopened our town centre for non-essential shopping this week, and our schools will reopen this Monday. We're doing this slowly and in-line with Welsh Government guidance and scientific evidence on Covid-19.

This is because the threat of Covid-19 hasn't gone away, and the safety of our communities is our highest priority. People's health comes first. Always.

Rowan Foods

You'll have read about the situation connected with Rowan Foods on Wrexham Industrial Estate. We're working very closely with lead agency, Public Health Wales, and an update issued earlier today confirmed that 166 cases have now been identified in the workforce at the factory. This doesn't mean the infection is increasing, increased testing will inevitably lead to more cases being identified. But it does remind us that Covid-19 is still here.

Dr Robin Howe, Incident Director for the Novel Coronavirus (COVID-19) outbreak response at Public Health Wales, says: "Testing of the workforce associated with an outbreak of Novel Coronavirus (COVID-19) in the Wrexham area is continuing.

"We are in the process of combining information to identify the full scope of the ongoing testing process and total number of positive cases.

"To date a total of 166 cases have been identified, an increase of 69 cases reported in the past 24-hours. "The identification of additional cases does not mean that the infection is increasing. However, it also reminds us that COVID-19 has not gone away and remains in the community." You can read the full update from PHW on its website: <https://covid19-phwstatement.nhs.wales/>

Schools reopened on Monday

If you're a parent or carer, you'll know that schools across the county borough reopened on Monday. Your school will have been in touch with you to confirm when your child will be able to attend. The aim is to give pupils a chance to "check in, catch up and prepare for September." If there's any circumstances that affect a particular school reopening, parents will be contacted by the individual school.

The health of our communities comes first... always

We all still have a huge part to play in the fight against coronavirus. It's up to every one of us to keep following the rules – keep sticking to social distancing, washing our hands, doing the right thing to help keep ourselves and others safe.

And as council, we want you to be confident that we will keep unlocking services and facilities slowly and carefully...in line with the latest guidance from Welsh Government and scientific evidence.

The health of our communities comes first.

Please stay safe.

Reminder – reliable sources of information about Covid-19

Latest information on the virus and what people should do about it is provided by:

Daily TV statements by the Government including by Government ministers .Daily official briefings from the

Department of Health and Social Care at 2pm,

<https://gov.wales/health-social-care>

and **Public Health Wales** at 3pm

<https://phw.nhs.wales/>

Read the most up-to-date information about Covid-19 at:

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

**VOLUNTEER POLICE
CADETS**

Do you want to give back to the community?

Do you want to learn about the police?

For further information:

Visit: www.north-wales.police.uk/recruitment-home/why-be-a-police-cadet
or email: CitizensInPolicing@nthwales.pnn.police.uk



RAISE THE ROOF COMMUNITY SINGING FOR EVERYONE

We have regular Zoom meetings at 7pm on Thursdays until we can all safely get together again. Please check the joining details on our

Facebook page. We hope you can make it as it's lovely to see you all and to get together and keep one another's spirits up!

KACEYS K9'S

Belgravia House, Well Street,
Cefn Mawr LL14 3AE

Professional Dog Grooming by Sarah

We are open, 1 dog at any 1 time unless they are from the same household. If you see someone in the salon please wait until they have left to enter. When dropping off and collecting please make sure this is done at said time as it will allow me to keep a tight ship and keep all contact to a minimum and disinfecting to a high standard. Thank you.

Tel: 01978 823616

Email: kaceysk9s@yahoo.co.uk



BEAMING BALLOONS & BOWS LUXURY BALLOON & EVENT STYLING



We offer a Bespoke range of:
**Balloons, Garlands,
Door Bows,
Balloon Bouquets,
Gender Reveals,
Christenings
Baby Showers,
Birthdays, Weddings.**

If you are trying to bring 'normal' to a lockdown Celebration, we can deliver to your door please call me.

SAMANTHA EVANS 07971 538847
beamingballoons@gmail.com



BEAUTIQUE

I am provisionally only taking appointments from 14th July. I will be working Tuesday, Friday & Saturday for the first two weeks due to childcare needs. The best way for to book everyone in is if people messages me their preferred date, time & treatments. Please DM the **BEAUTIQUE** **INSTAGRAM** page or the **BEAUTIQUE FACEBOOK** page. Please don't message my personal page as it'll be easier to make sure I haven't missed anyone if they are all on the business pages. Thank you, can't wait to pamper you all.



BEAU tique

HAIR BEAUTY MAKEUP

*Acrylic Nails, Hair Extensions,
Hair Colouring Service, Waxing, Eyelashes,
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Late nights available*

10-11 Well Street, Cefn Mawr LL14 3AE

Telephone 01978 820510

gemmaparry@yahoo.co.uk

LADS N DADS

APPOINTMENT ONLY

BARBERSHOP

OPENING TIMES

Tuesday 9.30 - 5pm

Wednesday 9.30 - 2pm

Thursday 9.30 - 6pm

LADIES Thursday by appointment only

Friday 9.30 - 5pm

Saturday 9.00 - 1pm



Please phone to book in 01978 822400



Its looking like **Lads N Dads** will open soon with some significant changes put in place for the foreseeable future to meet governments criteria and to safeguard you and us. Sorry no Walk-Ins and an appointment only system. You will only be allowed in the shop for your appointment which will need to be made by phone or messenger, I already have a waiting list from 1st July. We need to control the flow of clients for social distancing, also we need the time to sterilise and clean in-between clients. Because of the extra time and costs we will be increasing prices to cover our costs.. A new price list will be put up in the next few days. Sorry Guys, there will be no service offered for beards etc for the time being. Sadly things are going to be very different to our normally crazy bustling little shop, but its crucially important that we stay safe, thank you.

The Little Kitchen, Cefn Mawr

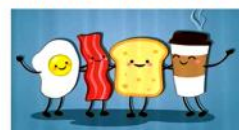
We are open for takeaways from 8am.
Please feel free to pre-order via telephone
and we have a very large carpark.

01978 814923.

Check our Facebook page for offers

WE ARE OPEN

TAKE-AWAY ORDERS ONLY!



J FRANCIS ROBERTS & SON

FUNERAL DIRECTORS EST 1895

Need support and guidance at this difficult time? We are here to help.

- Private Chapel for Services
- Private Chapel of Rest
- Family Run Business
- Available 24 hours a day 7 days a week
- Providing Funeral Services to North Wales and Shropshire Border for 120 years
- Golden Charter Funeral Plans Available

Golden Charter
Funeral Plans



For more information or help call us on 01978 810 884
Or call in and see us at:
10 Crane Street, Cefn Mawr, Wrexham LL14 3AB



www.funeralserviceswrexham.co.uk

At J. Francis Roberts & Son Ltd. rest assured we are doing everything possible to continue providing you with the same high quality service. At this very difficult time we will be working even more closely with you and your family to make sure your individual situation is fully considered.

How could the current situation with COVID -19 virus affect the funeral of my loved one?

Currently funerals in The Chapel at the crematorium are continuing as usual. If this changes we will let you know immediately. **A maximum of 20 mourners** will be able to attend a service in The Chapel at the Crematorium. **Additional mourners will be able to listen to the service via the speakers outside the crematorium building**, standing in groups no closer than 2 meters (6') apart. Unfortunately **you will be asked not to gather round, touch or kiss the coffin** at the end of the service. Sadly **a service in a place of worship is not currently possible.** If your loved one is to be buried this will be carried out with a short service at the graveside for close family and friends only. When the time is right for you and when congregations are allowed to gather again **we can help you arrange a special memorial service or a Mass in memorandum.**

How are we tailoring our service to meet the current government advice on social distancing?

Unfortunately we are currently not able to visit you in your home. We are asking you to come to our office to make arrangements and to sign any necessary paperwork. However we ask that no more than 2 people come at any one time. This is to ensure we can adhere to the advice to remain 2 meters (6') apart.

If you are unable to come to our office we can easily discuss all necessary arrangements over the telephone. If there are forms that need to be signed we will deliver them to your home. We would be very grateful if you could sign the forms while we wait outside. To avoid transmission through physical contact **we have taken the tough decision not to shake hands.** Hand-washing facilities and hand sanitiser are available at all of our locations for you to use.

THE VINTAGE FLORIST

We are open for phone orders and doorstep delivery service also Funeral Flowers.

We are a florist based in Wrexham and during this tough time we are able to deliver and complete orders with safe distancing.



VINTAGE FLORIST had been based in Chirk. Still doing bouquet from £20 delivered, we also make artificial Funeral Arrangements. Thanks for all your orders this week. Our number is **01978 365238** please leave a message if we are unavailable or call us on our mobile **07512 042333** thank you.

