

RUABON NEWS LETTER 340

07.09.2020



St Mary's Church is now holding a service of Holy Communion every Sunday at 9.30am. We will be delighted to welcome you, please wear a face mask and observe social distancing when you come.

We can now hold weddings, baptisms and funerals in church. Numbers are limited to 30 people at the moment. Wedding bookings are being taken for 2021 onwards.

Up to date information and online services can be found on our website: <https://stmaryschurchruabon.co.uk/>

The Vicar's phone number is: 01978 824087



News from Derek Jones about The Wrexham Symphony Orchestra

So WSO.... It is not a happy picture at the present time. The concert in November has been cancelled as we understand that access to the William Aston Hall is unlikely to be available until 2021.

We have yet to make the decision about February and as much as we would like to push ahead with that, we are uncertain. It is likely that a decision will be made in October or November about this.

One idea we have, if there is a prolonged shutdown, is to recreate the very first concert by a string ensemble..... and seek to use the Memorial Hall once that is open for public use.... We are keeping this option under review. On a brighter note, we continue to run 'The Virtual Concert Hall' with a full daily schedule from 8am through to 10pm. <https://www.facebook.com/groups/1106805319668553>

1. Finance Minister has announced additional £2.8 million to support Council Tax Reduction Scheme

Local councils across Wales will receive an extra £2.8 million to help them fund the increase in demand on the Welsh Government's Council Tax Reduction Scheme (CTRS) since the start of the pandemic.



With large numbers of households being affected by reduced income or unemployment, the scheme has provided a lifeline to many low income households across Wales.

This additional funding will support local authorities by replacing the reduced income they've experienced due to the increase in the number of households entitled to CTRS since lockdown began.

Finance Minister Rebecca Evans said:

Whilst the coronavirus outbreak is affecting everyone, we know that it is having the most significant financial impact on some of the most vulnerable people in our society.

The funding I am announcing today will provide local authorities with the financial reassurances they need to continue to support those who need it most through our Council Tax Reduction Scheme.

I would encourage anyone who thinks they may be eligible for help with their council tax bills to contact their council for advice.

The Welsh Government continues to work with the Welsh Local Government Association (WLGA) and local authorities to understand the longer term effects of increased demand on the scheme and to assess the extent of any decline in council tax collection on local authorities.

2. Outdoor events to be trialled in Wales in latest easing of lockdown restrictions

A limited number of small scale outdoor performances and sporting events are set to be trialled in Wales in an effort to begin a phased approach to the safe reopening of the events industry, as part of further changes to coronavirus regulations announced by First Minister Mark Drakeford.



Indoor visits to care homes have been allowed from Saturday 29 August, subject to the strict controls set out in the guidance and conditions remaining favourable.

However, the First Minister will emphasise that the return of pupils to schools and colleges from 1 September is the top priority during this 21 day regulation cycle.

The Welsh Government recognises the value of the events sector to Wales and how cultural, sports and business events are a vital part of the visitor economy and one of the last sectors left to re-open.

Initially three small events, with limits of up to 100 people, and subject to strict risk assessments, will be held across Wales later this month.

Outdoor events are being prioritised in this review period, while the weather is mild, due to evidence of lower transmission of coronavirus outdoors.

If these small events can be carried out safely, and transmission of the virus remains low, it is hoped the next stage will be increased numbers of participants, allowing a limited number of spectators to attend sporting events and potentially considering trialling small scale business events.

In the coming weeks three small scale events will be trialled to inform future review processes.

Outdoor events of up to 100 people:

- Theatr Clwyd's proposals for a number of live outdoor performances from 27 August
- Welsh Triathlon's planned 'Return to Racing' competition at Pembrey Country Park which will be a closed venue and without spectators
- a car rally at Anglesey Circuit/Trac Mon Race track

In addition we will continue to work closely with the UK Government to monitor the outcomes from the trials that have taken place recently.

The First Minister has also confirmed that from Saturday August 22, extended households can expand to include up to four households in an exclusive, extended arrangement. From the same day, weddings and funerals will be able to include a meal for up to 30 people, in suitably socially distant settings.

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.

Casinos will be allowed to reopen from Saturday 29 August, provided they follow the guidance available to them.

