

RUABON NEWS LETTER 364

08.03.2021



Celandines, Snowdrops and Daffodils were all ready for St David's Day last week as Alison Hamlington took these cheering photos on one of her walks.

WORLD BOOK DAY CELEBRATIONS!



The Foundation Phase at St. Mary's Church in Wales School Ruabon enjoyed celebrating World Book Day with lots of activities.

Nursery Class (above) enjoyed hearing the Elmer Story, went on an Elmer Hunt around the school yard and coloured in some beautiful patchwork pictures of Elmer.

Reception Class listened to The Rainbow Fish story and made and decorated some fabulous sparkly rainbow fish. They went on a Book Treasure Hunt outside and made some super book marks.

Year One enjoyed becoming authors and illustrators for the day and wrote their own fairy tales. They designed their own book marks too!

Year Two went on a book scavenger hunt to find different types of books. They listened to the Usborne book of the moon and wrote similes about the moon. They used iPads and Chrome books to create graphs of their favourite books!

**HOW LOVELY TO FEEL THAT WE ARE ALMOST BACK TO 'NORMAL'!
THANK YOU HELEN PROBIN AND ST MARY'S PRIMARY SCHOOL**

TRANSPORT MINISTER, RALLIES NORTH WALES COMMUNITY AGAINST PLANS TO WEAKEN RAIL SERVICES

Minister for Economy, Transport and North Wales Ken Skates has called on community leaders in North Wales to rally support in opposing plans which, if selected, would be detrimental to the region's rail commuter experience and cross border connectivity.

The Manchester Recovery Task Force (MRTF) has opened a public consultation, running until March 10th, offering three options to alter timetabled passenger and freight services in an attempt to improve the performance of the rail network in the Manchester area.

The three proposed changes would have direct impacts on Transport for Wales' services between North Wales and Manchester.

- Option A – North Wales to Manchester services diverted to serve Manchester Victoria and Stalybridge stations, removing direct services between North Wales and Manchester Airport, and the removal of stops at Manchester Piccadilly and Oxford Road stations.
- Option B – retain the current North Wales to Manchester Airport/Manchester Piccadilly services.
- Option C – divert North Wales to Manchester services via the “Mid-Cheshire Line”. This would remove direct services between North Wales and Manchester Airport, with the service calling at the following stations east of Chester, Northwich, Knutsford, Altrincham and Manchester Piccadilly only.

Transport for Wales (TfW) has engaged with the MRTF team and understands Options A and C will increase journey times for passengers travelling between North Wales and Manchester Airport, potentially leading to worse performance for North Wales commuters.

In his letter, Ken Skates said:

“I am concerned the approach being taken is focussed only on addressing the symptoms caused by the fact the rail infrastructure in the Manchester area does not support the level and quality of services passengers in Wales and beyond require, rather than addressing the fundamental infrastructure issues.

“The only acceptable outcome of this consultation for Wales is the retention of our direct TfW services to Manchester Airport as set out in Option B.

“It is of great importance that all stakeholders in North Wales are aware of this consultation, and make their views heard. North Wales must

retain its direct link to Manchester Airport and Manchester Piccadilly. If Union Connectivity and levelling up is to be more than just words this must be the only option to take. ENDS

More pupils to have opportunity to return to schools before Easter

The Education Minister, Kirsty Williams, has today announced plans for more pupils in Wales to have the opportunity to return to the classroom ahead of the Easter break.

Speaking in a video released on her Twitter channel, the Minister confirmed that schools would be given the opportunity to welcome back learners in years 7, 8 and 9.

The aim will be to give learners the opportunity to check in with teachers, with a focus on support for wellbeing, and readiness for a full return to school after the Easter holidays.

The planned return of younger secondary school pupils would be in addition to all primary pupils, who are expected to return from 15 March, along with learners in years 10 and 12, those in exam years and students doing similar qualifications in colleges.

Younger primary pupils have been able to return to their classrooms since Monday, 22 February.

The plans will be subject to the regular three-week review of coronavirus regulations by the Welsh Government on Friday 12 March.

The Minister said:

"Opening up education is a top priority for the Welsh Government and I am pleased to share some positive news on that front today.

