Ruabon News Letter 410

**08.02.2022**

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The ‘fantastic work’ of the Friends of Ruabon has been highlighted in the Senedd by First Minister Mark Drakeford.

During a discussion about railways, local Member of the Senedd Ken Skates asked for a commitment that the Welsh Government would continue to invest in services and facilities in North Wales.

Mr Skates, MS for Clwyd South, said: “First Minister, can you assure us that the Welsh Government remains keen to invest in rail services and rail facilities, where and when it can, be it redundant railway stations or through support for incredibly important groups, such as the Friends of Chirk Station and the Friends of Ruabon in my constituency?”

The First Minister told the Senedd: “Of course the Welsh Government is keen to go on investing in the way that Ken Skates has outlined. I've had the opportunity to visit Ruabon Station with him, and to see the fantastic work that the friends of the station do there in maintaining it, in making it such an attractive place to visit.

“And, for Transport for Wales, further improvements at Ruabon remain a priority. A new ticket vending machine, smart card ticketing solutions to make sure that the station can be used as frequently as possible, both because it contributes to our active travel agenda but

also because it is a gateway to the tourist industry in that part of Wales with everything that it has to offer.”

While transport is devolved to Wales, responsibility for track, station infrastructure and signalling remains with the UK Government at Westminster.

**Over the past 20 years, Wales has had less than 2% of the £102bn that the UK Government has spent on improvements, despite having 5% of the population and 11% of the track miles.**

**During First Minister’s Questions on Tuesday,**

**Mr Drakeford said:** “**Welsh Ministers take every opportunity to raise with the UK Government their shameful neglect of investment in rail infrastructure in North Wales.”**

**Thank you to David Goodban for ALL the information from the Senedd**

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# A picture containing person, road, outdoor, sport Description automatically generatedLucy Jones, is a year 9 Student at

# Ysgol Rhiwabon,

# who competes in: Welsh Indoor Athletics Championships

Tuesday, 1st February 2022

Lucy Jones, competed in the Welsh Indoor Athletics Championships in Cardiff on Saturday. (29th January).

She achieved a big PB (personal best) in the long jump, of 4 metres 86 cm.

She missed the bronze medal by 1cm, so she was a bit disappointed, **but you can’t better a PB!!** (personal best)

**Lucy has also got through to the final of the 60m sprint with another PB of 8.54.**

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**The following events are all part of the Welsh Government’s Winter of Wellbeing campaign. They have been kindly forwarded to us by the staff at Ruabon Library.**



Llyfr Lles

Ydych chi rhwng 7 ac 11 oed (Blynyddoedd 3-6) ac yn mwynhau

ysgrifennu a barddoniaeth?

Ymunwch â ni i greu Llyfr Lles a ysgrifennwyd

ar gyfer pobl ifanc, gan bobl ifanc.

Bydd sesiynau yn cymryd rhan ar Chwefror 18,

Mawrth 4 a Mawrth 11

Sesiynau Cymraeg yn rhedeg yn Llyfrgell Rhos

Sesiynau Saesneg yn rhedeg yn Llyfrgell Wrecsam

Am fwy o wybodaeth ac i archebu eich lle:

Ffoniwch Llyfrgell Rhos ar 01978 840328  
Llyfrgell Wrecsam ar 01978 292090

Wellbeing Book

Are you aged between 7 and 11 (Years 3- 6)

and enjoy writing and poetry?

Join us in the creation of a Wellbeing Book

written for young people, by young people.

Sessions take place on 18th February, 4th March and 11th March

Welsh sessions running at Rhos Library

English sessions running at Wrexham Library

For more information and to book your place:

Call Rhos Library on 01978 840328

Wrexham Library on 01978 292090

**Mae archebu lle yn hanfodol| Booking is essential**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

Gweithdy Crefft Manga

Ydych chi'n mwynhau darllen llyfrau Manga? Os felly, beth am ymuno â ni ar ein Gweithdy Crefft Manga Gaeaf Llawn Lles arbennig lle gallwch ddylunio eich matiau diod eich hun gan ddefnyddio beiros acrylig. Yn ystod y sesiwn byddwch hefyd yn cael cyfle i sgwrsio am eich hoff lyfrau Manga a chael cyfle i ysgrifennu adolygiad o'ch hoff lyfr. Yna bydd eich gwaith celf a'ch adolygiadau yn cael eu defnyddio i greu hyrwyddiad llyfr Manga arbennig yn y llyfrgell.

Cynhelir y sesiynau yn llyfrgell Wrecsam ddydd Iau 10fed Mawrth, 4-5pm, a Llyfrgell Brynteg ar ddydd Sadwrn 12fed Mawrth, 11-12pm. Bydd y sesiwn yma yn addas ar gyfer planet 8-14.

