

RUABON NEWS LETTER 355

04.01.2021



Hello Everyone

I hope all is well, and that we can all look forward to a happier year to come.

Thank you for all your kind messages received after sending out the last of the Ruabon News Letters for 2020.

Truly, you all make it so worthwhile AND enjoyable.

Today (04.01.2021), I was notified that I have tested positive for the corona virus and must isolate for 10 days from the 27th December. I do feel lucky that, inspite of having the most wonderful family (and friends), I have managed to look after myself thus far and that the dreadful tiredness I have felt during this past week, is/was NOT due to what my Father would have called "LAZY-ITUS" !! - Sybil x

Join Neighbourhood Watch!

It's as easy as 1, 2, 3...

1

Visit www.ourwatch.org.uk/join and complete the online form

You will receive a email with a confirmation code, enter this code when prompted and continue completing the form

Once registered as a member, you need to join or start a scheme

To do this, log into your account by clicking on Login from our website or by entering <https://ourwatchmember.org.uk/> - Click on SCHEME ADMIN and you will be given the option to join a local scheme or if there isn't one which covers your road, then you can start a scheme by selecting the option at the bottom left of the screen.

2

3 **Become an ACTIVE member/lead for your scheme and make your area safer**

Talk with your neighbours about keeping your community safer and raise awareness of issues. Actively make differences in your community and work together to be more resilient.

Your Local Neighbourhood Watch Scheme:

Contact details:



Neighbourhood Watch Network
is a Charitable Incorporated
Organisation (CIO) registered in
England and Wales, no: 1173349

This is the link for the Neighbourhood Watch page where you can register to become a volunteer. A group of people is needed, people to admin the group as well as people to actually monitor the area. Please register if you can help out. www.ourwatch.org.uk/join

Please email clerk@ruaboncommunitycouncil.gov.wales too so that we can get a group together.

Thank you to David Goodban, (Staff Cymorth yr Aelod|
Member Support Staff <enedd.wales>)

Second COVID-19 vaccine given go-ahead

A second COVID-19 vaccine has been given the go-ahead and its roll-out across Wales will start next week, the Health Minister has announced today [30 December 2020].

The Medicines and Healthcare Products Regulatory Agency (MHRA) has now authorised the Oxford AstraZeneca vaccine as safe and effective on the basis of detailed independent expert review of evidence from large scale clinical trials.

The UK Government has procured vaccines on behalf of the four nations and around 100m of these are of the Oxford AstraZeneca vaccine, with Wales receiving its allocation based on population over the next weeks and months. Two doses will be needed, with an interval of between four and 12 weeks between doses.

At the beginning of December, the Pfizer BioNTech vaccine was the first to receive MHRA approval in the UK. 40 million doses of the vaccine have been made available for delivery across the UK.

Based on a UK-wide priority system, the Pfizer BioNTech vaccine has already begun to be administered to frontline health and social care staff, as well as care home residents and staff and people aged over 80. Latest figures show that in the first 2 weeks 22,000 people were vaccinated - expected to be over 30,000 now. Further statistics will be released on Thursday.

Unlike the Pfizer BioNTech vaccine, the Oxford AstraZeneca vaccine is stored at normal vaccine fridge temperatures. This means it will have few storage and transportation issues, making it much easier to use in community settings such as care homes and primary care settings like GP surgeries.

People are asked not to phone their GP, pharmacy or hospital asking when they will get a vaccine. When someone is in one of the groups eligible for the vaccine, they will be invited to attend a dedicated clinic which will have been set up to ensure patient safety and that of the healthcare professionals.

The effects of the vaccines may not be seen nationally for many months and the advice on keeping Wales safe remains the same for everyone; keep contacts with other people to a minimum, keep a 2 metre distance from others, wash hands regularly, wear a face covering where required and avoid touching surfaces others have touched, wherever possible.

Health Minister Vaughan Gething said:

“We understand there are high expectations and excitement at the arrival of a second vaccine. However it will take time to reach everyone as this is not an instant fix. We won’t receive all the doses at once and we have to be realistic about the scale and pace of delivery when we are vaccinating the entire adult population.

“We will not see the impact of the vaccine for some months and the pressure on the NHS will continue during this winter. It is essential that we all continue to play our part and do the right thing to protect each other.

“Nobody will be left behind by our NHS. To help the NHS to help you please wait to be invited for your vaccination.”

Senior Responsible Officer for Wales’ COVID-19 Vaccine Programme Dr Gillian Richardson said:

“The vaccine has been approved as safe and effective by the MHRA, based on the same high standards as applied to all medicines and vaccines.

“It is great news that a second vaccine has met strict standards of safety, quality and effectiveness set out by the MHRA.”

