

RUABON NEWS LETTER 336

10.08.2020



Mary Poppins

ARRIVES IN PEN-Y-CAE

(Thank you to Alison Hamlington for this photo)

Thanks to Karen Owen (BCUHB - Communications) for the following information.

Full details of the ONLINE CARERS FESTIVAL is attached.

GWYL GOFALWYR ARLEIN - agored i bawb!
ONLINE CARERS FESTIVAL - open to all!

10/08/2020 - 28/08/2020

**MAE POB UN OHONOM YN MYND I OFALU RHYWBRYD.
AT SOME POINT EVERYONE BECOMES A CARER.**

GWYNEDD MINDFULNESS
PONTIO'R CENEDLAETHAU
CYNNAL GOFALWYR / CARERS OUTREACH
LORA MORGAN
CELFFYDDYDAU CYMUNEDOL GWYNEDD COMMUNITY ARTS
RVS
Dementia GO
DAWNS I BAWB
CHRIS 'FLAMEBASTER' ROBERTS!
WYN
MEI GWYNEDD!

ABOUT US

We are the largest health organisation in Wales with about 16,500 staff. We are responsible for a full range of health services including GPs, dentists, eye care, community, mental health and hospital services for around 678,000 people across the six counties of North Wales ([Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire, and Wrexham](#)).

Our purpose is to improve health and deliver excellent care. We aim to put the patient at the centre of all that we do.

We want you to feel that you are being listened to, and that your views are making a valuable contribution to local health services in North Wales. You can help shape the healthcare services that you use.



'INVITATION to join AVOW's Community Buildings Network'

If you are a committee member managing a community building or know of any other 'charity/not for profit' groups who are responsible for managing buildings, come and join AVOW's 'Community Buildings Network' to share up to date information, news updates and good practise from your peers, this will help to ensure you are adhering to the ever changing climate post covid19.

By subscribing to this invitation AVOW have a wealth of information, contacts and expertise that could benefit you and your organisation, we look forward to hearing from you.

Please contact:

**Rafat, Community Development Officer on:
rafat.arshad-roberts@avow.org Tel: 01978 312 556.**



ageUK Age UK Campaigns:

TV Licenses for those over 75 years

This week TV Licensing have started sending letters to anyone aged over 75 asking them to either pay for their TV licence or apply for a free one. I want to make sure you know what to expect when you get your letter, so that if you're contacted by scammers before then you'll be able to spot them.

TV Licensing will only ask you to pay using the following options:

- By post using the address: **TV Licensing,
PO Box 578, Darlington DL98 1AN**
- Online at tvlicensing.co.uk/75pay or tvlicensing.co.uk/75apply
- Over the phone on **0300 790 6151**

If you are contacted and asked to pay for your TV licence using a different phone number, a different website or by posting your details to a different address [you have been contacted by a scammer.](#)

TV Licensing have also been clear that they [will not](#) come to your doorstep to collect the licence fee if you are over 75, so anyone who claims to do so is also a scammer.

[How to spot a TV licence scam](#)

If you're unsure about anything, you can call TV Licensing on **0300 303 9695** to speak with someone who can help.

In the meantime, we'll be keeping the pressure on the BBC and the Government to come together and save free TV for over 75s. As ever, thanks for your support.

Website: www.ageuk.org.uk/campaigns

Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

Wrexham Community support response to Recovery stage from Covid Briefing Sheet update 8th August 2020

22 Weeks since Lockdown

There have been significant changes to the lives of everyone since lockdown started 22 weeks ago. We have the tragedy of so many deaths locally and across the whole of the UK as well as others who have contracted Coronavirus with varying degrees of unknown long-term impact. Since the last edition of the Briefing, Wrexham has been consistently one of the areas with the highest number of cases per 100,000 following the Rowan Food and Maelor Hospital Outbreaks and which resulted in temporary testing stations in Caia Park and Hightown. The number of confirmed cases was lower than anticipated from the 1400 people who had the test. <https://www.bbc.co.uk/news/uk-wales-53654683>

Currently there does not seem to be any plans in place to move testing to any other communities in Wrexham. Despite many people wondering if Wrexham was going to be the first location in Wales that went into a localised community lockdown the case numbers remain at a level that has meant this has not occurred.