"This is the second week for our youngest pupils to be back in school and I have seen first-hand what a difference this is already making - thank you once again to everyone who is making this possible.

"We have already announced that from the 15th March, if the scientific advice still says it is safe to do so, all remaining primary school children will start to return to school, along with those in exam years and students doing similar qualifications in colleges and work-

based learning. There will also be flexibility for those in years 10 and 12.

"I have also shared my intention to get all learners back to schools, colleges and training providers after the Easter break.

"Today, I am able to confirm our intentions to go even further, even earlier, and give schools the opportunity to welcome back learners in years 7, 8 and 9 before the Easter break.

"This would be to give learners the opportunity to check-in with teachers, with a focus on support for wellbeing, and readiness for a full return to school after Easter.

"I want to make clear now that this will not be a full return to school for years 7, 8 and 9 before Easter. The focus before Easter will be on learners who are undertaking qualifications, especially those in Years 11 and 13, and those studying practical vocational qualifications.

"We will publish full guidance for schools from 9am today, that will help with all the necessary planning.

"We will also be organising more virtual sessions for heads, which I know you have found useful, and I will share details on social media.

"I would like to thank all of you once again for following the rules, driving down the transmission of the virus, and for giving us even more headroom to get learners back to our schools and colleges.

"Together we will keep Wales safe and together we will keep Wales learning." ENDS

Additional funding for Hospitality, Leisure and Tourism businesses

The Welsh Government has today announced a further £30 million for hospitality, leisure and tourism businesses affected by ongoing coronavirus restrictions.

It has also confirmed that pending the outcome of the next review on 12 March, a further £150 million in grants could be made available to firms, including micro businesses, through the Welsh Government's

Non Domestic Rates (NDR) scheme if coronavirus restrictions are extended.

The latest round of the Welsh Government's Economic Resilience Fund will see £30m of targeted support being made available to support small, medium and large businesses in the hospitality, leisure and tourism sectors as well as related supply chain businesses.

The funding is targeted to businesses employing ten or more staff in recognition of the relatively higher level of operating costs that these businesses face.

However, should restrictions be extended at the 12 March review, the £150m that will be made available would see businesses in the hospitality, tourism, leisure and non-essential retail sectors that pay non-domestic rates receiving an additional payment of up to £5k regardless of the number of employees they have.

From today, businesses in the hospitality, tourism and leisure sectors can access the eligibility checker and calculator on the Business Wales website to help them work out what support they can expect to qualify for in this latest round and to understand the detail they will need to make an application.

Minister for the Economy, Transport and North Wales, Ken Skates, said: "This last year has been incredibly difficult for everyone and we are aware of the significant challenges facing our fantastic hospitality, tourism and leisure sector.

"The focus of this latest £30m round of funding is to target further support at the small, medium and large businesses in these sectors with the specific aim of protecting as many jobs as possible.

"The Welsh Government's support to businesses throughout the pandemic has been the most generous anywhere in the UK and I am pleased that we have been able to get over £1.9bn directly into the bank accounts of our businesses.

"With restrictions likely to continue for a little while longer we are actively reviewing our options for providing further support. I am pleased to confirm that we have now made provision for a further £150m of support for businesses paying non-domestic rates should

restrictions be extended at the next coronavirus review on 12th March which would include support for micro businesses."

Minister for Finance, Rebecca Evans, said: "The pandemic has had a disproportionate effect on the hospitality, leisure and tourism sectors and the people it employs.

"This new fund, and our provision of additional funding should restrictions be extended, responds to the latest phase of the pandemic and signifies our continued commitment to the sector, helping them to survive the toughest of times until they are in a position to safely reopen their doors again."

Kate Nicholls, Chief Executive of UK Hospitality (UKH) welcomed the latest Welsh Government grants package for the industry: "Welsh Government has again listened directly to our constructive proposals for more vital support and the new money will play a leading part in continuing to save local jobs and local businesses until March 31 in communities right across Wales while lockdown persists." ENDS.

Welsh Government boosts support for valued charities and third sector organisations in Wales

The Welsh Government is once again backing volunteers, charities and third sector organisations in Wales who have played a vital role in response to Covid-19, with additional funding support to help meet their needs.