Dr Nicola Williams, Director of Support and Delivery at Health and Care Research Wales, which is nationally co-ordinating research and study-set up in Wales, said:

“Our research community is working hard to provide the evidence we need to fight this pandemic and the approval of the Oxford AstraZeneca vaccine is an important step forward. We have two further vaccines being tested in Wales right now, with more trials due to be set up in the coming weeks and months.

“This research, alongside the other COVID-19 studies taking place will help us to not only protect the most vulnerable but also to provide the best care possible for those who become ill.

“I’m proud of the role our researchers in Wales have played in this UK-wide effort and I would like to thank the participants too who have volunteered. Together we can make a real difference.”

Vaccine specific training materials will be made available to vaccinators, in accordance with the Oxford AstraZeneca vaccine characteristics.

The start of the following course
has now been postponed until
Monday 1st February

HOW TO USE A TABLET FREE COURSE!

Chat, browse and purchase safely on-line!

Monday, 1st February 2021-Ruabon Village Hall 1pm-3pm

Lockdown has led to many people not being able to shop online, unable to speak to their loved ones and generally feeling very alone and after Christmas, January can be a long month!

Ruabon Community Council working with Coleg Cambria wants to help you get a little bit of normality back into your life. So why not join our Computer tablet course for beginners.

You do not even need your own tablet computer!

Starting on the **1st February 2021 at the Ruabon Village Hall**, we are planning a course to run on a Monday afternoon over **10 weeks for 2 hours between 1pm and 3pm**. Due to social distancing rules there will be **7 places available** on a first come first served basis but if we get more numbers, we can consider extra course provision.

Using a Tablet Computer: Course length: 10 weeks
MONDAYS 1.00-3.00pm

Aimed at learners who want to become more confident using a tablet computer. Learners may bring their own devices or use one provided by the college during the course. The course will cover:

→ switching on a tablet

- navigating around a tablet and identifying the main parts
- using a multi touch screen
- using the internet to find out specific information (e.g. the news, weather, council information, public transport information)
- shopping online and knowing how to complete an online payment
- completing online forms
- staying safe online
- communicating with others online, e.g. using email
- downloading and using applications (apps)
- taking and viewing photos
- changing settings on a tablet

This is an accredited course. Learners will work towards an Agored Cymru - Using a Smart Device unit as part of the course. If you are interested, then please contact **Paul Tincello on 07947 530140** or message **Ruabon Community Council on Facebook.**





Community Art Competition

A piece of art will be constructed in the walkway by Henblas Street using as many ideas submitted as possible.

How to enter? Draw a picture of your favourite interactive exhibit at Xplore! remember to include yourself in the drawing too. Drawings can be black & white or in colour and should be drawn in pencil, pen, crayon or felt tip. We are looking for A4 basic line drawings only.

Hand your drawing into a member of staff or email a copy of it to projects@xplorescience.co.uk.

Submissions welcome from all

Make sure to submit your work before **17/01/2021** for it to be considered.

All entries featured in the artwork will be invited to a special evening unveiling event. A **Star Entry** will be chosen and receive a £20 gift voucher for our shop.

Please include your name and contact email on your submission





Xplore!

Canolfan Darganfod Gwyddoniaeth
Science Discovery Centre

COMMUNITY ART PROJECT

A piece of art will be constructed in the walkway by Henblas Street entrance by a local artist using as many ideas submitted from the community as possible.

All entries featured in the artwork will be invited to a special evening unveiling event.

A **Star Entry** will be chosen and receive a £20 gift voucher for our shop.

SUBMISSIONS WELCOME FROM ALL

RUABON COMMUNITY COUNCIL COMMUNITY AGENT

It has been a challenging year for everyone, and this is set to continue into the rest of 2020 and 2021. If you or a relative or friends are experiencing loneliness, isolation, anxiety - or just simply a lack of contact to help with everyday life, particularly if you are over 50, then help is available.

Supported by the Ruabon Community Council, the Community agent works with over 50's in Ruabon providing easy access to a wide range of information to help people make informed choices about their present and future needs.

**HELP - SUPPORT - SIGNPOSTING - ADVICE -
GUIDANCE - ASSISTANCE**

Are you or someone you know looking for free confidential, information and advice on local services? You are not sure who to turn to and you live in Ruabon? Or if you just want to chat about your concerns or an issue? The service is free!

Just contact your Ruabon Community Agent Paul Tincello using the contact details below:

Telephone: 07947 530140

Email: communityagentruabon@gmail.com

Please keep your eyes open and cameras at the ready for snow scenes around the villages - to be prepared for Christmas 2021 !!

I am sure that the positive news (together with the economy) will build as the months go by.

At least 2020 has shown us the huge amount of kindness that exists all around us, as well as highlighting the bright minds which have solved seemingly impossible situations.

Here's to the rest of the
year and to ALL of you