TESCO

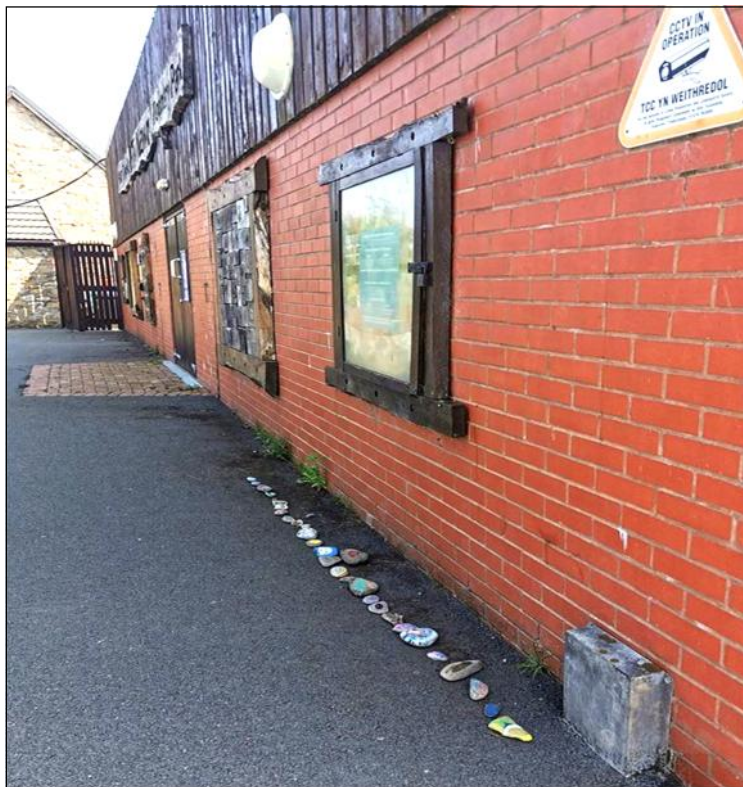
Keeping you safe in store, sanitiser and wipes by the trolleys. Sanitiser and wipes when you enter the store, a one way system to navigate around the store, with floor markings for spacing and customers wait to be directed to go to a specific checkout. Please help us to keep you safe and well by keeping your distance for other shoppers and staff, thank you. [#staysafeandwell](#).

PAPYRUS HopelinkUK

PAPYRUS is the national charity dedicated to preventing young suicide. **HOPELINEUK** is open 9am – 10pm Monday to Friday 2pm – 10pm at weekends and bank holidays.
Call – 0800 068 4141 Text – 07860 039967
Email – pat@papyrus-uk.org



TY MAWR COUNTRY PARK UPDATE



Cefn Mawr Rocks little Snake is enjoying being added to by the children and families who are visiting the Country Park, please can you not take any stones from the snake as it stops him growing, thank you. *Cefn Mawr Rocks* tell us that there are many painted rocks hidden for you to find and re hide on your visits to the park, so do share your photos as you find them on our Facebook page.

It has been brought to our attention by a member of the public that there are lots of litter and dog poo bags constantly left around Ty Mawr and by the Aqueduct and more disturbingly also human waste. Please respect this lovely park by taking what you bring for your snack, picnic or BBQ back home with you and big thanks to the members of the public who are kindly litter picking when they are on their walks.

The Ty Mawr car park is now open and free to park in until September, but please note at this time there are no Visitor Centre or Toilet Facilities open in the Country Park. Can we remind you that we encourage you to come for short visits and enjoy the flowers, wildlife and wonderful views here but the guidelines are still in place for people to stay local and only to travel up to 5 miles. Thank you .



ANTI SOCIAL BEHAVIOUR AT DRUIDS

In recent weeks there has been a rise in antisocial behaviour at The Rock, home of Cefn Druids Football Club. North Wales Police and Cefn Druids FC are advising people that the ground is private property and is not to be used by the public. The Police will be conducting extra patrols in the area to prevent further antisocial behaviour.

Evans Motor Factors

Paris House, Well Street, Cefn Mawr LL14 3AE

Tel 01978 823 735

We are hoping to open Monday July 6th
Please check our facebook page

For all your Car Parts & Accessories, Tools & Paints

We offer free local evening delivery to Cefn, Rhosymedre, Newbridge, Whitehurst, Chirk, Pontfadog, Dolywern and Glyn Ceiriog.

OPEN

Monday to Friday 8.30am to 5.30pm
Saturday 9am to 1pm



See our facebook page for special items & offers

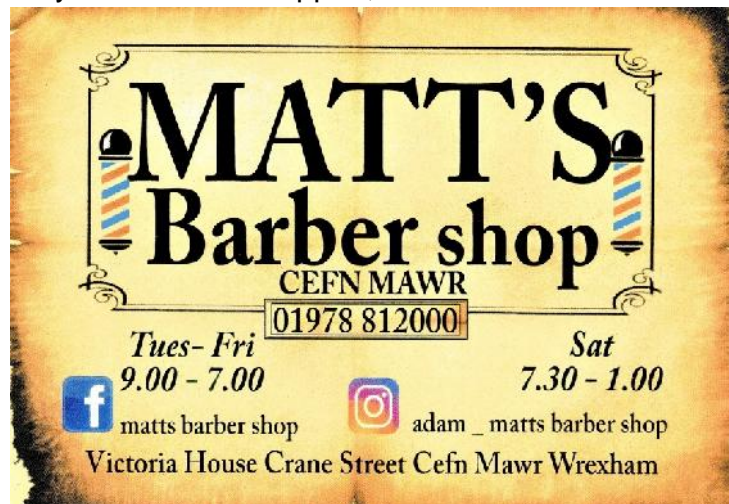


ROB PARRY 07512 416453 / 01978 810639

5A Crane Street

Cefn Mawr LL143AB

I'm taking shop appointments for the next couple of weeks, so if you'd like to book, drop me a message and we'll sort a time and day to suit. Social distancing guidelines will be observed throughout. Obviously, home visits are still not possible at present. Thanks for your continued support, **Rob**.



MATT'S BARBER SHOP OPENING 13th JULY . Just a little note to say We're taking bookings from Monday the 6th of July, please message me from that date onwards, cheers Guys for your continued support over this period, we cannot wait to get back and see you.

Wrexham is OPEN!!!! Non-essential retail opened:



The long-awaited opening of non-essential retail shops has taken place this week for Wrexham with a wide range of views from the public and traders. The Council were congratulated at this week's Town Centre Forum on the work they have undertaken to make the town centre as safe as possible. Retailers



have also changed their layouts created space with wider aisles and using space outside of their shop if possible. All these changes and new ways of working will not be effective unless individuals take responsibility for their own safety and abide by distancing rules. This is something everyone needs to be responsible for and need to be respectful of everyone's space no matter what that happens to be at any given time. With people's ongoing anxiety levels for everyone needs to be respectful for people wanting to keep their distance from others. The licenced traders in town are now awaiting a date for when the green light will go on for them to open their establishments. <https://gov.wales/retailers-coronavirus-guidance> <https://www.bbc.co.uk/news/uk-wales-53116542> Wrexham is open – Use it or lose it has never been so relevant

Charities opening:



Although many charities have closed their various public facing services most have been operating during the whole period of lockdown providing online and video support to the many 1000's of people who normally rely on them being around. The demand for support particularly around people wanting to access befriending support is now expanding as many become more and more anxious about their own situation and that of their family members. Anyone who needs this type of assistance can call **312556** or email Covid19@avow.org and one of the team will assist in finding the right organisation to be able to offer support. Several Charity shops in the town are still to make decisions on how or when they may reopen to accept donations and welcome customers back. Many people rely heavily on these shops and will have missed browsing for 'their bargain'.

Community worries:



There are many reports around about the current outbreak of Covid in Rowan Foods and the potential impact on the area. There is a full multi agency response that is operating on the site and in our communities conducting tests and referral to the Test, Trace and Protect service for those who are positive. It is clearly important that anyone who is contacted through TTP and advised to isolate should follow the guidance for their health and everyone in our communities. The reduction of community spreading is crucial to ensure when possible containment is operated around every positive case. If anyone finds themselves in this position without any support they are able to contact AVOW Team Covid – covid19@avow.org or tel **312556** If the level of spread is confined to a relatively small number of workers and their contacts the likelihood of community spread will be reduced, It is crucial that everyone remains supportive of people within the Health Service dealing with more new cases as the level of testing increases.

<https://www.dailypost.co.uk/news/north-wales-news/stark-graph-shows-scale-north-18495157>

UPDATE: 27th June <http://www.wrexham.com/news/no-change-in-confirmed-cases-figure-but-urgent-work-taking-place-to-contact-300-workers-that-have-not-yet-presented-for-testing-188639.html>

School opening:



For many families with children and young people Monday is the big day when they are able to attend school for "check in, catch up, prepare for summer and September" for a three-week period. The few days that they will have over the next three weeks will give them the opportunity to catch up with teachers and check out the new way in which classrooms and schools generally will be laid out to enable social distancing. Some children (and parents!) may welcome collecting 'homework' to help them catch up on work they have missed over the past few months. During lockdown there have been significant issues with the mental health of our children and young people and sadly an increase in the level of suicide across Wales- it is so important that help and support is readily available for those that need it - <https://bit.ly/2ZaN3bg>

Childcare and nurseries:



Childcare settings were able to open from the 22nd June, but many will not be ready until at least the 29th as they have significant alterations to prepare the enhanced safety of staff and children. Childcare settings should be contacted directly to know what their local arrangements will be. <https://gov.wales/protecting-staff-and-children-coronavirus-childcare>

Travelling and gatherings:



There has not been any lifting of travel arrangements in Wales and the 5-mile distance is still applicable unless there are compassionate reasons to travel further. It is hoped that this may change in the next few weeks to align with England. STAY LOCAL is still the current message here in Wales. Gathering are still not permitted and only two households should be coming together (still maintaining social distancing). The very warm weather recently is a real temptation for some people to have get together, but the potential infection risk levels increase dramatically

when this occurs. **The message for everyone is stay small and local and avoid any locations where a mass gathering may be going on.**

Private prayer can take place in places of worship:

St. Giles Church has reopened for private prayer between 10am and noon Monday to Saturday. Other faith communities will be opening, and information can be found outside of their buildings or online.