The Deputy Minister and Chief Whip, Jane Hutt, said: "We've been working Grant funding of over £2.5m has been awarded to 27 organisations through the Welsh Government Coronavirus Recovery Grant for Volunteering, to help sustain volunteering and community action during recovery from the Covid-19 pandemic.

closely with the Wales Council for Voluntary Action (WCVA) and public sector organisations throughout the Covid-19 pandemic, helping charities and third sector groups to expand and adapt services to meet specific needs.

A decorative border with a repeating floral pattern in green and white surrounds the text.

"This grant funding recognises the huge contribution made by voluntary organisations who have been working on the front line to support our most vulnerable communities, and the partnerships they have formed.

"Funds will be used to improve or introduce new systems, and to help recruit, retain and train volunteers. The grants will also boost partnerships between third sector organisations and public bodies, like local authorities and health boards, to help make a lasting impact on communities.

"I want to acknowledge and celebrate the admirable work done by volunteer groups, charities and the third sector right across Wales, which has provided much-needed help and support during a particularly challenging time. Thank you for continuing to protect the wellbeing of Wales, its people and communities. Your dedication has been an inspiration."

Wales Council for Voluntary Action Director of Operations, Matthew Brown, said:

"Voluntary organisations in Wales have provided invaluable support for individuals and communities over the past year, since the beginning of the pandemic. Now with the vaccination programme underway, voluntary organisations will have a crucial role to play in the recovery. Therefore, it is vital that this funding is allocated to support organisations in rebuilding and strengthening our communities."

The following information has been sent in by Ruabon Medical Centre

Social Prescribing

Many of life's problems can make you feel unwell:

HEALTH

BEREAVEMENT

ISOLATION

DEPRESSION

DEBT

HOUSING

What is Social Prescribing?

Benefit advice. Help with housing issues. Tackling loneliness.
Exercise. Advice. Wellbeing. Signposting to services.
Relationships. Holistic. Keep learning. Volunteering.
Social activities. Health. Happiness.

Social Prescribing helps you explore extra services that support you to improve your health, sense of wellbeing and to make positive life changes.

Social Prescribing enables your GP, nurse or other healthcare professional to refer you to a Social Prescribing Link Worker based in your practice, to talk about the issues you're facing and find the right services to support you.

The next step: Just ask your GP practice to make a referral. It is quick and easy.

A social prescription to support your health and wellbeing

Support with your finances. Be more socially connected

Support your mental wellbeing

Be healthier

Live well & more independently

Be more active

Delivered by Rainbow Centre, Penley. Charity No: 1100479. In collaboration with



(The following has been sent in by Karen Owen BCUHB-Communications)

Wales COVID-19 Wellbeing Survey 2

We want to find out how the ongoing coronavirus pandemic has affected the wellbeing of the Welsh population. Please take 10-15 minutes and tell us how you are feeling.



You can access the survey by:

- Visiting: <https://wales-wellbeing.co.uk>
- Scanning this QR code:
- Phone: 07737 558980 to request a paper copy of the survey.
This phone number is unmanned and is an answerphone that is solely used for posting surveys to people who request this.
- Please share this information as widely as possible:
<https://www.facebook.com/wales.wellbeing>
https://twitter.com/wales_wellbeing/
<https://www.instagram.com/wales.wellbeing/>
<https://www.linkedin.com/company/wales-wellbeing/>

Help the NHS in Wales to help you and your community.



Arolwg Llesiant COVID-19 Cymru 2

Sut mae coronafeirws wedi effeithio ar eich lles? Cofiwch gymryd 10-15 munud a dweud wrthym sut rydych yn teimlo.



Rhaid i'r cyfranogwyr fod yn 16 oed neu'n hŷn i gymryd rhan. Dylai'r arolwg gymryd tua 10-15 munud. Mae'r arolwg hwn wedi'i gymeradwyo gan Brifysgol Abertawe, Coleg y Gwyddorau Dynol ac Iechyd (CHHS) Pwyllgor Moreseg Ymchwil (REC).