There has been the worry of the impact of the number of cases on patients who had already been in the Maelor hospital for other medical issues- progress has been made

**Are YOU doing
what YOU can to
keep the R Rate
down!**

**Social Distancing
still applies to
YOU!**

to start seeing this reduce. The impact resulted in several appointments being postponed.

TESTING:

It is vital that residents who are showing any signs of symptoms apply for a test -



Tests can be ordered on line <https://bit.ly/3ksE6Ur> or alternatively, you can apply for a test by calling the free number 119 between the hours of 7am

to 11pm. People with hearing or speech difficulties can call 18001 119. This service is available to assist you through the process of booking and taking a test, but cannot provide clinical advice. If you feel you cannot cope with your symptoms at home or if your condition gets worse, or your symptoms do not get better after 7 days, use the 111 online coronavirus service. If you do not have internet access, call 111. In a medical emergency, dial 999.

In Wales, the two metre social distancing regulations are still in place and are a vital part in how everyone can help reduce the spread. There have been many mixed comments about how people are not observing these regulations which are increasing the anxiety levels of those that are. Many voluntary organisations that provide support with mental health problems are reporting a significant increase in the demand for their services and support.

What is opening?:

Camping - last week saw the opening up of campsites that have shared facilities <https://www.bbc.co.uk/news/uk-wales-53510498>

Pubs, cafes, restaurants - have all been able to open since the 28th <https://www.bbc.co.uk/news/uk-wales-politics-53595366> The changes necessary have had a significant impact on which facilities have been able to open whilst still being able to maintain social distancing and separation of groups.

Eat Out to Help Out- This new scheme has been launched to boost the hospitality industry by encouraging the public to return to various eateries across the country. Use the Eat Out to Help Out Scheme at a participating establishment:

- to get a 50% discount on food or non-alcoholic drinks to eat or drink in (up to a maximum of £10 discount per diner) every Monday, Tuesday, and Wednesday between 3rd and 31st August as many times as you like

<https://www.gov.uk/guidance/get-a-discount-with-the-eat-out-to-help-out-scheme>.

Opening of Leisure Centres and Gyms.

This coming week sees the easing of lockdown with the opening of Leisure Centres and Gyms across Wales- many facilities have had to reduce the capacity of users and everyone is urged to make contact as some establishments are introducing timed slots and not opening for another week - <https://bit.ly/2DvBynS>

Opening Community Centres/Buildings

There has been ongoing confusion in the interpretation of the Welsh Government Guidance on the opening of buildings and the role that the Council will/should have in authorising an opening. AVOW have been working with the Council and Welsh Government officials to establish clarity. A Q & A

session was held with the Welsh Government officials last week and further guidance is expected to be released soon. It should be noted that at present buildings should not be open unless for the delivery of essential services -

<https://bit.ly/3a4PAZI> (Welsh Government Guidance)

AVOW has already run a couple of briefing sessions on the practical steps to help with opening. Contact Rafat if you want to receive any additional information: - contact Rafat Arshad-Roberts rafat.arshad-roberts@avow.org.

The next briefing will be held on 20th August 9.30am - 11.00am

<https://us02web.zoom.us/j/82536580274?pwd=WjZTQUxz bGdqWkhFSG9NSzF6VmdFUT09&from=msft>

Meeting ID: 825 3658 0274 Passcode: 545322

Shielding suspended from 16th August

In a week's time many people who have been in the 'Shielded' category will be able to leave their homes for the first time since lockdown commenced. For many people this will be a highly emotional as they have a new freedom - for many however the fear will still be very high, and they may choose not to go out.