Manga Craft Workshop

Do you enjoy reading Manga books? If so, why not join us on our special Winter of Wellbeing Manga Craft Workshop where you can design your own coasters using acrylic pens. During the session you will also get chance to chat about your favourite Manga books and have the opportunity to write a review of your favourite book. Your art work and reviews will then be used to create a special Manga book promotion at the library.

Sessions will take place at Wrexham library on Thursday 10th March, 4-5pm, and Brynteg Library on Saturday 12th March, 11-12pm. This session will be suitable for children aged 8-14.

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**Dewch i ymuno â ni am hwyl hanner tymor**

**gyda sesiynaurhyngweithiol gan Xplore!**

**Come and join us for half term fun with**

**interactive sessions from Xplore!**

|  |  |  |  |
| --- | --- | --- | --- |
| **Llyfrgell | Library** | **Gweithgaredd Activity** | **Dyddiad ac amser y digwyddiad**  **Date and time of event** | **Oed | Age** |
| **Wrecsam**  **Wrexham** | ‘Construction’ | 19 Chwefror/February  11-12pm | 3-8 |
|  |  |  |  |
| **Y Waun**  **Chirk** | ‘Construction’ | 21st Chwefror/February  11-12pm | 3-8 |
| **Cefn Mawr** | ‘Construction’ | 21st Chwefror/February  2-3pm | 3-8 |
|  |  |  |  |
| **Brynteg** | ‘Astronaut Training’ | 22nd Chwefror/February  11-12pm | 6-10 |
|  |  |  |  |
| **Coedpoeth** | ‘Astronaut Training’ | 23rd Chwefror/February  2.30-3.30pm | 3-7 |
|  |  |  |  |
| **Gwersyllt** | ‘Your Body’ | 24th Chwefror/February  11-12pm | 6-12 |
| **Llai**  **Llay** | ‘Your Body’ | 24th Chwefror/February  2-3pm | 6-12 |
|  |  |  |  |
| **Rhos** | ‘Astronaut Training’ | 25th Chwefror/February  11-12pm | 3-7 |
| **Rhiwabon**  **Ruabon** | ‘Astronaut Training’ | 25th Chwefror/February  2-3pm | 6-10 |
|  |  |  |  |
| **Wrecsam**  **Wrexham** | ‘Astronaut Training’ | 5th Mawrth/March  11-12pm | 3-7 |
|  |  |  |  |

**Mae archebu lle yn hanfodol. I gael manylion y llyfrgell ewch i** [www.wrecsam.gov.uk/llyfrgelloedd](http://www.wrecsam.gov.uk/llyfrgelloedd). **Booking is essential.**

**For library details visit** [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries)

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**AMSER CYSTADLEUAETH!**

**Ble wyt ti'n hoffi darllen?**

Dywedwch wrthym ble rydych chi'n hoffi darllen. Tynnwch lun i ni neu ysgrifennwch gerdd am eich hoff le darllen.

Rhoddir gwobrau i enillydd y categorïau oedran canlynol:

8-11 oed, 12-15, 16-25

Rhaid cyflwyno ceisiadau i llyfrgell Owrtyn erbyn 5.00yp dydd Gwener Mawrth 18fed.

Bydd yr enillydd yn derbyn pecyn lliwio Ymwybyddiaeth Ofalgar

**COMPETITION TIME!**

**Where do you like to read?**

Tell us where you like to read your books. Draw us a picture or write a poem about your favourite reading place. Prizes will be awarded to the winner of the following age categories: Ages 8-11, 12-15, 16-25

Entries must be submitted to Overton library by 5.00pm on Friday 18th March. **The winners will receive a Mindfulness colouring pack**

**Gweithdai Celf Amgylcheddol**

Dewch i ymuno â Tim Pugh sy'n artist amgylcheddol yn rhai o'n llyfrgelloedd! Bydd Tim yn cynnal gweithdai celf amgylcheddol arbennig gan ddefnyddio dail sych fel ysbrydoliaeth ar gyfer ei waith. Os ydych yn oed 7-10 a hoffech chi ymuno yn y sesiynau rhad ac am ddim anhygoel hyn fel rhan o'n tymor Gaeaf Llawn Lles yna cysylltwch â'r llyfrgell yn uniongyrchol i gadw'ch lle.

**Environmental Art Workshops**

Come and join Tim Pugh  who is an environmental artist

at some of our libraries!

Tim will be doing special environmental art workshops using dried leaves as the inspiration for your work. If you are aged 7-10 and would like to join in these amazing free sessions as part of our Winter of Wellbeing season then please contact the library directly to reserve your place.