Gallwch weld yr arolwg drwy:

- Ymweld â: <https://wales-wellbeing.co.uk/cy>
- Sganio'r cod QR hwn:
- Ffonio 07737 558980 i ofyn am gopi papur o'r arolwg. Mae'r Rhif ffôn hwn heb ei holi ac mae'n ffôn ateb sy'n cael ei ddefnyddio Soley ar gyfer postio arolygon i bobl sy'n gofyn am hyn.



- Rhannwch y wybodaeth hon mor eang â phosibl:

<https://www.facebook.com/wales.wellbeing>
https://twitter.com/wales_wellbeing/
<https://www.instagram.com/wales.wellbeing/>
<https://www.linkedin.com/company/wales-wellbeing/>



Helpwch y NHS i'ch helpu chi a'ch cymuned.

Arolwg Llesiant COVID-19 Cymru 2

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Gallwch weld yr arolwg drwy:

" Ymweld â: <https://wales-wellbeing.co.uk/cy>

" Sganio'r cod QR hwn:

" Ffonio 07737 558980 i ofyn am gopi papur o'r arolwg.

Mae'r Rhif ffôn hwn heb ei holi ac mae'n ffôn ateb sy'n cael ei ddefnyddio Soley ar gyfer postio arolygon i bobl sy'n gofyn am hyn.

" Rhannwch y wybodaeth hon mor eang â phosibl:

<https://www.facebook.com/wales.wellbeing>

https://twitter.com/wales_wellbeing/

<https://www.instagram.com/wales.wellbeing/>

<https://www.linkedin.com/company/wales-wellbeing/>

Helpwch y NHS i'ch helpu chi a'ch cymuned.

SURVEY

Dear Colleague

Betsi Cadwaladr University Health Board is supporting a national longitudinal study aiming to understand how the ongoing coronavirus pandemic has impacted on the mental health and emotional wellbeing of people across Wales. The emotional wellbeing of our population is a key priority for statutory and third sector agencies and we would like lots of people living in the North Wales region to participate in this survey.

The survey was initiated by the NHS in Wales back in June 2020 in collaboration with Swansea and Cardiff Universities and all 7 Health Boards across Wales. The first phase of the study collected data from over 15,000 individuals across Wales and the findings from the first phase of research has helped the NHS in Wales understand the mental health and wellbeing needs of the Welsh population. You can read more about the findings here:

<https://wales-wellbeing.co.uk/en/covid19-wellbeing-survey-results>

The study has now launched its second survey which aims to examine how the Welsh population's mental health and wellbeing has changed over the course of the coronavirus pandemic. The survey results will be analysed at a national, Health Board and Local Authority level and will be used to inform any actions that we may need to take within the NHS to support the wellbeing of our population as we move forward. We will also ensure that any wider learning is shared with partners via the appropriate partnership mechanisms.

We would be grateful if you could support the promotion and dissemination of the survey through your public facing communication channels, your internal communications with staff in your organisation and with your partner agencies.

To access the survey, or gain more information about it, please click this link...

https://swanseachhs.eu.qualtrics.com/jfe/form/SV_8iHfmrZmELSDVUV?Q_Language=CY

The survey should take no longer than 15 minutes to complete.

If you have any further queries about the study please visit the website, www.wales-wellbeing.co.uk

Thank you for considering how you may promote this study. Please also consider completing the survey yourself and asking your family, friends and neighbours to do so.

Best regards

Annwyl Gydweithiwr

Mae Bwrdd Iechyd Prifysgol Betsi Cadwaladr yn cefnogi astudiaeth hydredol genedlaethol gyda'r nod o ddeall sut mae'r pandemig coronafirws parhaus wedi effeithio ar iechyd meddwl a lles emosiynol pobl ledled Cymru. Mae lles emosiynol ein poblogaeth yn flaenoriaeth allweddol i asiantaethau statudol a thrydydd sector a hoffem i lawer o bobl sy'n byw yn rhanbarth Gogledd Cymru gymryd rhan yn yr arolwg hwn.

