

RUABON NEWS LETTER 338

24.08.2020



Ysgol Rhiwabon GCSE Results

August 20th, 2020 marks a very special day of celebration for Year 11 students in Ysgol Rhiwabon.

No year of awards in education has ever merited "grades they deserve" more than this one. Our young people have been out of school since March. They have been living through a period of uncertainty, new constraints and anxiety about the future. In such a time their qualifications and sense of achievement are more important than ever before to support them in the next phase of their learning.

Ysgol Rhiwabon Staff and Governors are proud of the achievements of every single learner this year. We are certain the results awarded will support our students as they progress in further education and the world of work. The excellent results are a tribute to the students and their hard work across a broad range of subjects, vocational courses and skills.



The school is delighted to report;

- Every student is leaving compulsory education with a minimum of 5 qualifications.
- Excellent results in the core and non-core subjects, which builds on the success of last year and recent school records.
- A significant increase in the number of the cohort achieving the upper grades A* - B across their subjects, with some outstanding individual performances.

- Excellent skills development, evidenced through the Skills Challenge Certificate.



Headteacher, Mrs Ferron-Evans said,

"This is a year group which has worked very hard to secure success in challenging circumstances and we are so proud of them.

On behalf of the school and the Governing Body, I would like to take this opportunity to thank the staff, students and parents for their contribution to the incredible amount of hard work and dedication shown across a wide range of studies.

The grades calculated by our teachers provide certainty and opportunity for the future, based on dedicated and sound professional judgement. As Ysgol Rhiwabon students move forward, supported by the school, the results will enable our young people to further their studies or to enter the world of work as confident and successful individuals. We wish them continued success and happiness in the future."

UPSKILLING THROUGH ONLINE TRAINING

Here at Communities for Work Plus we have been utilising online training for our clients to upskill and put them in a better position to gain employment in a competitive market. Since the present working conditions nearly 50 people have accessed online training with about half of those already achieving a qualification.

These range from qualifications supporting building and factory work such as:

Asbestos Awareness, Warehouse Safety training and Manual Handling to teaching support and care jobs, with Child Mental Health Training, Safeguarding Vulnerable Adults (SOVA) Training and Managing Challenging Behaviour.

Our clients and mentors have found online training to be a quick and effective way to gain a qualification. This has helped clients to build their confidence and boost their CV. As well as helping individuals, we have used online training to support community groups. Two groups in Llay have had members enrol on a Food Hygiene course which has enabled them to assist in preparing food in their community.

For general enquiries contact us on:

07976200413/ 07976200414 . Or email;cfw@wrexham.gov.uk



Cymunedau am waith; Communities for Work

["Just do it, you can achieve so much."](#)

[It opens so many doors"](#)
[from Damian](#)



Thank you, yet again, to Councillor Dana Davies for sending-in the following information:



Issue 21 (5 Months since Lockdown)

Wrexham Community support response to Recovery stage from Covid

Briefing Sheet update 22nd August 2020

We are now five months since the national lockdown was first introduced since then in recent weeks, we have seen a variety of steps to reopen our communities into some form of new norm. Whilst reopening has been occurring unfortunately there has also been the need for a variety of localised lockdown conditions imposed as cases have been increasing. COVID is still very much within our own community as the confirmed cases in Wetherspoons has highlighted last week.



At Friday's Welsh Government press conference Mark Drakeford added that his preference would be to mobilise as quickly as possible on the Wetherspoons incident "so that the failures there do not have a wider impact on the Wrexham population."

There are still some people who are not taking the situation seriously and ignoring all the guidance of social distancing and poor hygiene. Everyone has a responsibility to look after themselves which in turn looks after everyone else. The need for people to give correct names and contact details at any of the places that ask – pubs and restaurants and not to be so stupid



by signing in as 'Micky Mouse'. This is an example where childish behaviour literally could end up killing someone. Test, Track and Protect can only work well with the correct information being provided and then being able to contact potential infected people.