First Minister Mark Drakeford said:

While coronavirus remains effectively suppressed in Wales and cases continue to fall, the situation in the rest of the UK and further afield is still problematic. Coronavirus has not gone away and so, as we move out of lockdown and look to the future, it is important we do this in a careful and cautious way.

We appreciate how hard it has been for families not seeing their loved ones and the impact restrictions on visiting care homes is having on people's emotional, mental and even physical health. In an effort to address this we have been working closely with partners and intend to allow indoor visits to care homes to recommence from Saturday 29 August, subject to the strict controls set out in the guidance and conditions remaining favourable.

In addition we will trial three small scale events, in partnership with the event's organisers, local authorities and other stakeholders, to see if they can be carried out in a safe way, with a view to supporting the sector and making the most of the remaining summer months where we can spend time outdoors.

We will also learn from pilots being conducted across the UK, in reopening professional sport and indoor theatre to supporters and audiences, so we base our decisions on the best possible evidence available. We will continue to talk with event organisers about the possible resumption of some other activities later in the autumn. But, for the time being, we need to learn from how we can safely hold outdoor events while maintaining social distancing.

We will use the next three weeks to continue to engage with those remaining sectors of our economy that remain affected by coronavirus restrictions. I would like to thank the sector representatives for the way they continue to engage, coming out of lockdown will always be harder than going into it - but, together, we will do it in the safest possible way.

From 1 September, schools and further education colleges will return from the summer break, and will teach pupils through a variety of ways, either in the classroom or remotely.

The First Minister added:

The return of pupils is the most significant important activity which will take place in Wales during the next 21 days and most of the headroom we have is being devoted to making this a success.

It is critical that we get children back into schools in the safest possible way. All children in Wales have had the opportunity to 'check in, catch up and prepare' before the summer holidays, and we hope this will stand them in good stead for the changes they are due to encounter in the upcoming months.

Indoor care home visits resumed on Friday 28th August

Indoor visits to adult and children's care homes were given the green light to resume from Friday 28th August, one day earlier than previously announced, Minister for Health and Social Services, Vaughan Gething has confirmed.

Guidance for care home providers for adults and children on how to enable safe visiting during the coronavirus pandemic. The Minister reiterated the reopening date is a guide and it is for each institution to determine exactly when they would be able to begin safely facilitating visits again.

Official guidance - which will also issue tomorrow - has been prepared in conjunction with the sector and aims to support homes to manage risk and put tailored arrangements in place suitable for their premises and residents' needs.

The Minister said:

This confirmation will be a very welcome announcement for so many across Wales. Limiting access to care homes has been wholly necessary to protect some of our most vulnerable in our communities from the harms of COVID-19 but we fully appreciate the impact this has had on residents and their loved ones.

Given the benefits to resident's well-being, I hope that many homes can quickly update their procedures to enable indoor visits to take place safely. However, I do appreciate the anxiety that some providers will have about this significant change, and that some may need a little longer to put in place arrangements.

I would urge family and friends to please be patient and understanding as homes begin to work through the logistics to facilitating indoor visits once again.

This change in regulations also applies to hospices and secure accommodation for children and young people.

WHEN YOU COME TO
THE END OF YOUR ROPE,
**TIE A KNOT
AND HANG ON.**

- FRANKLIN ROOSEVELT



We would like to say a huge thank you to everyone who attended our **AUGUST** donation sessions at

Rhosllanerchrugog

91 donations were made, of which
11 were from new donors
3 also signed up to the
Welsh Bone Marrow Registry

The donations we received have
potentially saved the lives of
273 people or **546** new-born babies

The people who receive your blood & platelets
can't thank you personally, but on their behalf ...