Welsh Government Update:

A full list of the various updates for Wales are available on the Welsh Government site

<https://gov.wales/written-statement-covid-19-update>

BAME:



There are particular concerns within the BAME community about the impact of Covid and various research projects have been developed to identify key indicators details available <https://gov.wales/complex-and-long-standing-disadvantages-exposed-coronavirus-pandemic-report-finds> If you would like any help with BAME issues contact Anna who has recently started work with AVOW Anna.szymanska@avow.org

Shielding:

Whilst there are a number of changes occurring for many people those that are Shielding are still advised to isolate until **16th August** due to their increased risk – AVOW are still providing links to volunteers and other support for those unable to identify their own support structures. <https://gov.wales/guidance-shielding-and-protecting-people-defined-medical-grounds-extremely-vulnerable-coronavirus-0>

Funding

Comic Relief: We are pleased to announce that the funding has eventually come through from The Big Night run by Comic Relief and Children in Need- Our existing Voluntary Sector Emergency Fund (VSEF) will now be topped up with another £26,000 with applications now open. This week we have given grants to:

Dynamic, Fairhaven Church Street Pastors Equus and FDF

Apply this week and your organisation could be listed here in the next Briefing Funds will be used to support their work to operate and prepare for returning: The local grant scheme remains open and applications are welcome by the weekly panel for assessment up to £1000. <https://bit.ly/2JZ274K> - for larger projects funding up to £100,000 is administered by WCVA <https://bit.ly/34vdxX3>

Survey on the future of the weekly bulletin:

Many thanks to this readers who have completed the survey on the future of this briefing- there is still time <https://bit.ly/2YgYdvY> Many thanks to everyone who has added words of encouragement for the work of AVOW.

New Feature:

Good News Stories: Rainbow Centre – Penley



Supporting vulnerable people in South Wrexham The Rainbow Centre, serves the communities of Wrexham and North Shropshire by providing community services, social prescribing projects and community outreach services, has joined forces with nine local Community Councils across South Wrexham to co-ordinate a community response to help support vulnerable people during COVID-19. The Rainbow Centre manages a team of Community Agents who operate from a wellbeing hub and work across South Wrexham. They are trained to offer advice and support on a range of issues.

Linking in with local volunteers has enabled Community Agents to focus on assessing people's needs and arranging appropriate support (including arranging home care, living aids, meals and nutrition, wellbeing support and benefit advice). In addition, the Centre has been signposting people in need of support to local volunteers who can provide direct assistance with shopping, prescriptions, dog walking and other day-to-day tasks. On 16th March, the Centre joined forces with Overton Community Council to agree an approach which could be replicated swiftly across the Community Council areas and support the COVID-19 response. Marchwiel and Bangor on Dee were already offering local level support, so the Centre was keen to join with them whilst supporting more Community Councils to join the response. The shared response ensures residents have access to the support, advice, and practical help they need, whilst ensuring vulnerable people and those volunteering are protected and stay safe. *Article from Welsh NHS Confederation* <https://www.nhsconfed.org/resources/2020/06/cross-sector-partnership-working-to-support-the-response-to-covid-19-in-wales>

We want your stories and Photo's for Wrexham Lockdown:

Share your good news **stories** – has your organisation or community been doing something special, have you been going over and above with your response. Let us know and we will over the next few weeks feature these to encourage others to think of new ways they could be working and supporting communities. **Photo/s:** If you have any photos of what has been going on in your community- whether it be individuals running errands to support people or showing how your organisation has adapted. We would like to create a mural on our web site depicting how we have all been coping with the Covid Lockdown and the mood of people. If you have any photos or stories email info@avow.org Please make sure if you are sending a photo of someone else you have their permission. There is a limit of 3 photos from individuals and 5 from organisations or businesses.

Change from weekly to fortnightly: As we now move into the Recovery Phase and the urgency for some information has reduced, we will be moving into a two-weekly cycle from this edition unless urgent matters arise and a shortened version is produced on specific issues. Next edition will be 11th July.

WREXHAM FOODBANK TIMES

If you have a voucher you can collect from one of the centres listed below:

Monday: Bradley Road Baptist Church 1.30 to 3pm

Tuesday: St Mark's Church, Caia Park 12.30 to 2pm

Wednesday: Gwersyllt Congregational Church 10am to 12 noon

Wednesday: The Salvation Army, Rhosddu 3 to 4.15pm

Friday: Capel y Groes (church by Asda) 11am to 12.30pm

If you cannot get to any of these centres then you can request a home delivery by emailing us at info@wrexham.foodbank.org.uk and sending a copy of your voucher.

Please do not go hungry at this time, we will always try to help you. Pet food and toiletries are also usually available.

If you need a food bank parcel and can not get a referral please call the Foodbank on **07538 547971**. If you would like to volunteer to help then please email info@wrexham.foodbank.org.uk.

FREE SANITARY PRODUCTS

There are free sanitary products available for families that work with **Flying Start** ready for collection at The **Flying Start** offices Hafod-Y-Wern (old school site) Deva Way, Wrexham LL13 9HD.

The products are available for collection in the reception area between 10am - 3pm, Monday to Friday, for families with young women and girls that require these products. Families who are in other Flying Start areas of Wrexham and require these products, please contact your **Flying Start Health Visitor** at the Hafod Y Wern office.

Please note that social distancing measures are to be adhered to when collecting.

SHELTER CYMRU ACCESS



Due to the impact of the Coronavirus measures, we have had to make some changes to our service

delivery. We have closed all face to face advice surgeries and sessions until further notice. Advice and assistance will continue to be available through our **Freephone Shelter Cymru Live** service on **08000 495 495** open **9.30am – 4.00pm Monday to Fridays**. (Not Bank Holidays)

Our web-chat advice facility is also available via our website: <https://sheltercymru.org.uk/get-advice/> Extensive housing advice and options information is available via our website:

<https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/>



SCOUTING ACTIVITIES

If you've been running out of things to do when you're at home and not at school, don't worry. The scouts have got you covered! They've put together this

massive list of games, activities, and craft ideas, for you to get stuck into. Best of all they're all free. <https://www.bbc.co.uk/newsround/52227592>

CEFN LIBRARY UPDATE



Wrexham Libraries update from Rosie our Librarian

Order and Collect Service – Wrexham Libraries

Wrexham Libraries are taking the first steps towards the phased re-opening of the service. A new order and collect service will be piloted from the **1st of July** at Wrexham Library, with the aim of gradually rolling out the service across the county. The gradual rollout of the new order and collect service will mean that our libraries will remain closed for regular use at the moment.

From the 1st of July you will only be able to return and collect stock from **Wrexham Library**. You will only be able to lend books from **Wrexham Library** stock during the pilot phase; gradually you will be able to borrow books from other libraries across Wrexham. The choice of stock is currently limited as we wait for supplies of new books. We will do our best to get the books you want to you as quickly as we can. The safety of our staff and customers is our priority and we are following Welsh Government guidance on how to handle library books.

Please note all books returned to the library will be quarantined for 72 hours.

When your books are ready, we will contact you to arrange a collection appointment for you to come and collect them. You can return books at the same appointment if you are collecting books. If you only want to return books, you will need to contact us by email and telephone to arrange an appointment. All books you currently have on loan and any you borrow via Order and Collect Service will be automatically renewed so you do not need to worry about returning them on time and you will not incur any fines.

Our **Homelink Service** will be delivering as usual to its customers from the 1st of July, and we will contact you. We look forward to seeing you again!

Just remember at the moment the five mile, stay local guideline will mean that Wrexham is not within the essential travel distance.

Community Support Officer

Jessica Lloyd PCSO 3969

email: Jessica.Lloyd@nthwales.pnn.police.uk

PAUL AND GILL LOOK FORWARD TO THEIR RETIREMENT!



Dear all, for many of us the current pandemic situation has given us the time to reassess our lives in many different ways, but perhaps the value of our time has been one of those things at the top of many of our lists?

Although all the members of Cefn Mawr

Christian Fellowship are deeply saddened to say farewell to Paul and Gill Day as joint leaders of our group. We know that they will not have rushed into making this decision, but will have spent time in prayer seeking God's wisdom and way forward. We support their decision and would like to say **A BIG THANK YOU** them both for all of the many hours of time and dedication in the past 5+ years which they have volunteered so selflessly and so willingly to the work of The Meeting Place in the Old Canteen – Bible Studies, Caféchurch and Social Evenings, including the yearly Community Carol Services. All bringing much joy and new friendships to many within our community and the surrounding villages. We wish them both a very happy and restful retirement. We pray for God's blessing upon them, giving them the much deserved time now for each other, their families and friends.

There are more questions than answers at the moment as to what is ahead of us all. However, Cefn Mawr Christian Fellowship will still continue under God's guidance, and when possible we will look forward to that wonderful day when we can all meet up together again!

Every blessing

Colin and Rowena Tel: 01978 824785

CEFN MAWR AND DISTRICT SUPPORT GROUP

Our Facebook page brings together volunteers and those who need help in our area working with our **Community Agent** and **Cefn Community Council**. It also has updates and information.

If you need any help or support just let me know be it a chat, a listening ear, helping to sort out paperwork, prescriptions, shopping, benefits, or some other problem that is worrying you. Please call me on **07532 780007**, email tyger@tygertactics.com or message me on Facebook. This service is completely free, we just want you to know we are here for you.

If you just want to have a wee chat and check-in then please call me between 4pm and 8pm.

Is there anyone that would like to volunteer to help within the community at this time? This can be as simple as just checking on neighbours, make a phone call or walking a dog please contact myself or **Marie Claire** our Community Agent tel: **07925 048711** email: cefncommunityagent@gmail.com





Margaret's

Crane Street, Cefn Mawr



Stylists Lisa and Becky have many years of experience

Competitive price list

01978 821791





Vanity Fur

Dog Grooming

We love making your Furbabies look pretty.