For people who have been shielding and still need support they can contact the AVOW Covid Helpdesk covid19@@avow.org or tel 312556 and appropriate support will be identified for shopping, pharmacy pickup etc.

A number of people in this category have been receiving a weekly food parcel from the Welsh Government - these will cease during the week leading up to the 16th.

Opening of Offices:

There has been no new guidance on opening of offices and the message currently is that members of staff should where possible remain working from home.

Food box survey:

The information gathered from the food provision survey is currently being analysed and a report will be available shortly. Initial findings have identified over 20 schemes that have been operating across the County Borough providing a wide range of different types of food bags/boxes/ a number of these will be short term 'pop ups' and are unlikely to continue long term.

If there are any schemes that have not added information there is still time by going to the survey:

<https://bit.ly/31vSaE5>

A meeting of all Food providers in Wrexham is being held on Friday 21st 10.00am to discuss current provision and what/how support can be developed in the future. Join Zoom Meeting

<https://us02web.zoom.us/j/83283218153?pwd=QWgrd3RVejBpMzhxUTJ1Y3ZzalRhQT09&from=msft> Meeting ID:

832 8321 8153 Passcode: 280590

Special thanks to the volunteers that have assisted AVOW in the delivery of weekly food parcels on behalf of the Council.



Town centre - the town has reopened with many businesses now welcoming customers back after months of closure. The Council have put in many plans to help support social distancing which the public need to adhere to.

Remember social distancing of 2 metres still applies

Businesses have adapted the layout of their premises to create more space for customers to move around and food establishments have added more outdoor tables and chairs.

The Council Street Wardens are now ticketing cars that are not parked in appropriate spaces.

School Opening:



With less than a month to go until the reopening of schools significant preparations are underway to ensure the safety of pupils and staff.

Although it is hoped that all children will return in the first week of September some schools are using the first two weeks as a phasing in for certain classes. Pupils and parents are urged to seek information from the school web sites where all current arrangements will be listed.

<https://gov.wales/education-minister-announces-back-to-school-plans-September>

Good luck to pupils who will be obtaining their A Level and GCSE results over the next couple of weeks. This must be a very strange place for the pupils who have worked for many years for their exams only to find that they have now been assessed rather than taking formal exams.

Funding.

AVOW is still running local grant schemes but the funding is fast being allocated- groups are urged to apply asap as applications are assessed when they come in and once the funding has gone there is not any indication yet of future funds.

The Welsh Government unfortunately have decided that the next round of funding to address Recovery will be administered on an all Wales basis and there will not be any local funding for a Voluntary Services Emergency Fund version 2 local scheme.



Comic Relief Voluntary Sector Emergency Fund

AVOW has received a £26,000 share of the

funding from the Comic Relief A Big Night In- the fund was launched on the 13th July and full application is available now from -

<https://avow.org/2020/07/08/comic-relief-grant-fund/> -

the criteria are that each project must meet at least one of these themes-

Children survive and thrive - Actions to give children the best start in life and access to opportunities to achieve their potential

Gender justice - Actions to improve equality for women and girls

A safe place to be - Actions to help vulnerable people improve their circumstances and safety

Mental health matters - Actions to enable access to support and increase awareness.

AVOW and Hydro Aluminium Deeside



We are pleased to announce a new partnership to support community organisations in Wrexham. Wrexham based Hydro Aluminium Deeside is the largest recycler of aluminium in Wales and is leading the low carbon agenda with their low carbon brand Hydro CIRCAL® 75R.

Throughout the coronavirus crisis, they have maintained their focus on employees' health & safety and, at the same time, have managed to retain all jobs and keep the wheels turning. However, as part of a global organization, Hydro is operating in many different local communities who are experiencing different challenges because of the pandemic. Managing Director, Wayne Clifton, said "we strongly believe it is important to support our local communities and so are offering four £500 grants to local sports or cultural organisations who need to adapt to the new situations we are faced with as a result of the pandemic".