Please visit our website at www.welshblood.org.uk
or ring 0800 252266 to find your next donation session



Hoffem ddweud diolch enfawr i bawb a fynychodd
ein sesiwn rhoi ym mis **AWST** yn

Rhosllanerchrugog

Rhoddwyd **91** o roddion, ac roedd
11 yn rhoddwyr newydd

Hefyd, cofrestrodd **3** o roddwyr hefyd i
Gofrestr Rhoddwyr Mêr Esgyrn Cymru

Mae'n bosib bod y rhoddion rydym wedi'u
derbyn wedi achub bywydau **273** o bobl neu **546**
o fabanod newyddanedig yng Nghymru



Ewch i'n gwefan www.welshblood.org.uk neu
ffoniwch 0800 252266 i ddod o hyd i'ch sesiwn rhoi nesaf

BME Skills Project



Bespoke and tailored support to bring out what is beneficial for BME community groups through multi-organisational networks across Wales

BME Skills Project is one of many projects that offers bespoke, tailored, and custom support for BME community groups and organisations. BME Skills Project in partnership with Ethnic Minorities and Youth Support Team (EYST), Cardiff Third Sector Council (C3SC), Swansea Council for Voluntary Service (SCVS) and the Association of Voluntary Organisations in Wrexham (AVOW).

The project is funded by The Big Lottery Fund until December 2020.

The BME Skills Project supports smaller Black and Minority Ethnic (BME) community groups and organisations to grow and flourish by bringing the available specialised services' advice, guidance and experience of national, regional local organisations.

BME Skills Project Officer will assist your organisation in easy steps through a referral process that will signpost your area of expertise appropriately to other organisations and individuals that require your specific support.

If you want or your organisation wants to be part of this multidimensional network among public and private sector organisations to support others to build healthy local communities and would like to get involved or learn more about the BME Skills Project, please contact our BME Skills Project Officer, Anna Szymanska, on 07518 056654 or via email: anna.szymanska@avow.org



The latest News from
PCSO Steve Bellis
SCCH / PCSO 3606 Steve Bellis



We are currently experiencing some incidents of Bogus Callers/Scam phone calls/Scam visits in Flintshire and Wrexham. This email is to warn you about the incidents, to make you more vigilant and to pass information to those who are elderly or vulnerable and who won't be aware of the incidents through social media.

In the last few weeks we have had the following examples of scams/bogus callers:

1. Elderly residents have received telephone calls saying that they were offering free insulation assessments which was Government funded. The caller has then made an appointment to visit the residents. 2 men have turned up. walked around every room in the house paying little or no attention to the insulation. The resident in Salisbury Road who had this "assessment" completed later that day, found 2 different men in his house having ransacked the bedroom.
2. An elderly gentleman had been expecting a visit from British Gas. Two men turn up in two separate vans and he let them into his house. They search every room in his house and eventually left having completed no work whatsoever. They were dressed as workmen in high visibility clothing.
3. A bogus caller saying he was from the Water Board, was invited into the house and searched every room . It was an extremely worrying.
4. A male person attending an address, offered to do garden work, when refused became very intimidating.

These were just some of the examples of incidents in August 2020.

Below is some information on what to do if you believe that you have been scammed and advice on how to avoid being scammed. If you would like a personal visit or specific advice you can contact us on:

easterncommsafety@north-wales.police.uk

Thank you

Eastern Community Safety Team

We welcome correspondence in Welsh and English - we will respond equally to both and will reply in your language of choice without delay.

Tips to avoid being scammed:

- Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door. Take your time and don't be rushed or feel pressured.
- Always ask for Identification, even if they are in uniform or representing a charity.
- When online, be aware of fake. Use trusted sources such as .gov.uk or NHS.uk websites .Type in the addresses and don't click on links in emails.
- Report suspicious texts. Forward original message to 7726(spells spam on keypad)
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Know who you're dealing with - if you need help, talk to someone you know or get in touch with your local Council on the numbers below.
- Protect your financial information, especially from people you don't know. Never give your bank card or PIN to a stranger.

Contact information:

- If you think you've been scammed, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133. For a Welsh speaking advisor call 0808 223 1144. If you are in immediate danger, contact the police on 999.
- Contact your bank if you think you have been scammed.

To learn more about different types of scams and how to protect yourself and others, visit: www.FriendsAgainstScams.org.uk and complete the free online training.

Ar hyn o bryd rydym yn profi rhai achosion o Alwadau Galwyr Ffug/Galwadau Sgam/ymweliadau sgâm yn Sir y Fflint a Wreccsam. Mae'r e-bost hwn i'ch rhybuddio am y digwyddiadau, i'ch gwneud yn fwy gwylidwrus ac i drosglwyddo gwybodaeth i'r rhai sy'n oedrannus neu'n fregus ac na fyddant yn ymwybodol o'r digwyddiadau drwy'r cyfryngau cymdeithasol.