Appointments only, we are working to Covid-19 guidelines for everyone's benefit, thank you.

Telephone **01978 256022** or **07403 781817**

6 Crane Street, Cefn Mawr LL14 3AB

e: vanityfurcefnmawr@gmail.com

Find us on Facebook @ **Vanity Fur**



CEFN'S CHIPPY

Fish & Chips

The Great British Dish









FREE

BOTTLE WHEN YOU SPEND

£25

OR MORE



MONDAY to SATURDAY

4pm to 9pm

SUNDAY closed

OPEN

6 days

TELEPHONE ORDERS WELCOME

01978 822 222

Cefn's Chippy - Crane Street - Cefn Mawr - Wrexham LL14 3AB

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 or more permanent work, please email cfw@wrexham.gov.uk, or call **07976 200413** or **07976 200414** 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.

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. Unfortunately this assistance is only available to residents within the county of Wrexham. Make sure you also 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.

For general enquiries please contact us on: 07976 200413 / 07976 200414

Or email; cfw@wrexham.gov.uk



**Cymunedau am waith
Communities for Work**

HENBLAS STREET TOILETS OPEN

Public toilets in Henblas Street, Wrexham have reopened with new safety measures in place to help stop the spread of coronavirus. The facilities, which are operated by Wrexham Council, reopened for use to visitors in the town centre at the end of last week.

Several changes have been introduced to help keep you safe while using them, with guidance issued by Wrexham Council below:-

- Access will be limited to three female users in the ladies and one male visitors in the gents at any one time to maintain social distancing. This is due to the relative size of the male / female facilities. However, a parent / carer will be allowed in with their children
- The accessible toilet will be available
- Alternate toilets, urinals and hand basins will be taped to prevent their use and bilingual signs will inform visitors that they are out of use due to social distancing regulations
- The cleaner will be positioned at the entrance to control the barrier for entry and exit using the access button in the office. A sign outside the toilets will explain the access restrictions to visitors
- The 20p entrance charge will still apply but no change will be available from the cleaner

USEFUL NUMBERS

WCBC Out of Hours 01978 298989

WCBC Emergency Repairs 01978 298993.

Gas Emergencies 0800 111 999

Dee Valley Water 01978 833200

Dee Valley (Leak Line) 0800 298 7112

MANWEB / Scottish Power 0845 2722424

Welsh Water 0800 0520130

Cefn Community Council 01978 821298

ACAS 0300 123 1100

Adult Social Care 01978 292066

Age UK: 0800 169 6565

Alzheimer's Society 0300 222 11 22

**CALL Community Advice & Listening Line
0800 132 737**

Cambrian Credit Union 01978 266843

Caritas Surgery Cefn Mawr 01978 720450

Childline: 0800 1111

Citizens Advice 0300 330 1178

Community Fire Safety 01745 352693

Consumer Direct Wales 08454 04 05 06

Crime Stoppers 0800 555 111

Dementia Help Line Wales 0808 808 2235

District Nurses Plas Madoc 01978 812163

DAN 24/7 Drug & Alcohol Help Line 0808 808 2234

**Domestic Abuse Safety Unit (DASU) 01978
310203**

Domestic Violence Hotline: 0808 2000 247

Floodline 0845 9881188

Home Fire Safety Checks 0800 169 1234

Live Fear Free 0808 8010 800

Macmillan 0808 808 00 00

Men's Advice Line 01823 334244

MIND 0300 123 3393

National Drugs Helpline 0800 776600

RNIB 020 73881 266

Samaritans: 116 123

The Mix Young Peoples Helpline 0808 808 4994

Universal Credit 0800 328 5644

Wales Domestic Abuse Helpline 0808 8010800

Welfare Rights 01978 298225

Working Families 0300 012 0312

Wrexham Care & Repair 01978 268120

Wrexham Dog Warden 01978 298989

Dog Warden Out of Hours 01978 292055.

Acorn Kennels 01948 662931

Wrexham Communities for Work

07976 200414 or 07976 200413

**Wrexham Family Information Services
01978 292094**

Wrexham Maelor Hospital 01978 291100

Wrexham Social Services 01978 292066

CHIRK CORONAVIRUS SUPPORT

Our community group established to provide reliable information and give assistance to anyone who needs it in the Chirk area. Contact Number: **07821 297768**

Email: chirk.ca@gmail.com

ROWLANDS PHARMACY CHIRK 01691 772439

OPEN 9.30am to 6.30p, close 12 to 2pm for lunch and to catch up with the workload. Only 2 in branch at any one time, thank you.

ST MARTINS PHARMACY 01691 772348

Open 9 to 5.30 Mon to Fri, 9 to 1pm Sat. Free collection and delivery may be available for prescriptions, call to check.

STANS ST MARTINS 01691 772348

Delivery service available £5 to Chirk

THE KEYS ST MARTIN'S 01691 770258

or 07762 139 413

Delivery within a 4 mile radius 12pm to 2pm and 5pm to 8pm Monday to Saturday and 12pm to 6pm on Sunday. Please give 24 hours notice.

MG HUGHES FRUIT & VEG 01691 774850 or

07973826881 or 0781155707

Daily deliveries to anyone who would like us to and if they need anything picking up from other local shops.

SPAR CHIRK 01691 773354

Struggling to get supplies? Let us know, we can deliver or just help anyone in Chirk pick things up etc. email: chirk@retail.afblakemore.com Please include a phone number for us to contact you for payment, thanks.

STANTON HOUSE CHIRK 01691 774150

Hot meals delivered daily, no meal over £5

A C EDWARDS AND SONS DAIRY 01691 670721

Fruit, Veg and Dairy. Order online

Email sales@edwardsdairies.co.uk

STAR PIZZA AND KEBAB 01691 778722

Delivery 4pm to 12am.

CASTLE TANDOORI 01691 772499

Tuesday to Sunday 5 to 10pm 3 mile radius.

JAMIE WARD'S BUTCHERS - 01691 772602

Call and collect: order between 10am and 12 noon to pick up between 2pm and 4pm same day. Order between 2pm and 4pm to pick up next day between 10am and 12 noon. Self-isolating and unable to collect? Orders of £25+ can be delivered within a 15 kilometre radius within a maximum of 3 days.

CAFFI WYLFA - 01691 770492

Fresh chilled meals available for collection or delivery.

THE HAND HOTEL CHIRK - 01691 773 472

Takeaway starters, mains, jacket potatoes, pasta and panini's & sandwiches available between 11am and 2pm and 5pm – 7.30pm

ANISA INDIAN - 01691 777705

Delivery and takeaway.



ST MARTINS FOODBANK

We are continuing the food bank for anybody in the village who is or may be struggling due to the current situation. We want to help everyone

including the self-employed, employed, unemployed and the elderly. It is 3months since we opened our foodbank up, we have handed out just over 70 yes that's right 70 food parcels that's over 1ton / 30+ trolley's full of food we have given out to people who needed that extra help, your donations have been so important to us, so if you can spare a can of food it would be great. So from the bottom of our hearts we want to say a massive thank you from our team

Based at **St Martins Village Centre** on Overton Road, we are open **Tuesday and Thursday from 6.30 to 7.30pm**. If you are self-isolating or are unable to leave the house please call **01691 770204** or **07598 972767** and we will arrange for a delivery. You can contact us through our Facebook page. We know that our facebook page does not reach everyone who may need help. If you are out and about and hear about anyone who is struggling, please can you mention us. Anyone can find themselves without enough money for food or essentials. We can help, no referral or vouchers required, just a genuine need. You can turn up, message via Facebook or send a text message.

We are supported by St Martins School, St Martins Village Centre, St Martins Youth Club, Stan's Superstore, Ridgeway Rentals and our Volunteers.

acas working
for everyone

www.acas.org.uk/coronavirus

CORONAVIRUS HELPLINE



Got a question? Drop us a line.
Tag your question with
@acasorguk #AskAcas

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Llywodraeth Cymru
Welsh Government

WELSH GOVERNMENT ANNOUNCE EXTENDED HOUSEHOLDS WILL ENABLE FAMILIES TO BE RE-UNITED

It is intended the concept will be introduced in Wales from July 6 – the same day Ministers want to lift the stay local requirement – if cases of coronavirus continue to decline across the country.

Creating a single extended household will enable families to be reunited and will also help support working parents with informal childcare over the summer months as more businesses reopen their doors and return to formalised working arrangements.

But to help control the spread of coronavirus, only one exclusive extended household can be formed. Once a household decides which other household it wants to join with, this arrangement will be fixed for the foreseeable future.

First Minister Mark Drakeford said:

“Thanks to the efforts everyone has made over the last few months, we have seen the number of new cases of coronavirus decline – but it has not gone away. I know people are missing seeing their families. We have some headroom to make a further change to the rules next week and we will introduce this new concept, which will enable people living in two separate households to form one extended household – they may be part of the same family or they may be close friends. This new arrangement will mean people can form one extended household and can meet indoors.”

The Welsh Government has drawn on experience from around the world where this concept has been successfully introduced, including in New Zealand. Extended households are in place in Scotland and care and support bubbles are in place in England and Northern Ireland.

Under the new arrangements, which could come into force on 6 July, if cases of coronavirus continue to decline:

- People will only be able to be part of one extended household.
- Everyone joining the extended household must belong to the two households, which form the extended household.
- The extended household must contain the same individuals for the foreseeable future.
- If one member of an extended household develops symptoms of coronavirus, the entire extended household will need to self-isolate, not just those living together.
- It will be important for the extended household to keep records to help with contact tracing in case someone in the extended households tests positive

for coronavirus.