Whilst Wrexham has been consistently one of the highest areas in the country for infection rates, we have now started to see a reduction in the number of cases within the Maelor hospital – down to 21 from the peak of 80 patients. Hospitalised cases are only one part of the overall picture as many people have had mild symptoms and have remained within their home environment.

Changes coming into force this week:

The latest changes that were announced yesterday by Mark Drakeford have included-

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

Social Distancing still applies to YOU!

New social bubbles- Mr Drakeford confirmed that from Friday, up to four households would be permitted to form a social bubble - or extended household.

Since July 6, two households in Wales have been allowed to join to form a social bubble.

That has now been extended, so that four households will be allowed to join.



A **Welsh Government** spokesman said:

"From 22 August, up to four households will be allowed to join together in an extended household.

"In effect the people in all the households become part of a single household and enjoy the same legal freedoms a household has – they are able to meet indoors and have physical contact.

"They can also stay in each other's homes. This extended household concept was designed particularly to allow people to care for their loved ones where they have previously been separated or have had limited time together." There is no limit on the number of people who can be in an extended household, so long as they all come from the same four households.

Once the four households have been agreed upon, they cannot be changed, and everyone within those households must be part of the same bubble.

Everyone will need to interpret this change whilst taking full account of the safety measures.

Weddings, Civil partnerships, and Funerals.

From 22nd August, it is also permitted for people to have a meal for up to 30 people after weddings, civil partnerships, and funerals.

These meals must take place in "suitably socially distant settings".

Previously, receptions could only be held for up to 30 people in an outdoor setting.

Subject to the successful resumption of weddings and funerals, it is hoped to further increase the range of indoor ceremonies allowed in the next review period, including christenings, baptisms, and bar mitzvahs.

Visiting care homes:

Many people have not been able to see their loved ones in care homes for many months, due to safety to avoid potential COVID spread, and there



have unfortunately been many tragic situations where residents have died whilst being a resident. It is proposed that a 'designated' visitor will be able to visit from 29th August depending on what the current spread rate will be.

The arrangements will be up to each individual care home – contact should be made in advance or wait for the home to make contact, to explain their individual arrangements.

Planning for the future:

Opening of Schools

**School Open
as Normal**

A key priority is the reopening of schools and colleges in September which will bring several pressures on teachers, parents, and pupils in the way they will have to adapt. A vast range of measures have been put in place to make everyone as safe as possible but again everyone must take personal responsibility for their actions to protect themselves and others.

Each school is communicating with parents around their own local arrangements-

Whilst mentioning schools we should congratulate all pupils who have recently had their GCSE and A Level results whilst sympathising around the stress they had until all grades were finalised.

Community Buildings-



There has been considerable confusion on the issue of when can a community building reopen for activities. AVOW have been working very closely with Welsh Government officials to unravel several issues as well as running meetings for representatives from different centres. The Covid Regulations have been amended and the requirement to have approval

from a Welsh Government Minister or Local Authority for the use to deliver a public service have now been removed.

Buildings still cannot be used for any 'social' activities – fitness activities are permitted in line with Leisure Centres and Gyms that reopen last week.

The latest information we have is that the revised guidance will be released this week.

The next meeting of the Community Buildings Group will be held on Wednesday 9th September at 11am when the lead Civil Servant will be available to answer any questions.

Join Zoom Meeting

<https://us02web.zoom.us/j/85773953038?pwd=NE91NzJEbElleTFFb2YzN0Q1Wi9YUT09&from=msft> Meeting ID: 857 7395 3038 Passcode: 298056

If you require any information on Community Buildings contact Rafat Arshad-Roberts <rafat.arshad-roberts@avow.org>

Flu vaccine campaign:



There will be a significant campaign in early autumn to encourage the uptake of the flu vaccine to safeguard people and reduce the risk of significant numbers being hospitalised. This is all part of the response to the Covid response to reduce the potential impact on bed occupancy in hospitals to ensure that capacity is available for possible

future Covid patients spikes.

It is important that anyone that falls within the targeted group should take up the offer of a vaccine.