Yn ystod yr wythnosau diwethaf rydym wedi cael yr enghreifftiau canlynol o sgamiau/galwyr ffug:

Mae trigolion oedrannus wedi derbyn galwadau ffôn yn dweud eu bod yn cynnig asesiadau inswleiddio am ddim a ariannwyd gan y Llywodraeth. Yna, mae'r sawl sy'n ffonio wedi gwneud apwyntiad i ymweld â'r preswylwyr. Mae dau (2) ddyn wedi cyrraedd ac wedi cerdded o amgylch pob ystafell yn y tŷ gan dalu ychydig neu ddim sylw i'r inswleiddiad. Daeth preswlydd yn Ffordd Salisbury yn ymwybodol yn hwyrach ymlaen, ar ôl i ddau ddyn gwahanol fod yn ei dŷ, eu bod nhw wedi bod yn chwilota drwy ei ystafell wely.

Roedd gŵr oedrannus wedi bod yn disgwyl ymweliad gan Nwy Prydain. Cyrhaeddodd dau ddyn mewn dwy fan ar wahân ac fe wnaeth eu gadael nhw i gael mynediad i'w dŷ. Bu'r dynion yn chwilota drwy bob ystafell yn ei dŷ gan adael yn y pen draw heb gwblhau unrhyw waith o gwbl. Roeddent wedi'u gwisgo fel gweithwyr mewn dillad gweledd uchel.

Galwr ffug yn dweud ei fod yn dod o'r Bwrdd Dŵr. Gwahoddwyd i mewn i'r tŷ a bu'n chwilio pob ystafell. Profiad brawychus iawn Daeth dyn i gyfeiriad gan gynnig gwneud gwaith garddio, pan wrthodwyd ef daeth yn fygythiol iawn.

Dim ond rhai o'r enghreifftiau o ddigwyddiadau yw'r rhain ym mis Awst 2020.

Isod ceir rhywfaint o wybodaeth am beth i'w wneud os ydych yn credu eich bod wedi cael eich sgamio a chyngor ar sut i osgoi cael eich sgamio. Os hoffech gael ymweliad personol neu gyngor penodol gallwch gysylltu â ni ar: easterncommsafety@north-wales.police.uk

Diolch

Tîm Diogelwch Cymunedol y Dwyrain

Awgrymiadau i osgoi cael eich sgamio:

- Byddwch yn ofalus a gwrandewch ar eich greddf. Peidiwch â bod ofn rhoi'r ffôn i lawr, ei roi yn y bin, ei ddileu neu i gau'r drws. Cymerwch eich amser a pheidiwch â chael eich rhuthro neu gael eich rhoi dan bwysau.
- Gofynnwch bob amser am gerdyn adnabod, hyd yn oed os ydynt mewn lifrai neu'n cynrychioli elusen.

- Pan ydych ar-lein, byddwch yn ymwybodol am bethau ffug. Defnyddiwch ffynonellau y gallwch ymddiried ynddynt fel .gov.uk neu wefannau NHS.uk. Teipiwch y cyfeiriadau i mewn a pheidiwch â chlicio ar ddolenni mewn negeseuon e-bost.
- Hysbyswch am negeseuon testun amheus. Anfonwch y neges wreiddiol ymlaen at 7726 (mae'n sillafu 'spam' ar y bysellbad)
- Prynwch nwyddau gan fanwerthwyr cyfreithiol yn unig. Cymerwch eiliad i feddwl cyn talu neu roi gwybodaeth bersonol.
- Rhaid i chi wybod pwy ydych yn cyfathrebu â nhw - os ydych angen cymorth, siaradwch â rhywun rydych yn eu hadnabod neu cysylltwch â'ch cyngor lleol ar y rhifau isod.
- Amddiffynnwch eich gwybodaeth ariannol, yn enwedig oddi wrth bobl nad ydych yn eu hadnabod. Peidiwch â rhoi eich cerdyn banc na PIN i ddieithryn.