The First Minister added: “We are continuing to learn about coronavirus – the evidence we have about the virus tells us that meeting people outdoors, maintaining social distancing and good hand hygiene remains is the best and lowest risk option.

Together we have made significant progress over the last few months in slowing the spread of this virus. Together we can continue to keep Wales safe.”



Gwasanaeth Gwybodaeth i Deuluoedd Wrecsam
Wrexham Family Information Service
Outreach Team



Steph



Sarah



Lynne



Yasmin



Megan

WREXHAM FAMILY INFORMATION SERVICE

We are still here! Wrexham Family Information Service (WFIS) has a supportive Outreach Team to help and support you with a range of family issues/concerns. Please contact the team for a chat on **01978 292094** or email: helpfis@wrexham.gov.uk to see how we can help.



SHOP IN THE CLOUDS & SHOP AROUND THE CORNER, OAK STREET, LLANGOLLEN

We look forward to welcoming you to view our recently re-furnished sales areas at the rear of the shop, which we have been busy re-arranging over the lock down period. We trust you will love all our new displays and unusual gift ideas for all the family. All social distancing rules, as well as sanitisers, are in place at Shop Around The Corner. To check our opening times Message us on Facebook or email orders@shopintheclouds.com.



TOWERS DAY NURSERY

Open fully for all children of all parents, whether they are key workers or not.

Still accepting **Covid Child Care Assistance Scheme** (C.C.A.S.)

children as the scheme has been

extended until the end of **August**, offering free childcare for children who only need to have one key worker parent.

Denbighshire children are also welcome to attend, as we are registered as a provider for them as well as for **Wrexham** children.

Children in receipt of the 30 hour childcare offer can now access this funding again, following its temporary suspension.

If you have any questions at all do get in touch. Thank you for your patience and support. Please call us on **01978 822446** or message us on Facebook, thank you.



VOICES OF THE VALLEY - THE FRON MALE VOICE CHOIR

We were due to have a concert at the Stiwt Theatre Rhos on the 25th of July. That theatre has now been closed due to the lockdown, and the concert cancelled. The bills, however, keep coming in. They are now trying to raise £1,000 in the next four weeks and are asking for £2 donations to represent a ticket in a virtual concert. Please can you help them to fill all 500 virtual seats?

Go to their JustGiving page:

<https://www.justgiving.com/fundraising/stiwt-theatre>

and donate £2, then share on your timeline to help spread the word. Don't forget to select Gift Aid if you are a tax payer as you are not buying a ticket you are making a donation. Thank you from all at The Fron.

UPDATE from The Stiwt: The Virtual Audience Appeal has been amazing and the reaction of the public has been fantastic, the £1,000 target was hit in a couple days, thank you to all who have donated. So in the tradition of the theatre, sell out productions get another date. So we are continuing to the target date of the 20th July with the hope of hitting £2,000 or even more.

We hope you have been joining us at 7pm on Saturday nights to share our *At Home with The Fron Male Voice Choir* episodes. We have enjoyed making them and your comments have been most welcome. Don't forget to follow us on Facebook, Twitter and Instagram



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Llangollen Road,
Acrefair LL14 3RP
(by the Eagles Inn)



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WCBC'S PLAS MADOC ESTATE OFFICE Garden Competition 2020

On the back of a successful gardening competition last year, we were again looking forward to holding another competition this year to recognise and reward those tenants who look after their gardens. Unfortunately the COVID situation has meant that we have been unable to arrange this as planned. Instead we are looking to identify tenants who are making an effort to keep their gardens looking nice.

This will be promoted on our WCBC facebook page, and please feel free to send me details of any tenants you are aware of who are making an effort with their gardens, and I will write to them to explain that we recognise and appreciate the efforts they have been making, and that we are hoping to be in a position to hold the competition in 2021, if all is well by then. Thanks

Russell Jones
Plas Madoc Estate Manager

REGENT HOUSE OF FLOWERS

We are open after lots of hard work to get the shop ready and because our shop area is quite small we will ONLY be letting ONE CUSTOMER in at a time, (max 3 per party). When you have rung the bell an assistant will come to greet you and let you in, please give her time to step back, then FOLLOW the blue arrows to the Marker and wait until the assistant has replaced the barrier and the stepped behind the screen, there is a Sanitising Area available. We look forward to seeing everyone again and thank you for your understanding at this difficult time. We have lots of fabulous new plants gifts and lockdown specials NOW available to buy in store or online at www.regenthouseofflowers.co.uk



ADVICE FROM OSWESTRY BEE COMPANY

If you come across a struggling bee, it could be suffering from exhaustion. A simple sugar and water solution is sufficient to get a bee buzzing again. Never feed a bee honey – bees can catch viruses if they eat honey from neighbouring hives. Place the sugar and water solution by the bee's head on a bit of foil or a shallow plastic lid. If you're lucky, you'll be able to see the bee feeding with its long tongue. It may take anything from a few minutes to an hour after feeding on a syrup solution. If it's not raining, put the bee somewhere safe outside, such as in a plant pot where it can stretch its wings and fly away when it's ready. Hopefully, it will back and buzzing about in no time! This works for Bumble-Bees too!

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New High Street, Ruabon, Wrexham LL14 6AW

PLEASE LIKE OUR FACEBOOK PAGE Community News Cefn Mawr, Dee Valley & District

This will keep you up to date during this strange time. We will also keep updating information as Businesses and services are opening and those also offering home deliveries so we can all stay safe.

You will also find an album of photos that includes the ones we could not fit in to this edition of the newsletter.





Reading Well: Mental Health

**DARLEN
YNWELL READING
WELL**

The Reading Well for Mental Health collection of books provides helpful

information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs. The books are chosen by health experts and people living with the condition covered. There are special collections in Wrexham, Brynteg and Rhos libraries but in the meantime visit www.reading-well.org.uk for more details.

uLibrary – free e-books and e-audio books



If you're struggling for something different to read during these unprecedented times don't worry as Wrexham Library service currently has access to a fabulous catalogue of e-resources from Ulverscroft. With rights

to bestselling authors such as Ann Cleeves, Jeffrey Archer and James Patterson to award-winning titles like *The Cut Out Girl* (Costa Book Of The Year) and much-loved series from E.L. James' *Fifty Shades Of Grey* to Terry Pratchett's *Discworld* series, there are titles to suit every listener imaginable. Features include an updated book genre and categories list, what to read next recommendations plus the ability to reserve books already on loan which means there is something for everyone. To register for your free access please go to www.wrexham.gov.uk/libraries and click on the Online Catalogue link followed by the uLibrary link.

Escape overseas with our online e-books

Overseas travel may be off the cards currently, but that doesn't mean you can't visit exotic faraway lands through the transportive power of a good book. Evoke palm-tree breezes, bustling foreign cities and the tastes of exotic fruits and spices with our favourite selection of armchair travel books to whisk you away - no passport required! This is the only free way to travel the world, for more details visit www.wrexham.gov.uk/libraries and follow the online services link.



THE BRIDGE INN, CHIRK. (THE TRAP)

A polite notice to all.

We will **NOT** be open to the general public on Saturday 4th July, we are opening for our regular customers ONLY. We have got to hear that people from Cefn Mawr, Glyn Ceiriog and Chirk are planning on coming here, please don't this weekend, we already have limited space and with social distancing it's obviously going to be worse, we apologise for this. Just wait until it calms down a bit, thank you.

Vanity Nails & Beauty



Offering a wide selection of beauty and nail treatments including :-

- Bio sculpture gel nails
- Electrolysis
- Crazy angel tanning
- Indian Head Massage
- Waxing
- Gift vouchers now available
- Ear piercing
- Acrylics
- CND Shellac
- Facials
- Massage
- Lash Lift
- Special occasion makeup

Call in or ring for appointment



8 Crane Street, Cefn Mawr LL14 3AB
T: 07498 727816 Closed Mondays

Fingers & toes crossed **Vanity Nails & Beauty** will be able to reopen on the 14th as planned. Bookings that have already been made will go ahead all being well with the announcement on the 9th July. After this can you please message our Facebook page or the salon phone on **07498727816** to book! Take care - Stay safe and we will see you soon Love Sue & Jan xxx



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Don't forget to get your Loyalty Card.

To book an appointment please

Call or text 07975 540059 or find us on Facebook.
Or call into the salon for a free consultation.

Please remember these appointments you have with me at **The Cutting Room** are only PROVISIONALLY booked until we get a definite go ahead on 9th July to re-open on Tues 14th July. Fingers crossed ladies that I will be seeing you all very soon Love Carrie-Ann xx

COMMUNITY AGENTS UPDATE

More restrictions are lifting so hopefully you are starting to reconnect with your families If you are struggling and need a **food bank voucher** or you know someone who does Wrexham

Foodbank provide emergency food parcels for individuals and families who are struggling to put food on the table. Please let me know as I can make a referral for you -just a few questions and can be done over the phone. If you are still isolating and need some support please contact me I am here to help, so call me many thanks,

Marie-Claire.

Tel: **07925 048711** or email

cefncommunityagent@gmail.com



FRIENDS OF RUABON VIRAL KINDNESS

This group has been created with the primary aim of ensuring no-one in our community has to go through self isolation by themselves. If you are self-isolating with COVID-19 we can help with Shopping, Collecting Prescriptions, Urgent supplies or just by making a friendly phone call. We are a group of likeminded volunteers here to help. Just contact us via any of the options below, we will do our best to help you (for free) Call or text **07741 596 812 / 01978 824087**

Email: info@friendsofRuabon.co.uk

Facebook: **Friends of Ruabon Viral Kindness**

RUABON MEDICAL CENTRE

As all patient contact is now by telephone, to help us help you, please use our services carefully and adhere to the following: Please DO NOT visit the practice unless you've been asked by a clinician to attend. General enquiries cannot be dealt with if you turn up at the practice. All 'routine' appointments have been suspended until further notice.