COVID Vaccine:

There is still lots of speculation on when/if a COVID vaccine will be available, something most will be waiting in anticipation as this could be such a change in the way that we move forward. It is anticipated that a phased vaccine programme would be rolled out with Health, Social Care and Key worker and this who have been on the Shielding list being the priority.

TESTING:



There currently is no indication of any plans to roll out any more community testing stations after the Caia Park and Hightown schemes a couple of weeks ago. This may however change if there are localised spikes- if however, anyone showing any signs of symptoms should 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.

Anxiety and Mental Health:

There are a significant number of people reporting that they are still feeling very anxious or isolated as they have not been able to resume their pre-Covid life.

One scheme operating across Wales is targeting the over 70's



<https://bit.ly/31jTto3> For details of other services and support
<https://www.dewis.wales/befriending>

One Week to Go- 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 3 and 31 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.



Last week the easing of lockdown saw 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>

It was however very tragic to see all the flooding that occurred in the community run leisure centre in Plas Madoc after they had spent so much effort in preparing the building for the public. The pool and lots of facilities have been opened after a major effort to dry out the building.

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 parcel report:

Many thanks to everyone who has been running a food parcel scheme particularly those that have been part of the Pop-up community provisions established during Covid period. There are a few changes occurring with scheme – Welsh Government Shielded parcels stopped on the 16th August when the scheme was suspended- it has already been indicated that if Shielding recommenced there would not be any more parcels. The Council Children's Services schemes has been extended by a week but is now due to end on 4th September. Anyone who has been in receipt of these parcels that is still needing support can be signposted to an approved support by contacting the AVOW Covid helpdesk – covid19@avow.org or tel 312556



The report on the findings of the survey and other information gathered will be available shortly to help plan a sustainable future for food and crucially the provision of a holistic support.

Funding. AVOW have distributed over £30,000 in the past few weeks (and still has funding available!!!!!!!!!!!!)

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.

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/>

The RAF Memorial on Ruabon Mountain

Photo taken by Alison Hamlington



*Donating Blood can
only take minutes
to give,*

*But could last a
lifetime for
someone in need*

If giving is in your blood, please help.

Rhosllanerchrugog
Hafod Colliery Centre

27 and 28 Aug
Contact us to make an appointment or scan the QR Code

Book a lifesaving appointment today.

welshblood.org.uk
0800 252 266

Os yw rhoi yn eich gwaed, helpwch ni.

Rhosllanerchrugog
Canolfan Pwll Glo Hafod

27 ac 28 Awg
Cysylltwch â ni i drefnu apwyntiad neu scaniwch y côd QR

Gwnewch apwyntiad a allai achub bywyd heddiw.

gwaedcymru.org.uk
0800 252 266

*Gall rhoi gwaed
cymeryd dim ond
munudau i roi,
Ond gallai barhau
am oes i rhywun
mewn angen*

<https://wbs.wales/RuabonRhos>

Kind Regards

Debbie.

Debbie Day Cydlynnydd Ymgysylltu a Rhoddwyr / Donor Engagement Coordinator

07795 332 720

debbie.day@wales.nhs.uk

A FEW QUESTIONS

1. In which sport are banderillas used?
2. What was the title of heirs to the French throne from 1350 to 1830?
3. Which country did the British army fight in the Crimean War?
4. Which Russian composer wrote Prometheus and the Divine Poem?
5. Of which ocean is the Bering Sea a section?

(from Margaret Williams - answers below)



'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.

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
GWEITHREDU DROS BLANT / ACTION FOR CHILDREN
CYNNAL GOFALWYR / CARERS OUTREACH
LORA MORGAN
CEFYDDYDAU CYMUNEDOL GWYNEDD COMMUNITY ARTS
ALZHEIMER'S SOCIETY CYMRU / CYMDEITHAS ALZHEIMER'S CYMRU
DEMENTIA GO
GIG 9BACH!
GRUFFYDD WYN
JUKEBOX MEI GWYNEDD!
RVS
DAWNS I BAWB

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.