Gwybodaeth i gysylltu:

- Os ydych yn meddwl eich bod wedi'ch twyllo, hysbyswch Action Fraud ar 0300 123 2040. Os ydych eisiau cyngor, ffoniwch Llinell Gymorth Defnyddwyr Cyngor ar Bopeth ar 0808 223 1133. Er mwyn siarad ag ymgynghorydd Cymraeg ffoniwch 0808 223 1144. Os ydych mewn perygl uniongyrchol, ffoniwch yr heddlu ar 999.
- Cysylltwch â'ch banc os ydych yn meddwl eich bod wedi cael eich twyllo.

Er mwyn dysgu mwy am y gwahanol fathau o sgamiau a sut i amddiffyn eich hun a phobl eraill, ewch ar www.FriendsAgainstScams.org.uk a chwblhewch yr hyfforddiant ar-lein am ddim.

Many Thanks

Stay Safe

Steve

SCCH / PCSO 3606 Steve Bellis

Swyddog Cefnogi Cymuned Heddlu / Police Community Support officer

Diogelwch Cymunedol / Community Safety, Wrecsam / Wrexham

Heddlu Gogledd Cymru / North Wales Police/Symudol / Mobile: 07818 522367



HEDDLU
GOGLEDD CYMRU
NORTH WALES
POLICE

Cymru/Wales
CrimeStoppers.
0800 555111
100% dienu. Bob tro.
100% anonymous. Always.

Rydym yn croesawu gohebiaeth yn y Gymraeg a'r Saesneg - byddwn yn ymateb yn gyfartal i'r ddau ac yn ateb yn eich dewis iaith heb oedi.

Please send an email to Wrexham County Borough Council to let them know what you think about 'free after 2pm' Town Car Parking Initiative Proposal:



A new free parking initiative has been proposed for council owned car parks in Wrexham town centre.

Currently parking is free all day in all local authority car parks as part of an initiative to boost footfall in the town as lockdown was eased.

However this is set to finish at the end of September.

Wrexham Council is now inviting members of the public to have their say to a series of new parking proposals for the town centre.

These include free parking after 2pm in council car parks after 2pm - **excluding Ty Pawb**. However it is proposed that the all-day parking fee at the arts and market facility is increased from £2.50 a day up to £3.00 a day with increases for season tickets.

A new Off Street Parking Place Order could also be introduced at Wrexham Bus Station to allow for the "safe management" of the station and the disabled bays at that location.

Parking will remain at £1.00 per day at Wrexham's country parks and at

£2.00 per day at Ruabon Station.

Previously we have reported on our questions to the Leader of Wrexham Council on car parking charges, where Cllr Pritchard stated his desire to keep the current free parking promo past September: "I think the days of local councils using car parking charges as a cash cow to generate income for the economy for councils has gone."

Cllr Pritchard said, "If this administration has a commitment to support the town, and keep on preaching that we want to support the town and bring people in, we have to give something. We can't change the business rates and the council tax, that's outside our decision making. But on the car parking, we can.

There are two issues in town centres: **1. business rates** and **2. car parking**,

let's be frank about it. We should do what we can."

As the Council Leader pointed to the political support needed to bring his vision to a reality, we asked the Deputy Council Leader, and administration partner, Cllr David Bithell about the topic - however he was non-committal on the idea.

Members of the public are invited to put forward comments about the proposals to via parking@wrexham.gov.uk or in writing by no later than 13/09/2020.

*(Top pic: Town centre car parks, which have been rammed recently.)*_____

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

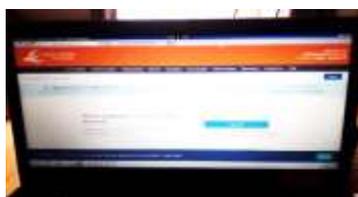


Cymunedau am waith; Communities for Work

"Just do it, you can achieve so much."

It opens so many doors"

from Damian





'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.



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



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





Just to remind you that all the work as show below
should start - today.

Safety-critical vegetation management Ruabon

It was stated that the company 'will be carrying out a controlled programme of tree, plant and foliage management.' The reason stated was that the safety of the general public, travelling passengers and Network Rail staff 'are the number one priority and that uncontrolled vegetation and leaf fall can pose a serious risk to the running of the railway.'