Repeat prescriptions should be placed into the wall mounted post box beside the wooden door (at the end of the building on the left). We would like to thank you for your patience and understanding. Please look after yourself and others by following the latest government advice.

L ROWLANDS & CO RUABON

The Medical Centre, Ruabon, LL14 6NH

Please note we are only allowing 1 person in at a time and if queuing outside please keep to the social distancing guidelines.

Open: Monday to Friday 10am to 12pm then 2pm to 6pm Saturday 10am to 1pm

Tel: 01978 821802

Please collect repeat prescriptions after 2pm

RUABON DISCOUNT STORE

New High Street Ruabon. Tel: 01978 810982

We will continue to do our best to keep the shop safe for everyone. We do also ask customers to keep their 2m distancing whilst shopping.

With the everyday essentials, we also have bread, milk, biscuits, teabags, sugar as well as cleaning products, toiletries and key cutting service. Paypoint so you can top up your **gas** and **electric** and pay any bills. 2 customers at a time and will ask customers to wait outside until someone leaves. We offer Contactless payments. Our opening times are **Mon / Thurs / Fri / Sat 9 to 3pm**

RUABON POST OFFICE

Open Monday to Friday 9am to 4pm, Saturday 9am to 2pm. Only 2 people at once.

Telephone **01978 823333**

NEED TO CONTACT THE POLICE?

They say that for non-emergency issues, people should use <https://www.north-wales.police.uk/contact/live-chat-support> or phone 101.

If you have internet it is suggested that the live chat option might be a quicker method than holding on the phone.

COOK-A-LONG



Check out the cooking together cooking videos - the recipe collection is growing every week - why

not try out the chicken zinger burger

<https://www.cookingtogether.co.uk/cook-a-long>

Alternatively, you can check out their **Facebook** page or **YouTube** channel

EATSAMAZING



An array of recipes for kids, everything from breakfast, lunch, dinner, side dishes, snacks, parties... put your feet

up and get the kids to cook!

<https://www.eatsamazing.co.uk/recipes>

FOR YOUNGER ONES....



Over the last few months its actually been great to see there are some fantastic cooking programmes out there for younger children,

and educational too. Here are a few to inspire all small chefs - our favourite by far is 'My World Kitchen' - young or old- I'm sure you'll be hooked as well as inspired! <https://www.bbc.co.uk/cbeebies/shows/my-world-kitchen>

BORN TO MOVE



There are 7 Dance sessions in this video with one using scarves. (You could repeat your favourite dance or practice them all!!) It is a 23 minute session with a cooling down session at the end. (Suitable for Year 2 pupils)

<https://www.youtube.com/watch?v=GHCqRsrQwNU>

CANAL EXPLORERS



Will be sharing activities encouraging children to watch, read, do, play and create as they learn about our canals and rivers from home – bringing the magic of our waterways to you! In the

coming weeks, we'll be sharing learning resource bundles on a range of topics through our social media pages. Follow us on **Twitter** and like us on **Facebook** for activities and ideas to keep children engaged in learning and active whilst at home. Why not visit the website for resources on water safety, how to build a canal and canal and river habitats- <https://canalrivertrust.org.uk/explorers/learning-from-home>

MATHS CHASE



Maths Chase is a completely free home online learning tool where children can play times tables games, along with many other mathematics skill-based games!

The site features many simple learning games which children can play at home. We hope kids will find it a fun and different way to improve their maths accuracy and speed.

<https://www.mathschase.com/>



**SCHOOL
RAFFLE**

**Min Y Ddôl
Summer Prize Raffle**

Support Our School!
Plenty of prizes to be won

**£100 cash prize, hampers,
vouchers & much more!**

£1 per number

**Live Draw to take place
Wednesday 15th July**

We are delighted to launch our **Min y Ddôl Summer Raffle**. Last Friday should have been our non uniform day, when traditionally we take donations for the summer raffle.

We are asking for prize donations for the raffle, big or small. Any donations gratefully received - please drop them off outside the school in the labelled box. We have some excellent prizes including £100 cash prize and some super vouchers from local businesses who support the school.

There will be a live draw Wednesday 15th July. Please support the school by making donations, buying raffle tickets and sharing the poster amongst family and friends.

To purchase a ticket/tickets, send your payment via PayPal to: mailbox@minyddol-pri.wrexham.sch.uk Choose the option: 'Friends and Family'

We shall allocate numbers based on your payment - if you pay £5, you will get 5 numbers and so forth. Your numbers will be shared with you once payment confirmed.

Your support is appreciated as always, thank you.



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Tel: 07967 407608



**senedd yr
IFANC**

Wrexham Young People's Parliament
01978 317961/youngvoices@wrexham.gov.uk

f senedd yr ifanc
@wrecsamsenedd @wrexhamsenedd



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Y TU ALLAN I ORIAU
GOGLEDD CYMRU**

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6.30PM - 8AM
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GWYLIAU'R BANC
ALL DAY AND NIGHT AT WEEKENDS AND BANK
HOLIDAYS

COVID 19—SUPPORT FOR THE ISOLATED AND VULNERABLE IN LLANGOLLEN RURAL

Our Community Agent is contactable by email or Telephone, supporting those in need in our Community. He is providing help where needed, as we know our older population is at risk due to self isolating. The Community Agent will be providing practical support by directly helping people with for example:

- * *Collecting and delivering prescriptions*
- * *Essential food shopping*
- * *Providing support and guidance via telephone or email*

This free service is done whilst following the social distancing rules. If you require support or know of someone in need from Fron, Garth or Trevor please contact:

David Jarvis - Community Agent Llangollen Rural Community Council Telephone 07956 292546

Email: trevorcommunityagent@gmail.com

The Community Council have a Facebook group:

Llangollen Rural Community Council Coronavirus Support Group

<https://www.facebook.com/groups/224333768974917/>

In **FRONCYSYLLTE** we have our own 'unofficial' very effective support group **Froncysyllte Community Support**. Our Newsletter is providing a link between people in Fron who need support and those in the fortunate position of being able to offer it. Areas of help include: Collecting prescriptions. Collecting shopping. Walking dogs. Simply being a person to talk to. We have volunteers in Fron ready and able to help. Please contact us, we will try to help whenever possible. For regular updates please ask John or check our facebook group

Froncysyllte Community Noticeboard.

Our Contacts are:

Keith Sinclair 01691 773634

email: keithsinclairlrrc@gmail.com

Sian Williams (Fron Community Centre)

Claire Parry (Volunteer) **07432 494002**

Fron Post Office will also pass on details.

EDWARDS DAIRY CHIRK 01691 778266

Delivering milk and other produce to your door
Email sales@edwardsdairies.co.uk Please let us know by email if you need to amend your order, thanks. Check our Facebook page for new items you can add to your order.

Due to high volumes of calls, please **only** call our landline **01691 778266** if you no internet access and press option **1** when you are connected .



FARM AND PET PLACE GLEDRID

Open weekdays from 9 to 6pm this may be subject to change. Click and Collect only service - please order online at

www.farmandpetplace.co.uk or phone in advance. on **01691 770084** or **01492 542662**. If you have had any problems with placing a Click & Collect order please let us know via Facebook messenger. We are here to help. Thank you for your support and stay safe.

NEED INFORMATION? WANT ADVICE? WISH YOU HAD SUPPORT? CONTACT MEIC



Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen

even when no-one else will. We won't judge you and will help by giving you information, useful advice and the support you need to make a change. Contact us in Welsh or English – it's up to you! We are open 8am to midnight, 7 days a week. You can contact us by phone, SMS text and instant messaging. Meic is confidential, anonymous, free, and just for you.

<https://www.meiccymru.org/>

Phone **080880 23456** or Text **84001**

THE YOUNG PERSON'S MENTAL HEALTH TOOLKIT



This directs young people, aged 11 to 25, to a variety of online resources which can help them through the lockdown and beyond. In each of the six sections there are websites, apps,

helplines, and more which support mental health and wellbeing.

<https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en>

LAUGHING GAS - NOT FUNNY



Nitrous oxide has been used as an anaesthetic for over 100 years. Most people probably know it as laughing gas <https://medicalxpress.com/tags/laughing+gas/> The empty small metal canisters are becoming a

common site outside clubs and recreational areas across the UK....

Nitrous oxide

In a medical setting, it is usually inhaled, mixed with oxygen, through a small mask that fits over your nose. It is generally used to help you relax during procedures that don't require a general anaesthetic, such as childbirth and minor dental surgery. Nitrous oxide is also used as a propellant to make whipped cream.

What are the effects?

Nitrous oxide provides a short-lived (20 second) high, in which people who use it feel euphoria and relaxation. They can also feel dizziness, have difficulty thinking straight, and fall into fits of laughter.

How dangerous is it?

If a person has small infrequent doses, there is a low risk of significant problems with this drug <https://medicalxpress.com/tags/drug/> It is very rare to overdose from the use of nitrous oxide, but it can affect coordination and judgement <https://adf.org.au/drug-facts/nitrous-oxide/> and it shouldn't be used in risky situations. In very large doses, without the addition of oxygen, it can cause loss of blood pressure, fainting and even death by hypoxia (oxygen deficiency).