Llyfrgell y Waun Dydd Mawrth 8 Mawrth 4.30yp 01691 772344

Chirk Library Tuesday 8 March 4.30pm

Llyfrgell Rhiwabon Dydd Mercher 9 Mawrth 4.15yp 01978 822002

Ruabon Library Wednesday 9 March 4.15pm

Llyfrgell Gwersyllt Dydd Gwener 11 Mawrth 4.00yp 01978 722890

Gwersyllt Library Friday 11 March 4.00pm

Llyfrgell Wrecsam Dydd Mercher 16 Mawrth 4.00yp 01978 292090

Wrexham Library Wednesday 16 March 4.00pm

**Mae archebu lle yn hanfodol| Booking is essential**

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**Thank You to David Goodban for the following information from the Senedd**

**Major increase in the availability of faciliies to protect victims of domestic abuse and sexual violence to give evidence across Wales**

A process to allow victims of domestic abuse and sexual violence to securely give evidence through video-linked facilities has launched across Wales. The Welsh Government has invested over £400,000 in 13 new facilities across Wales to ensure that victims feel safe, secure and supported to give evidence in cases involving domestic abuse and sexual violence.

**Minister for Social Justice, Jane Hutt, said:**

 “Sexual violence and abuse effects every community in Wales. We can only really begin to tackle this problem if we ensure that the victims of these crimes feel safe enough to come forward and give the evidence that will enable justice to be served, and those responsible held to account.

 “These new facilities are a first of their kind for the UK. I am proud that we are leading the way here in Wales, continuing our commitment to support victims and survivors whenever, wherever and however they need it.”

The new facilities will give vulnerable and intimidated witnesses the ability to make their voice heard in a way which reduces the fear, stress and anxiety commonly associated with giving evidence in open court.”

Chief Crown Prosecutor for Wales, Jenny Hopkins said:

“We know that having to give intimate and upsetting details in person to a busy court room, often in front of the defendant, is a huge barrier to victims reporting a crime. This project has been driven by the first-hand experience of victims and the issues they have told us they have faced when giving evidence about their abuse.

“These facilities will hopefully remove some of the fear and anxiety associated with giving evidence, ensuring that victims of abuse in Wales can give their evidence in a safe supportive environment.”

A victim suffered physical abuse for more than 20 years at the hands of her partner and was one of the first people to use the new service.

She said: “I was terrified at the thought of facing my abuser in court and although I wanted justice, I don’t think I could have gone through with it, in person. “Being able to give my evidence in a safe location, far from the court room and supported by an independent domestic abuse advisor, gave me the confidence I needed to give my evidence and get justice for the many years of harm I have endured.”

 These new sites are part of a bigger picture to work together across agencies through the Criminal Justice Board for Wales, will the overall ambition to reduce crime and improve support for victims.

 The Victims’ Commissioner for England and Wales, Dame Vera Baird QC, said: “For many victims, the idea of going to court and coming face-to-face with their abusers can be very distressing and can put them off ever coming forward, instead leaving them to suffer in silence. Ensuring that all victims in Wales now have access to video-link facilities is a great pioneering move that will help improve the victim’s experience of the criminal justice system and encourage more victims to come forward. While similar facilities exist in England, they tend to be under-used, so I hope this investment by the Welsh government will encourage this agenda across the board.”

**ENDS**

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Welsh Government News

[](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmedia.service.gov.wales%2Fnews%2Ftrial-begins-on-school-day-reforms-in-wales&data=04%7C01%7CDavid.Goodban%40senedd.wales%7C2265f44557d24d450fff08d9e54ebed6%7C38dc5129340c45148a044e8ef2771564%7C0%7C0%7C637792948631403268%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=6dTcy2nOKujEAYGH7e%2FOn0PlskIbnrXDOpjHenoM%2FEM%3D&reserved=0)A trial that guarantees extra school sessions for learners in Wales is now underway:

Education Minister and Welsh Language Minister Jeremy Miles has announced that over 1,800 learners will take part in the trial, benefitting from five hours of extra activity per week over a ten week period.

The trial, which follows a government commitment to explore

reform of the school day, is focused on supporting disadvantaged pupils and schools particularly affected during the pandemic. The plans draw on international models and proposals made by the Education Policy Institute.

Teachers have decided how and what is delivered in each of the thirteen schools and one college during the trial period, working with external partners or adapting existing activities such as after school clubs. The scheme is a commitment of the Welsh Government’s Co-Operation Agreement with Plaid Cymru. The results of the trial and the next steps will be considered with Plaid Cymru as part of the Co-Operation Agreement.

One of the schools involved in the trial is Abertillery Learning Community who will be providing after-school provision for an hour a day as part of the trial, including additional sporting activities such as Mixed Martial Arts.