Evidently, this year storms have led to more than 63 incidents of fallen trees across the tracks, but with no-one harmed.

This work is due to take place from the:

7th to the 11th of September daytime from 08.00 to 16.30hrs

14th to the 18th September night time from 11.00hrs to

05.30hrs(Monday night to Friday morning) Photo taken by Frances Jones

There was no **direct** answer from Network Rail as to whether or not the tree growing from the railway bridge on Church Street would be removed during the forthcoming work - just an email to say that it will be dealt with by the department dealing with bridges. So I gather that this is a '**NO**'.



RUABON **WI** NEWSLETTER NO. 14

By Margaret Williams.

Bird Quiz Questions:

1. Street decorations for bookworms.
2. Polish part of a car
3. Egg-born cashew.
4. Timber rooster.
5. The smile you get from fermented pears

"Can you guess who I'm writing about?"

In 1789, my subject was born in Bala, one of 16 children. I don't know what became of them all, but I can tell you something of **her** history.

Her father was a Methodist preacher. Her mother died when she was 5 years old. As a young child, she was employed locally as a maid, learning housework, to speak English and to play the triple harp. At the age of 14 she escaped this environment by climbing out of the bedroom window to make her way to Liverpool where she obtained employment as a domestic servant. She later returned to Bala but then fled to London to avoid marriage. She lived with her sister and was employed as a maid and as an assistant. She was able to accompany her employer on trips to the Continent and on one occasion she visited the site of the Battle of Waterloo, seeing the wounded and the dead.

Later, in 1820 and aged 31, she again returned to Bala but found it 'dull'. She became maid to a ship's captain and travelled for years, visiting South America, Africa and Australia. Life on board ship seemed to offer many

different duties such as caring for the sick, delivering babies, even taking part in theatrical performances.

You might think she'd had enough excitement in her life by now and would want to settle down, but no, there was more to come. Her future experiences are what we remember her for today, especially when we consider her age at this time.

On her return to Britain she decided to train as a nurse at Guy's hospital. Then, at the age of 65, she joined the military nursing service with the intention of working in the Crimea. The year now was 1853 and Britain was at war with Russia. The need for nurses to tend the wounded was urgent and so our intrepid lady was sent to a hospital in Scutari, run by Florence Nightingale.

There was a problem. Florence Nightingale, who came from the privileged classes, did not want this working-class Welsh woman to work with her. Florence Nightingale was a stickler for rules and bureaucracy, whereas our Welsh lady had a more intuitive approach to the needs of the injured soldiers. The two fell out to such a degree that our lady left that hospital and went off to Balacava, nearer the front line. There, apart from her nursing work and the supervision of the camp kitchens, she again gained notoriety for her fight with bureaucracy to ensure that necessary supplies got through. Florence visited the Balacava hospital twice and, on seeing the improvements which had been made, gave her the credit she was due.

Conditions in the Crimea undermined her health and she returned to Britain in 1855, suffering from cholera and

dysentery. She lived in London, again with her sister, during which time she wrote her autobiography. She died in 1860, five years after her return, and was buried in the paupers' section of Abney Park Cemetery in North London. A new memorial stone was placed on her grave in 2012.



Have you guessed her name yet? I'm sure you have. Her name is at the head of the most important organisation that we each deal with, in our turn, and when the need arises. Her name is.....**Betsi Cadwaladr**.

From Bala to Balaclava, what a varied life she had. When we consider the difficulties of transport at the time, and the travels that she undertook culminating in the great service she rendered in the Crimea, it seems only fitting that this brave and determined woman has been remembered in the title of the **Betsi Cadwaladr University Health Board**.

ANSWERS to 'Bird Quiz

1. Reed bunting 2. Waxwing 3. Nuthatch 4. Woodcock 5. Peregrine

WORDS OF WISDOM

'Be careful about reading health books. You may die of a misprint.' (Mark Twain).

If you know of anyone who would like to receive the Ruabon News Letter each week by email (free of charge) please contact:

bremner.millhouse@btinternet.com.

This News Letter is only as good as the items received for publication. Please keep sending in your news and 'thank you.' Sybil Bremner.