Parentzone have put together some information and conversation starters for parents on the subject -

<https://parentzone.org.uk/article/laughing-gas-not-funny>



YSGOL RHIWABON UPDATE

We are ready!

We were looking forward to welcoming our pupils back on Monday in small groups.

The school has plenty of signs, new floor

markings and hand sanitiser points around the building.

Please remember to check the school website -

www.ysgolrhiwabon.co.uk for all return to school information and to download the free app. to receive information direct to your mobile telephone

Here are some pictures from Monday of how the 'new normal' classrooms look and feel with some of our pupils trying them out, which includes more use of outside space.

Welsh Education Minister, Kirsty Williams, also sent her congratulations to Ysgol Rhiwabon for the site preparations and pupils returning to school in such an orderly and well mannered fashion -





New Start-Up Grant launched by the Welsh Government

The Welsh Government has announced a 'Start-Up Grant' to support new businesses in Wales in dealing with the severe impact of Coronavirus. It will open for applications from lunchtime on **Monday 29 June 2020**.

To be eligible for the 'Start-Up Grant' of £2,500 businesses must:

- not have received funding from the Economic Resilience Fund or the Non-Domestic Rates grant
- have been set up between the 1 April 2019 and 1 March 2020 and not qualify for Self Employment Income Support Scheme
- have turnover less than £50,000
- have a drop of more than 50% income between April-June 2020

Applicants will be required to submit a short application form and self-declaration that is supported by evidence.

Businesses must have **one** or more of the following:

- HMRC Unique Taxpayer Reference (UTR) Number
- VAT Registration Number or a VAT exemption certificate
- Written correspondence confirming registration with HMRC

In addition, applicants will be required to sign up to Business Wales start-up support and advice and align with the ethos and principles of the Economic Contract. <https://businesswales.gov.wales/economic-contract>

For further information please visit the Business Wales COVID-19 support for businesses pages. <https://businesswales.gov.wales/coronavirus-advice/>

A total of 2000 grants will be available across Wales of which 91 will be made available to businesses based within the Wrexham County Borough County area.

The Start-Up Grant will be administered by local authorities and accessed through the Economic Resilience Fund eligibility checker on the Business Wales website. Businesses can apply from lunchtime on **Monday 29 June 2020**. To check for eligibility and to apply go to <https://fundchecker.businesswales.gov.wales/>

Second phase of the Economic Resilience Fund opening for applications

The Economic Resilience Fund re-opened for applications for the second phase at lunchtime on **Monday 29th June 2020**. To access the application form you will need to complete the eligibility checker, and if you are eligible a link to apply will be provided: <https://fundchecker.businesswales.gov.wales/>

Please ensure that you have the information to hand in advance that the eligibility checker states you will need when completing your application.

Non-essential retailers in Wales can now reopen

On 19th June First Minister of Wales Mark Drakeford announced that from Monday 22nd June 2020 as long as all reasonable measures are taken to comply with the physical distancing duty in Welsh law, non-essential retailers are now able to reopen. The following web-page provides guidance specifically aimed at assisting retailers to ensure they are able to reopen safely:

<https://businesswales.gov.wales/coronavirus-advice/workplace-guidance>

Additional legal and workplace guidance, together with examples and resources which may also be helpful when re-opening can be accessed via:

<https://businesswales.gov.wales/coronavirus-advice/keep-wales-safe-work>

<https://gov.wales/staying-safe-at-work>

Wrexham PPE suppliers / support services directory

In order to implement safe working practices businesses are likely to need to access Personal Protective Equipment (PPE) supplies, social distancing equipment and other support services, to ensure they comply with government guidance. As a result Wrexham County Borough Councils Business and Investment team have created a directory highlighting the businesses based in Wrexham that either produce or supply products / services which could help organisations to return to work safely. Please follow the link below to access the directory: <https://bit.ly/wrexham-getting-back-to-work-safely-directory>

Visitor and tourism sector advised to start preparations to reopen

Provided that the conditions allow, the requirement to stay local in Wales will be lifted on 6th July, which will allow people to travel to tourist attractions across Wales. Businesses in the visitor and tourism sector have therefore been advised by First Minister Mark Drakeford to begin to make preparations for reopening.

<https://gov.wales/first-minister-announces-further-steps-to-unlock-wales>

The Welsh Government, at the next review on 9th July, will consider a range of specific options for opening:

- Self-contained holiday accommodation
- Personal care services, such as hairdressing and beauty, by appointment

Businessline
Wrexham Library Rhosddu Road
Wrexham LL11 1AU

Telephone: 01978 292092

Email:
businessline@wrexham.gov.uk

Website:
www.wrexham.gov.uk/businessline



USEFUL HELPLINES.....

Childline: <https://www.childline.org.uk/toolbox/calm-zone/>

Teen Health: <https://teenshealth.org/en/teens/>

Beat re: eating disorders: www.b-eat.co.uk -

0845 634 1414 lots of info and support

Childline – www.childline.org.uk – Telephone:

0800 1111, Textphone: 0800 400 222

Samaritans - www.samaritans.org.uk

Mind – www.mind.org.uk

Papyrus – www.papyrus-uk.org

HOPELineUK – 0800 068 41 41

www.getselfhelp.co.uk – lots of ideas and resources on how to cope and deal with different situations

www.getconnected.org.uk – help for young people

www.youngminds.org.uk – information on mental health

www.bullying.co.uk – information about bullying

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Cefn Community Council WW11 Project



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as much information about
Cefn and the surrounding
areas during the Second
World War.*

*We have devised a form
available from any of the
names listed below.*

*Any information, no
matter how small will be
of interest.*

*Information received will
be used to complete a
booklet similar to the one
we produced for the
WW1 Project.*

*Please supply any information you can on the following:
Those who served in the armed services
and those at home working to support the military and community*



*Help and forms are available from:
Trina Nicholls-Smith 01978-821298
cefnmawrparish@btconnect.com*

*Derek or Gaynor Wright 01978-822497
Derek.Wright@wrexham.gov.uk
Rev. Kate Tiltman 01978-824097
katherinetiltman@gmail.com*

*Joan Jones 01978 821562
Joan.Jones@talktalk.net
Phil Vaughan 01978 823185
pmv014@outlook.com*

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Citizens Advice Wrexham

Citizens Advice Wrexham are still open and providing a service during COVID-19

There are several ways people can continue to get advice during this time.

- General advice line **01978 364639**. Leave a message with a brief description of the issue, your name and telephone number and you will receive a call back.
- National Citizens Advice Help Line 0345 44 70 70
- A further Wrexham Helpline number is 0300 330 1178
- People can chat online to an advisor by visiting our facebook page www.facebook.com/wrexham.cab.9 and send a private message
- Anyone seeking help with Universal Credit should call **01978 364639**

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CRNCA (CEFN, RHOSYMEDRE & NEWBRIDGE COMMUNITY ASSOCIATION) UPDATE
Registered Charity Number 1122422
Tel: 07531 310335

We are continuing our weekly deliveries of a number of emergency food parcels that we are funding through FareShare and the kind donations from **Morrisons Wrexham** and **Tesco Cefn Mawr** for those in need.

This is a large area that includes Acrefair, the whole of Cefn, Newbridge and Rhosymedre and we are getting around to those in greatest need, we have been working with our Volunteers and Marie Claire our Community Agent as Marie Claire is able to signpost people to additional support and also issue **Foodbank Vouchers** for those who are struggling at this challenging time.



ALAN ROBERTS ADHD Specialist

Coronavirus is scary to us all but with children who have ADHD it can be more difficult to manage. Normally they cannot cope with changes and many suffer with anxiety problems. Lots of parents will also be struggling to keep them occupied and unable to cope. I am offering an **ADHD Advice Line** to all parents, carers, professionals and to young people with **ADHD**. The Advice Line is available Monday to Friday from 9am to 4pm to anyone who needs support and advice. Telephone **07717 300311**

CHURCH NEWS

ST JOHN'S RHOSYMEDRE

St John's Church is closed in line with the Church in Wales guidelines. During which time the wiring and the lighting in the church is being replaced so that when we do return the church will be a safer and a brighter building.

The churchyard is open if you wish to tend a grave.

ST. MARY'S CHURCH RUABON will be open for private prayer from Wednesday 1st July. There will be 2 occasions to come and pray: Wednesday mornings between 10am and 12 noon and Sunday afternoons between 2pm and 4pm.

All are welcome to come and spend some time in prayer or just remembering those they love but have not seen since the lockdown started.

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

www.stmaryschurchruabon.com.

Tel: **01978 824087**,

email: katherinetiltman@gmail.com

CATHOLIC CHURCH in Ruabon, Llangollen and Chirk please contact: Rev'd Fr. Anthony Nnamah MSP email: chykenam@gmail.com

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JOHNSTOWN COMMUNITY SUPPORT GROUP

We are working with our community agent for Rhos, Ponciau and Johnstown and AVOW. We have a core number of people willing to support the community. This Group is about sharing concerns so we can try and address as best we can, it is not for general issues or minor issues. David Bithell says he will be providing daily updates from the Wrexham Council and try and answer concerns as they come in. he is also working as Chair of the Governing Body with Ysgol yr Hafod who have been working to support the community at this time. Join us on **Facebook**.