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

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07976200413/07976200414

Or email; cfw@wrexham.gov.uk



Cymunedau am waith
Communities for Work





DEFIBRILLATORS

IN
RUABON
WITH
24 HOUR
ACCESS

McColls
New High Street
Ruabon LL14 6NL

The Duke of
Wellington
Duke Street
Ruabon LL14 6DE

Ysgol Rhiwabon
Pont Adam
Ruabon LL14 6BT



Polite Notice from Ruabon Medical Centre

All patients and visitors to the practice are required to wear their own face mask or face covering before entering the building, unless there is a medical reason which exempts them from doing so. Patients are kindly reminded to call the practice to cancel their appointments should they have suspected symptoms of COVID-19 or they've had a confirmed positive test. The practice telephone number is 01978 823717.

Anyone with suspected symptoms of COVID-19 infection - a high temperature, a new, continuous cough, or a loss of smell or taste (anosmia) - must self-isolate and seek an urgent test.

Please note that suspected and confirmed cases must now isolate for 10 days (previously 7 days), with members of their household isolating for 14 days until the risk of passing on further infection has gone. Combined, these simple but effective actions will ensure the virus does not spread.

Thank you for your co-operation.

Diolch / Thanks

Jo

Joanne Barlow

Dirprwy Reolwr Practis / Deputy Practice Manager

The Medical Centre

Bwrdd Iechyd Prifysgol

Betsi Cadwaladr

University Health Board

High Street, Ruabon, Wrexham, LL14 6NH

Ffon / Tel: 01978 823717

Facs/Fax: 01978 824142

E-bost / E-mail: Joanne.Barlow2@wales.nhs.uk

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

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

RUABON **WI** NEWSLETTER NO, 13.

"Tread softly because you tread on my dreams"

Hello again, my ladies and friends,

This story has become another trip into the past - what else is there to do when we are confined to barracks? Nothing exciting happens and we are unable to meet, but my wandering thoughts have recalled a holiday in Portugal some years ago. While on a coach trip through a wooded area, the guide pointed out the **Araucaria** trees. I immediately sat up straight - "Ooh!" I thought, "I know that word". **Araucaria** was the name of the very best setter of the Guardian crossword puzzles. His skill with words, his clever way of weaving them into complicated clues, above all his knowledge, filled me with admiration. So why **Araucaria**? Because the monkey puzzle tree is of that family. Suddenly, all became clear and a difficult word was explained to me. This unexpected realisation has set me thinking about crossword puzzles. I hope you will find something here to interest you.

In 1930 an important event took place in Britain with consequences for so many people, consequences which continue to this day. This event is worth remembering. It has affected the daily life of so many people that their day would not be complete without it. "What was it?" you ask. Well, it was in 1930 that the Times newspaper printed, for the first time, a crossword puzzle, almost 100 years ago. The Times crossword has become famous and I remember how, years ago, but not 100 years ago, I struggled to complete the cryptic puzzles in my daily newspaper, The Guardian. I don't think I ever really finished one; but it was always a pleasure to solve a part and to enjoy the mental workings of the setter. How long does it take you to solve one? M.R. James, author of Ghost Stories of an

Antiquary, timed his to boiling an egg! Soft boiled, too, apparently, while they just make John Humphrys cross!

My crossword solving days began in my teens. There was nothing nicer than settling down on a Friday night with a book of *Guardian* crosswords in my hand. This was a time when I frequented the local Carnegie library in my hometown, exploring the vast selection of books at my disposal. They were happy days. The library building was a solid and imposing structure, befitting its importance in the local community and not unlike the old library in Wrexham. It still stands, but not as I knew it. I'd heard with dismay that it is now staffed by volunteers, and there was even worse news to come - the volunteers themselves say that as so few people use the service, it is not worth their continuing to keep it open. How life changes!

I worked for a time in a branch library. I remember in particular the 'down and out' men who came in everyday, ostensibly to read the newspapers in the reading room, but more to keep warm and fall asleep. I was told they lived in 'lodging houses' and had to stay out all day. One day, one of them gave me a paper package. It contained a pound of sausages.