Cychwynwyd yr arolwg gan y GIG yng Nghymru yn ôl ym mis Mehefin 2020 mewn cydweithrediad â Phrifysgolion Abertawe a

Chaerdydd a phob un o'r 7 Bwrdd Iechyd ledled Cymru. Casglodd cam cyntaf yr astudiaeth ddata gan dros 15,000 o unigolion ledled Cymru ac mae canfyddiadau cam cyntaf yr ymchwil wedi helpu'r GIG yng Nghymru i ddeall anghenion iechyd meddwl a lles poblogaeth Cymru. Gallwch ddarllen mwy am y canfyddiadau yma:

<https://wales-wellbeing.co.uk/cy/canlyniadau-arolwg-lles-covid19>

Mae'r astudiaeth bellach wedi lansio ei hail arolwg sy'n ceisio archwilio sut mae iechyd meddwl a lles poblogaeth Cymru wedi newid yn ystod y pandemig coronafirws. Dadansoddir canlyniadau'r arolwg ar lefel genedlaethol, y Bwrdd Iechyd a'r Awdurdod Lleol a chânt eu defnyddio i lywio unrhyw gamau y gallai fod angen i ni eu cymryd o fewn y GIG i gefnogi lles ein poblogaeth wrth inni symud ymlaen. Byddwn hefyd yn sicrhau bod unrhyw ddysgu ehangach yn cael ei rannu gyda phartneriaid trwy'r mecanweithiau partneriaeth priodol.

Byddem yn ddiolchgar pe gallech gefnogi hyrwyddo a lledaenu'r arolwg trwy'ch sianeli cyfathrebu sy'n wynebu'r cyhoedd, eich cyfathrebiadau mewnol â staff yn eich sefydliad a gyda'ch asiantaethau partner.

I gael mynediad i'r arolwg, neu i gael mwy o wybodaeth amdano, cliciwch y ddolen hon...

https://swansea.chhs.eu.qualtrics.com/jfe/form/SV_8iHfmrZmELSDVUV?Q_Language=CY

Ni ddylai'r arolwg gymryd mwy na 15 munud i'w gwblhau.

Os oes gennych unrhyw ymholiadau pellach am yr astudiaeth ewch i'r wefan, [Wales Wellbeing - Coronavirus Mental Health in Wales \(wales-wellbeing.co.uk\)](https://wales-wellbeing.co.uk)

Diolch i chi am ystyried sut y gallwch chi hyrwyddo'r astudiaeth hon. Ystyriwch hefyd gwblhau'r arolwg eich hun a gofyn i'ch teulu, ffrindiau a chymdogion wneud hynny.

Cofion gorau

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Social activities. Health. Happiness.

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Information from Ruabon Medical Centre

We are pleased to report that we had yet another successful Saturday Clinic at Ruabon on Saturday 20th February. Thank you to everyone who has provided such lovely feedback on how organised, how friendly the staff are and how well managed these clinics are. We are now in contact with the 65-69 year old group of patients in Tier 5 and are working our way through the Tiers in accordance with guidance from Health Board, Cluster and Welsh Government. We are putting on clinics and have been in touch with our patients to get you booked in as quickly as we possibly can. We do ask patients to please be patient and we will get in contact with you when it is time to book you in for your covid vaccination. We are working hard to get everyone vaccinated as quickly as possible, in adherence to guidelines and protocols of the Tier system and ask that anyone within Tier 1-4 (70 years and above or those who received a shielding letter) who haven't been vaccinated as yet, to please contact the surgery via our Enquiries email on Enquiries.W91043@wales.nhs.uk to let us know and we will then contact you with an appointment at our next available clinic. We have been trying constantly to get in touch with our patients in these groups and do warn patients that we will be calling from a withheld number as we know some people don't like answering these calls and therefore think we haven't made contact with them but we have contacted everyone on our tier group list at each point. We also apologise to anyone who we call and who have already had the vaccine elsewhere, this is due to sometimes there being a delay with the uploading of information onto the clinical system. If this is the case, we ask our patients to again notify us via the email address above (Enquiries Email) and we will update our system to prevent us calling you. We are planning to have further Saturday and weekly covid vaccination clinics running until we have vaccinated our patients in their Tier groups and this relies on the supply and delivery of the vaccine

into our surgery. Again, we shall be in touch with our patients either via text message, phone call or letter.