Email: info@avow.org for an application form- Closing date 15th August 2020

There is a limit of 3 photos from individuals and 5 from organisations or businesses. Closing date 31st July 2020

Key web sites for resources and up to date information



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



<https://www.facebook.com/search/top/?q=owain%20avow%20wrexham>

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

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



Welsh Government advice for Voluntary Organisations

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

Welsh Government Update:

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

<https://gov.wales/announcements/search>



There is a vast amount of information available but be selective or you will spend more time reading rather than providing the resource.

<https://wcva.cymru/coronavirus-statement/>

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

john.gallanders@avow.org

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



Live Fear Free Helpline

For confidential information, advice or support around domestic abuse, sexual violence or violence against women anyone can contact the Live Fear Free Helpline in any language 24 hours a day 7 days a week by...

Phone **0808 80 10 800**

Text **07860 077333**

Email **info@livefearfreehelpline.wales**

Webchat **<https://gov.wales/live-fear-free/contact-live-fear-free>**

For more information, please visit
<https://gov.wales/live-fear-free/contact-live-fear-free>



FACEBOOK

COMMUNITIES FOR WORK ARE HERE AND READY TO HELP



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



Cymunedau am waith
Communities for Work



Look out for

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



For general enquiries

contact us on:

07976200413/07976200414

Or email; cfw@wrexham.gov.uk



Cymunedau am waith

Communities for Work



FACEBOOK

MAE CYMUNEDAU AM WAITH YMA AC YN BAROD I HELPU



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



Cymunedau am waith Communities for Work



Edrychwch allan am

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



For general enquiries

contact us on:

07976200413/07976200414

Or email; cfw@wrexham.gov.uk



Cymunedau am waith

Communities for Work





**Press Release / Datganiad i'r Wasg - Simon Baynes MP/AS
Member of Parliament for Clwyd South / Aelod Seneddol dros Dde Clwyd**

Friday 7 August 2020

SIMON BAYNES MP WELCOMES NEW LEADER OF THE MERSEY DEE ALLIANCE

Member of Parliament for Clwyd South, Simon Baynes MP, has welcomed the news that the Leader of Wrexham Council, County Cllr Mark Pritchard has taken over as the new leader of the Mersey Dee Alliance.

The Mersey Dee Alliance (MDA) is a partnership comprising Cheshire West and Chester Council, Flintshire County Council, Liverpool City Region (represented by Wirral Council), the University of Chester, Welsh Government, Wrexham County Borough Council and Wrexham Glyndwr University.

The MDA supports strategic economic growth across North East Wales, West Cheshire and Wirral by working to enhance the profile and identity of the North Wales / North West border region; maintain and develop the area's competitiveness; support key business sectors alongside skills, employment and inclusive growth; and continue to exert influence to bring about improved economic infrastructure for the region.

Simon Baynes MP said:

"The Mersey Dee Alliance is a prime example of how we can and should be working alongside neighbouring areas in England and Wales to strengthen our local economy and bring much needed investment to Clwyd South and North Wales.

"I know from experience of working with County Cllr Mark Pritchard in Clwyd South that he'll do an excellent job of leading the Mersey Dee Alliance and standing up for the people of our region. And I want to congratulate Mark and wish him the very best in his new role. I look forward to continuing to work alongside him to benefit Clwyd South and North Wales as a whole."

ENDS



Simon Baynes MP/AS

Member of Parliament for Clwyd South / Aelod Seneddol dros Dde Clwyd

House of Commons / Tŷ'r Cyffredin

London / Llundain

SW1A 0AA

☎ 020 7219 3709

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Vauxhall Business Park, Ruabon, Wrexham / Wrecsam