You must wonder what else there was to do for young people at that time? Television hadn't yet overwhelmed the nation, but in between the rigours of homework there was tennis in the summer and a wonderful availability of films in the cinemas. I was fortunate to live near a cinema and it was there that we, as children, thrilled to the exploits of Hopalong Cassidy, Roy Rogers and his horse Trigger, cowboy heroes whose names have long gone into history. Who remembers Hopalong Cassidy now? As we grew older, Hollywood musicals provided all the excitement, colour and sparkle that we craved. I think nothing since has ever been as wonderful.

Times change. The five cinemas that I used to frequent have all disappeared. My library has relocated to the new town centre and no longer has the same attraction for me. Besides, I have my own collections of books at home. I look back at the things I used to do when young and the memories are strong, but we can all recall the happy times of our youth with affection. Let's not disturb them.

"I have spread my dreams under your feet;
Tread softly because you tread on my dreams"

W.B. Yeats.

SOME WORDS OF WISDOM

'Nostalgia is a file that removes the rough edges from the good old days'.

'It does not matter how slowly you go as long as you do not stop'.

'A good laugh is sunshine in the house'

ANSWERS:

1. Bullfighting 2. Dauphin 3. Russia 4. Scriabin 5. Arctic

'In Touch'

by Mike Snodgrass

Edition 11 18th August 2020

This last week Kathy and I were in Oswestry on Wednesday doing our weekly shop and having lunch (a 12oz Rump steak with soft drink for £6.30, instead of £12.60, Thank you Rishi for your 'Eat out to help out' offer. I think it should be a permanent thing for us poor pensioners, and seven days a week.) **In Wetherspoons**, as we usually do most Wednesdays and Saturdays.

We have been out several times to eat out and partake of this generous offer that I am sure you will pay for in the long run.

Any way I was sitting by the cross fountain waiting for Kathy, who was in a queue for the bank, people watching, watching the world go by, and thinking.

When we last met just a few months ago you would never ever have dreamed or thought that we would have to live our lives like this, no way, not ever could we have seen it coming?

There are people wearing masks. Masks you say, like the Japanese do as a matter of course.

Masks or face coverings of all types some black ones, some white ones, some humorous ones with faces, some designer ones, with floral or other patterns even to match your outfit, at an outrageous cost, but mainly the plain blue like the ones I wear. There is even an enterprising gentleman has popped up with a stall on the market over the last few weeks selling masks. I noticed how his range has expanded and now includes vinyl gloves and face shields and now bin bags and now sticky tape etc. How do you wear a bin bag and do you tape up your mouth and nose for protection, I don't know.

Over the weeks we have seen some peculiar sights like a person with a clear plastic bucket on their head. But to me the only sure way of not contacting the virus and becoming infected is to wear a clear plastic bag over your head tied with string around the neck, **but I would very much advice against it as the death rate is 100%, very much higher than catching the Corona virus or anything else come to that.**

How do you wear your mask? There are many people who wear them just on the mouth, some around the chin and others even around the neck. There are those who wear the mask hanging from one or other ear, how do they decide which ear, I don't know. What I do know

however is that if you don't have an ear or two this type of mask is no good for you.

My mask digs in and irritates behind the ears, (I have two, ears that is), but I have solved this problem. (A useful tip coming here) I have made a piece of elastic with a press stud sown on to the ends, put it through the mask loops and it pulls the loops away from the back of the ears. It can then be reused when you change the mask for a new one.

All this change to our lives. Not only us, but to the all people in every country around the world which could possibly be down to one individual act in China.

Please read this in the light hearted way that it is written and intended as my take on the world today.

You will probably enjoy the video accompanying this newsletter; it is very good and well done.

I have spoken to some of you and they said that they skipped the Ruabon newsletter as they do not live in Ruabon, but it contains some useful information from Wrexham as a whole and the AM & MP etc. Worth a look just to see.

(Thank you Mike for including us all.)
Sybil.