Thank you for your patience and understanding. We hope everyone is keeping well and staying safe.

The Partners at Ruabon Medical Centre

Ruabon Medical Centre would like to ask its patients who are eligible for an influenza vaccination (aged 50+) who haven't had their flu vaccine and wish to have it done, to ask when they attend for appointments at the surgery or to send a request for an appointment via our Enquiries email (Enquiries.W91043@wales.nhs.uk) and we will contact you with an appointment. You are able to have your flu vaccine ad hoc (but before the end of April) whereas covid vaccines have to be administered in a controlled and specially set up clinic due to covid vaccines being multidose vials. We are experiencing a limited supply of covid vaccines at present but as soon as the vaccine deliveries arrive we shall be booking patients in to our clinics (some of which shall be on Saturdays). We ask patients to please bear with us and we will communicate regularly via Facebook and the Ruabon Newsletter until our website is up and running fully. Thank you to everyone for their kind words and positive feedback and for helping us to keep the surgery safe. Thank you!

Below are a list of the Community Agents in our area along with their contact details; all of whom have a Facebook page that contain lots of information too:

- Ruabon Community Agent (Paul Tincello)
Tel: 07947 530140. Email: communityagentruabon@gmail.com
- Penycae Community Agent (Rachael Hughes)
Tel: 07751 778868. Email: communityagentpr@yahoo.com

- Rhos, Ponciau & Johnstown Community Agent (Michelle Wynne)
Tel: 07851 798630. Email: rhoscommunityagent@gmail.com
- Chirk Community Agent
Tel: 07821 297768. Email: chirk.ca@gmail.com
- Cefn Community Agent
Tel: 07925 048711. Email: cefncommunityagent@gmail.com

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

Ruabon Community Agent: Paul Tincello has sent in the following three items for the News Letter.

Digital Storytelling - 21st April 2021

Wales Neurological Alliance in partnership with Digital Communities Wales welcomes you to a training session to help people living with a neurological condition to use digital technology. There are many incredible uses for digital technology and a favourite of ours at Digital Communities Wales is the wonderful and wholesome Digital Storytelling capabilities that we are able to achieve by simply using our smartphones.

During this session, we will demonstrate how you may utilise these apps to upload images from your home or the web and combine them with narration or written text and music to create powerful, short video clips. This free webinar will last approximately 1 hour, as we guide you on your journey to tell a story through the application of Digital Technology.

Join us on the 21st April 2pm-3pm

To book click here: http://bit.ly/DCW_Digital_Stories

Level 1 Voluntary Work Skills Course starting Tuesday 13th April 2021

- **Adults and young people aged 14 and over.**
- **WANT TO VOLUNTEER BUT DON'T FEEL READY?**
- **WE'RE HERE TO SUPPORT YOU.**

[FLVC's supported volunteering programme](#) brings participants closer to the opportunity that's right for them, combining work towards a Level 1 qualification, with volunteer taster sessions.

Please see the flyers below for further information:
[Level 1 Voluntary Work Skills Course](#)
[Cwrs Achredelig Sgiliau Gwaith Gwirfoddol Lefel 1](#)



Flintshire Local Voluntary Council
Cyngor Gwirfoddol Lleol Sir y Fflint



Adults & young people aged 14 & over

**WANT TO VOLUNTEER BUT DON'T
FEEL READY?**

WE'RE HERE TO SUPPORT YOU.

**Level 1 Voluntary Work Skills Course starting
Tuesday 2nd February 2021.**

**Delivered online via
Microsoft Teams.**

**Includes two sessions
per week for 5 weeks,
on Tuesdays &
Thursdays.**

**Participants complete
assessment booklet
via Moodle.**

Focusing on:

**Volunteering - roles,
responsibilities, benefits**

Communication skills

**Positive & assertive
behaviours**

Group working skills

Equality

**Participants will be
supported to
undertake practical
volunteer taster
sessions.**

**On successful completion, participants aged 16+ will receive an accreditation.
Those aged below 16 will receive a certificate of participation.**