LL14 6HA

☎ 01978 269386

With thanks to Margaret Williams for the following articles

RUABON **WI** NEWSLETTER NO.12

AND a few more BIRD Questions:-

1. Hidden gunman does this.
2. Extra fowl.
3. A bit of fun in the air.
4. Angry Clinton or Gates
5. Act of theft.

MISS SARAH JANE REES - CRANOGWEN

COFIANT CRANOGWEN - REMEMBERING CRANOGWEN

Good morning, ladies of Ruabon WI. This lockdown period is gradually easing, but one thing it has provided is the opportunity to contemplate our surroundings. For me, it has meant looking at the books on my shelves and one in particular has been looking back at me, as it has for many years. It is a very old book and in its time very important. I know the title full well although I'd never read it. It's written in Welsh, which I'm unable to understand, and the title is 'Cofiant Cranogwen' by the Rev. D.G. Jones.

"Who was Cranogwen?", I hear you ask? She has been called 'the most outstanding Welsh woman of the 19th century', but I didn't know that until I started to look into her life and achievements.

This remarkable woman was born Sarah Jane Rees at Llangrannog, Cardiganshire in 1839. Her father was a sea

captain and after her early education in the village school where she was taught Latin and Astronomy by the village schoolmaster, at the age of 13 Sarah Jane was sent to Cardigan to learn dressmaking. This was a time when girls were often taught domestic skills in preparation for marriage, motherhood and family life but this was not the future that Sarah Jane intended. She returned home very quickly. She had decided to go to sea with her father.



What would the neighbours say? Just imagine people's reactions to this unusual decision, and again when her father agreed to her request! So, for the next two years, Sarah Jane accompanied her father on his short voyages but sometimes as far as France and Holland.

During this time she gained a knowledge of Navigation and her experiences led her to return to education in Newquay, Liverpool and London. She gained her Master Mariner's Certificate which enabled her to captain any ship anywhere in the world, but by the time she was 21 she had become a headmistress, teaching children mathematics, reading, writing and navigation for young mariners to help them gain

their certificates. She had obtained this position in spite of opposition from men.

In 1865, when she was 26, Sarah Jane submitted a poem to the Aberystwyth National Eisteddfod under the name 'Cranogwen', gaining the bardic crown over the acknowledged great names of the day, Islwyn and Ceiriog. Then began her career in public lecturing and preaching, travelling around Wales and to Welsh communities in America. She started a Band of Hope temperance movement in Llangrannog and extended this throughout Wales. She founded and edited a Welsh Journal devoted to women's interests, writing most of the articles herself - travel, short stories, poems, biographies of famous people, even an 'agony aunt' section. Eventually she gave up this work and concentrated on preaching on moral welfare in the industrialised areas of South Wales and forming the South Wales Temperance Union in 1901.

She died in 1916, a Master Mariner, local schoolmistress (and teacher of Navigation), journalist, editor and writer, poet, preacher and winner of the 1865 Bardic Crown. Her aim was to encourage women to develop their potential at a time when the main routes open to them were marriage (and motherhood) or domestic service.

It is said that no-one dared disobey her!

I think, from this brief account of the main events in her life, we can see that she was a strong-minded and forceful woman who overcame the existing restrictions for women in Victorian life. A lot of men at the time worked in heavy

industry, spending their wages in the public houses before going home to their families. Through her magazine she opened people's minds to new horizons, and through her preaching and campaigning against drunkenness, she sought to ensure a better quality of family life.

To be called "the most outstanding Welsh woman in the 19th century" makes one realise the huge impact she made on Welsh society.

I look back on this time from our more prosperous and secure 21st century, remembering our older family members, their lives and their circumstances. I think Cranogwen's influence helped pave the way for the good things we enjoy today.

As this little article deals to some extent with women, men, families and life in a different time, I shall end with a few words of wisdom:-

Who so findeth a wife, findeth a good thing..

Marriage is three parts love and seven parts forgiveness.

An ideal wife is any woman who has an ideal husband.

Answers - 1. Snipe 2. Moorhen 3. Skylark 4. Crossbill 5. Robin

This News Letter is only as good as the items received for publication.

Please do keep sending in your news and 'thank you.' Sybil Bremner.