Our **Community Agent** for Johnstown, Ponciau and Rhos, is **Michelle Wynne** she can be contacted during office hours, telephone **07851 798630** or email rhoscommunityagent@gmail.com

WREXHAM CORONAVIRUS SUPPORT AND ASSISTANCE

A Wrexham-wide group formed to signpost people in need of assistance and support as a result of coronavirus. The group accommodates a wide variety of needs, from providing information, locating essentials in the supermarkets and businesses or volunteers making deliveries to light-hearted posts to lift moods. Check their Facebook Page: <https://www.facebook.com/groups/2922926727729058/>



THE SUN TREVOR, SUN BANK, LLANGOLLEN VIRTUAL QUIZ

Join our weekly Wednesday night quiz raising money for charity, we have been supporting **Nightingale House Hospice**. Since lockdown, we run an on-line quiz. Our regular teams and many from further afield are taking part at home or meeting via Skype or Zoom. Questions are posted at 8 pm on the **Sun Trevor Facebook page** and the Answers posted at 9 pm. Teams mark their own papers and submit their scores in the comments section on the Facebook page. We have set up a **Just Giving** page so players can donate the usual £2 per player. We would love more people to get involved to help raise money for this cause and hopefully come along to the Sun Trevor on a Wednesday evening when this strange time is over. come and join us for our next quiz.. *Maggie Smith - Quiz Master* on behalf of the Sun Trevor

We welcome your Community News, Information and photos for inclusion in the next edition.

Email to : **communitynews@tygertactics.com**

To advertise in the **Community News** please call **Tyger** on **07532 780007** or message me on **Facebook**

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ARRIVA BUS SERVICE UPDATE

We are running a further revised timetables across North Wales and Chester for Timetable information

North Wales/Chester Service (inc Llangollen)

<https://www.arrivabus.co.uk/coronavirus/important-service-information---wales/>

For Oswestry/Wrexham Service

<https://www.arrivabus.co.uk/coronavirus/important-service-information---midlands/>



ARRIVA BUSES WALES

Face Coverings must now be worn by all customers on board our buses. Some customers may be exempt from wearing a face covering. This includes children under the age of 11, people with breathing difficulties and those

with health conditions or a disability that might make it difficult to wear a face covering. For more information about face coverings and exclusions, please visit: www.arrivabus.co.uk/coronavirus/covid-19-faqs/.

Be aware that as our drivers sit behind screens, they do not need to wear a face covering while they are in their cab. Here's some more advice on wearing a face covering:

A face covering can be very simple, like a scarf or bandana that ties behind the head to give a snug fit. It just needs to cover your mouth and nose. You can find out how to make one here: www.gov.uk/.../how.../how-to-wear-and-make-a-cloth-face-covering

Please put your face covering on before boarding the bus and wash your hands or use hand sanitiser before putting it on.

Please wear your face covering throughout the duration of your journey, including when leaving the bus.

If you need a drink or to take medication while travelling, please do so quickly and be mindful of others.

To keep everyone safe, please store a used face covering in a plastic bag and take it home or dispose of it safely.

Journey assistance cards are available for all our customers that are exempt. If you feel you would benefit by carrying one with you on board, you can download them here: www.arrivabus.co.uk/travel-.../how-to-obtain-assistance-cards/



Ysgol Rhiwabon Lego Challenge Week

7 Last week's Lego challenge was to make a moving vehicle. The winner was...Jordan Szabo 7SVT Well done!



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We will initially be opening at 50% of our regular daily number and building up from this week to week enabling us to ensure we have everything working smoothly to keep everyone safe.

How to book your visit and what to expect go to

<https://www.nationaltrust.org.uk/features/how-to-bookyour-visit-and-what-to-expect>

All visitors must book a ticket in advance, including members. Entry £25 and parking is free for members, but please bring your membership card with you. Non-members will need to pay in advance.

- Please **book one ticket per person**, except for children under five as they don't need a ticket.

- You'll need to choose a **30-**

minute arrival time for the day you want to visit.

- **The timeslot is for your arrival time only** and the length of time you can stay will depend on the opening times of the place you're visiting.

- Tickets are for your use only and are not available for resale

- We'll send your booking confirmation by email. Please make sure you fill in your correct email address when you book to ensure you receive your confirmation email.

You can check the web page of the place you wish to visit to see opening times and booking availability.

Every FRIDAY new bookings ARE RELEASED for visits the following week. You can book up to 18 hours before a timeslot.



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Every day mark your progress against each of the five challenge areas. Add up your scores at the end of the week. Who's the winner?! <https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/>

[downloadable-resources/5-ways-resources/healthy-family-challenge-phw-bilingual-download-pdf/](#)

SPORT WALES



Specialist resources aimed at improving children's physical and sport skills are being made available for free for use during the Coronavirus lockdown. Sport Wales'

Play to Learn and Dragon Multi-Skills and Sport programmes are used in schools and education settings across Wales. With families looking for inspiration to keep children active, the resources can now be accessed online. <https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/>



OUTDOOR LESSON IDEAS

Our free **outdoor learning ideas** and outdoor lesson plans are below, ideal for curricular led outdoor learning or forest school type activities. These outdoor learning ideas have been developed and proven by teachers and early years educators. All are sorted by keystage, curricular area and age suitability. https://www.ltl.org.uk/free-resources/?swoof=1&woof_text=week

<https://literacytrust.org.uk/family-zone/zone-in/>

CHILDREN'S ART WEEK 29 JUNE – 19 JULY



In 2020, Children's Art Week will take place online, at home and in

schools across three weeks in June and July. Each week will focus on a special theme; The Natural World, Connecting Across Generations and Literacy and Creative Writing. Over the past months, the COVID-19 pandemic has highlighted how essential creativity and the visual arts are for learning, connecting and wellbeing.

Through Wrexham Library Service you can have access to free e-books and e-audio books online such as Mega Make and Do (and stories too) by Liz Pichon, Sewing for kids by Alice Butcher, Sew Easy for Kids by Alice Butcher and Ginny Farquhar, Fun Face Painting ideas for Kids by Nick Wolfe and Brian Wolfe and Discover Manga Drawing- Mario Gakea to name but a few.

You can also download free copies of several adult magazines such as Mollie Makers, Paper Craft inspirations, Colouring Book for Grown Ups, Colour Therapy Art and Drawing.

For details of these and other e-resources visit www.wrexham.gov.uk/libraries and follow the online services link.

WCBC BENEFITS ADVICE

Our Welfare Rights Unit provides telephone advice to Wrexham residents on all matters relating to Social Security entitlements including advice on Universal Credit, Jobseekers Allowance, disability benefits and so on. Please call **01978 298225** between **9.30am and 12pm, Monday to Friday**.

WCBC HOUSING

Please note that all of our estate offices are still closed, so please do not call the Estate office. If you have **URGENT HOUSING REPAIRS**, please contact housing on **01978 298993**. For **URGENT HOUSING QUERIES** please call **01978 315305**. Thank you for your continued support in this difficult situation.

We have had queries on how you can pay your rent with the estate offices being closed. Here are the alternative methods of paying:

0300 333 6500 (24hr payment line).

Online at: <https://www.wrexham.gov.uk/english/online/index.htm>

You can pay with a monthly direct debit - payable on 1st or 16th of every month (this is the easiest way for you and us) or by weekly direct debit. You can contact **01978 315305** for details and forms, Use your Rent swipe card at any open Paypoint (in post office, co-op) etc.

WCBC GAS SAFETY CHECKS

T Brown will be carrying out Gas Servicing in this area over the next few weeks, All properties will be lettered 2 weeks prior to the first visit, The first paragraph on the letter is about Covid 19 and self isolating. Although it is a legal requirement **WCBC** have to safety check all gas properties annually we are totally respecting anyone's wishes to self isolate and a separate data base is being held with this information.

Any properties in self isolation and going overdue and do not have a carbon monoxide detector we are supplying one just as an extra precaution until the service can be carried out, Our Tenants wellbeing and safety is our priority. Thank you for your cooperation.



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CAFFI CWTCH Tel: 01978 317 800

Meals Matter is a 'free' delivery service for those ordering meals within the WCBC area. Orders, collections & deliveries only between **10am and 4pm Monday to Saturday**. £5 min order, card payments only. We also offer a collection service for customers outside of this area. Phone to check deliveries.



Dear All, during the Coronavirus lockdown we have been conducting further restoration works on our pub, the Holly Bush Inn. We hope you will approve of the work when we are able to reopen and we look forward to seeing you all. We are hoping for the 4th of July. This has been a difficult time for us all and as publicans we have had to face one of the longest closures which has highlighted the disproportional situation of alcohol sales today. Whilst we have been expected to survive on Universal Credit, the supermarkets have made millions of pounds from additional sales of alcohol since the closure of our pubs. If you have any doubts about this, please just have a look at the additional floor space given over to cases of beer and wine in ALL supermarkets. According to a report by the British Beer & Pub Association total sales of beer in the UK are down by 7.2% on 2019, and this is with all the pubs in the UK shut under the lockdown? Again, this clearly shows how much is being sold through the supermarkets and another reason why our pubs have been doing so poorly for the last 20 years.

However, we are not giving up and we support all our fellow publicans in the Cefn on both sides of the valley. We have started the Cefn Publicans Cartel as another part of the PKC Group and the purpose of this it to get a better deal for all our pubs, i.e. your locals as our locals. The next piece of work we will be completing on this issue will be a report for the WAG on how we can begin to level out the currently uneven playing field that is set against all pubs. For instance, again, what local authority (Council) would give a 24-hour licence to a pub? Yet supermarkets and (even worse) filling stations can sell alcohol 24 hours a day. This is obviously very disproportional against all the pubs.

Regards, David Metcalfe,

Cefn Community Councillor & Dee Valley AONB Champion.

www.pkcgroup.wales

Holly Bush Inn, Cefn Square, Cefn Mawr, Pontcysyllte World Heritage Site, Wrexham, LL14 3AE, Tel 01978 253 447