**To find out more about this FREE course,
or to enrol, please contact a
Volunteering Development Officer:**

**Debbie.Long@flvc.org.uk
07388 379234**

**Claire.Worrall@flvc.org.uk
07388 379233**

Flintshire Local Voluntary Council. Supporting, promoting & developing voluntary & community action.
Corlan, Unit 5 Mold Business Park, Wrexham Road, Mold. CH7 1XP.
Registered Charity Number: 1062644

FREE MENTAL HEALTH AWARENESS COURSE FOR ANYONE LIVING IN WREXHAM

Mental Health Awareness is an interactive online course designed to provide participants with a foundation of knowledge to begin their journey in understanding mental health. The course enables participants to:

- **Develop** an understanding and awareness of what mental health is, what mental illness is and the difference between the two.
- **Recognise** the signs and symptoms of poor mental health.
- **Understand** the effects of stigma on individuals experiencing poor mental health.
- **Understand** what depression and anxiety are and the effects they can have on a person.
- **Understand** the impact of suicide in the UK and Republic of Ireland.
- **Learn** basic tips for supporting someone.
- **Understand** more about self-care and implement self-care strategies.

The course is delivered through 4 e-modules followed by a live session on Zoom. Participants need to allow approximately 2 hours to complete the individual e-learning and be able to access equipment to participate in an interactive webinar via Zoom that recaps and reinforces learning.

Friday 19th March 2021, 9:30am – 12:30pm

Access online via Zoom video conferencing software (*link will be provided*)

Free to attend for anyone living in Wrexham

Book here: <https://www.peoplesfundraising.com/event/MHA-19Mar2021>

Llyfrgell Rhiwabon Library



Spring is on its way at Ruabon Library!

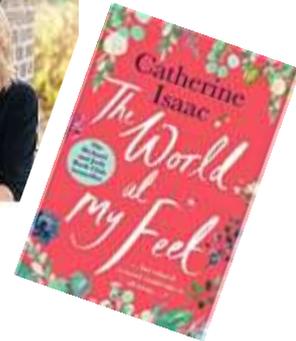
Check out our latest spring titles. Plenty to choose from - top titles in hardback, paperback and audiobook!



March's author of the Month

Catherine Isaac

Author of "life-affirming stories of self-discovery and family secrets."



Oriau agor dros dro Temporary Opening
Llun 12.00 yp – 5.00yp
Mawrth Ar gau
Mercher 12.00yp - 5.00yp
Iau 9.00yb – 1.15yp
Gwener 12.00yp – 5.00yp

Monday 12.00pm – 5.00pm
Tuesday Closed
Wednesday 12.00pm – 5.00pm
Thursday 9.00pm – 1.15pm
Friday 12.00pm – 5.00pm

Gwasanaeth Archebu a Chasglu Apwyntiad Order & Collect Service by

Appointment

Call on 01978 822002 or email ruabon.library@wrexham.gov.uk



THE FOLLOWING EVENT IS BEING ADVERTISED
ON YSGOL RHIWABON'S WEB PAGE

The banner features a yellow background with a string of yellow and white triangular bunting at the top. The text is centered and reads: 'JUNIOR BAKE OFF' in large red letters, followed by '...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 15' in blue letters, and 'WWW.APPLYFORJUNIORBAKEOFF.CO.UK' in teal letters. At the bottom, it says 'APPLICATIONS CLOSE SUNDAY 28TH MARCH 2021' in red letters.

JUNIOR BAKE OFF
...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15
WWW.APPLYFORJUNIORBAKEOFF.CO.UK
APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021

St Mary's Church

A message from the Rev'd. Kate Tiltman:



The Church is closed for Anglican worship until we are advised by our bishop that it is safe to open again on a Sunday.

HOWEVER if the covid number stays low then 'normal' services might be allowed to take place on EASTER SUNDAY!

Roman Catholic Mass is still taking place every Sunday at 11am.

SCAM: WARNING ISSUED AROUND COVID-19 TEXT MESSAGES.

The following messages have been copied from WCBC news item 2nd March 2021

Wrexham Trading Standards has been made aware of scam text messages relating to Covid-19 grants. The scam messages, which claim to be from the government, advise that you are eligible for a grant and ask you to follow a link to claim a specific amount of money. **THIS IS A SCAM**

Please be aware that this is a scam and don't click on this link.

The text message we've seen reads: 'GOVUK: Due to the new lockdown circumstances you are available for a COVID-19 grant of £277.59.' The message then asks you to click a link to claim this money.

The amount of money you are offered may differ from the amount we've seen, but it's likely to be in the hundreds of pounds.

"Attempt to steal your personal information"

Cllr Hugh Jones, Lead Member for Communities, Partnerships, Public Protection and Community Safety, said: "Unfortunately we are seeing a lot of scams which are looking to profit from the pandemic, and this is the latest one we've come across. We know anything telling you that you are due a large sum of money can be tempting to follow up, but this is just another attempt to steal your personal information.

"Don't click on any links, never give any details - such as passwords or bank account numbers - and remember that you're within your rights to ignore any suspicious messages. Always take the time you need to identify whether something could be a scam first. If you're not sure, you can always contact the company or organisation

directly." **SOME ADVICE** It's really important to follow these

three steps when deciding whether it's safe to part with your money or personal information:

STOP - Taking a moment to stop and think before parting with your money or information could keep you safe.

WREXHAM LOCAL AUTHORITY FOR SOCIAL HOUSING

If you wish to apply to the Wrexham Local Authority for social housing there is now one centralised team dedicated to this service. Whether you are already a Council tenant wishing to move, or applying for the first time, **all applications and allocations are now managed by Wrexham Council's Allocations**

Team. The Allocations Team are responsible for the processing of any applications made to the local authority, whether these are submitted online or manually. This Team are also responsible for managing the Council's housing register and subsequent property allocations from this waiting list as per the Council's Allocations Policy.

The Allocations Team are also responsible for the processing of; Special Needs and Medical Assessment Forms, Nominations to Housing Associations, applications and allocations for Council garages.

If you are in need of urgent or emergency housing we still advise you to contact the Housing Options Team on 01978 292947, however both teams work closely with one another to enable a single point of contact for any person wishing to obtain both urgent and non-urgent housing from the Local Authority.

For any queries in relation to your application for housing you can contact the team on:

Online: <https://www.wrexham.gov.uk/service/applying-council-housing/apply-council-housing>

Office address: WCBC Allocations Team, Contact Centre, 16 Lord Street, Wrexham, LL11 1LG

Office number: 01978 292068

Office email: Allocationsteam@wrexham.gov.uk

Rydyn ni'n ôl ac rydyn ni ar-lein!
Yn gweithredu ers saith blynedd

We're back and we're online!
Now in its seventh year

GŴYL GEIRIAU WRECSAM

WREXHAM CARNIVAL OF WORDS

★★★★★ 2021 ★★★★★

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MATTHEW HARFFY ★ ELIZABETH BUCHAN ★ BARBARA ERSKINE
AMANDA PROWSE & JOSIAH HARTLEY ★ PETER DOYLE

PETER EVANS ★ ANDREW GREEN ★ LUKE GALLAGHER
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MICHELLE & CHRISTIAN EWEN ★ GWYNETH LEWIS ★ VIVA VOCE

Gweithdai Ysgrifennu | Writing Workshops ★ Music and song | Cerddoriaeth a chân
Diwrnod o Gerdded i'r teulu gyda Bill Stephens | Family walking day with Bill Stephens

I gael manylion yr holl ddiwyddiadau a sut i brynu'ch tocyg, ewch i:
For details of all of the events and how to buy your ticket visit

www.wrexhamcarnivalofwords.com

Cost un Tocyg (Ōg)! I bob un o'n diwyddiadau yn £15.00 yn unig
The cost of a single Festival Ticket for all our events is only £15.00



WXMCARNIVALOFWORDS

@WrexCarnival #WrexCarnival

Nid unrhyw ŵyl llenyddol! Not just any literary festival!

If you know of anyone new to the area who would like to receive a copy of the Ruabon News Letter, free of charge, my email address for contact is:

bremner.millhouse@btinternet.com,