Jeremy Miles said:

*“We know from research that young people can gain in confidence and well-being from this approach, especially disadvantaged learners.*

*“Programmes which provide enriching and stimulating additional sessions and support learner to re-engage with learning can have a greater impact on attainment than those that are solely academic in focus.*

*“The trial is a great opportunity to gather further evidence on how we use and structure time at school and how that might evolve in the future. We will be learning how these additional sessions might improve well-being, academic progression and increased social and cultural capital.*

*"As we move forward, we will continue to support schools with even stronger community engagement so that we deliver on our mission to tackle the impact of poverty on educational attainment and achieve high standards for all.”*

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[](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmedia.service.gov.wales%2Fnews%2Fwelsh-government-to-double-winter-fuel-support-scheme-payment-to-gbp-200-to-help-families-address-the-cost-of-living-crisis&data=04%7C01%7CDavid.Goodban%40senedd.wales%7C4ccae528626f4f340acd08d9e54e8ca9%7C38dc5129340c45148a044e8ef2771564%7C0%7C0%7C637792947793588004%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=ZzFIFYVvkF47EsOi%2FK%2B9LJXLNUbFpzldUYTwRmkrAsA%3D&reserved=0)Welsh Government News

The Winter Fuel Support Scheme payment will be doubled to £200 as the cost-of-living crisis intensifies, Minister for Social Justice Jane Hutt announced last week. The £100 one-off payment, which was launched in December, is now being extended to support eligible households with rising energy bills and costs.

It is part of the Welsh Government’s bespoke Household Support Fund, which is providing £51m of targeted support for families and the most vulnerable in society.

Announcing the increased support for households, Minister for Social Justice Jane Hutt said:

*“Right across Wales, people are seeing their bills rise and wages are being stretched like never before. From energy bills, to prices at the pumps and the costs of everyday essentials*

*“We know some people are facing the incredibly difficult decision about whether they heat or eat. We’re in the middle of a cost-of-living crisis, which is getting worse.*

*“Our £51m Household Support Fund targeted support at families across Wales. We know these initiatives are working and making a real difference to the lives of low income households.*

*“That’s why I’m delighted to announce we’re going to extend support to households by doubling the Winter Fuel Support Scheme payment. We’re increasing the £100 payment to £200 and this will be available to new applicants and retrospectively paid to those who have applied already.”*

Local authorities will process new applications from eligible households. To be eligible for the payment, one member of the household must be in receipt of certain welfare benefits. Further details are available on local authority websites, which will be updated to reflect the increased payment.

Councils have contacted people they believe are eligible. If they have not yet made an application, these can be submitted until 28 February.

People who have already received a £100 payment under the scheme do not need to anything – they will receive a further £100 payment in the coming weeks.

Ms Hutt added: *“We are determined to do all we can to support our people with the bills they are facing, and this will go a long way to do just that.*

*I want to pay tribute to our local authorities for swiftly processing these payments. We all know they’ve been under tremendous pressure during the pandemic – time and again, they have stepped up to the plate and delivered for our communities.*

*“This additional £100 increase will go some way to helping the most vulnerable in our society to pay their fuel bills during this difficult time and I’m determined to do all we can to continue to support the people of Wales through the cost of living crisis.”*

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**Thank you to Paul Tincello for the following information:**

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**New Day Opportunities Service opening in February  
 The Rainbow Foundation**

 We are very excited to confirm that our new **Day Opportunities in Chirk** is launching on Monday 14th February.  Operating out of **Chirk Parish Hall**, the service will initially run on a **Monday**, **Tuesday,** and **Thursday** each week, moving to 5 days a week once the service is full established.   
 We are also pleased to confirm that there will be **transport available** for clients who need support with getting to us.  To find out more or to refer a client to our Chirk Care Hub, please contact us on **01948 830 730**.  
 As our services are expanding, so is our workforce.  Therefore, we are currently looking for both **Rainbow Support Workers**, (Health Care Assistants) as well as a **Care Coordinator** to join our award-winning team.  To apply, please email [careers@therainbowfoundation.org.uk](mailto:careers@therainbowfoundation.org.uk).

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**North East Wales Conflict Resolution Service**

 An all-in-one conflict resolution and mediation service.  We are an impartial and independent service, provided by trained and accredited staff.  
 Please find attached the [poster](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=9cf9ac7904&e=006862eff8) and [leaflet](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=1e5fbb256c&e=006862eff8) for further information.  Contact for Flintshire and Wrexham:  
**Jess Ellson** [**Jess.Ellson@thewallich.net**](mailto:Jess.Ellson@thewallich.net)  
**Conflict Resolution Service**   
Richmond House, 31 Grosvenor Road  
Wrexham, LL12 1BT

|  |  |
| --- | --- |
| **Tel/Ffôn:** | 01978 353495 |
| **Mob/Ffôn:** | 07443 178800 |

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 \*\***Jess will be based in the Community Hub, Rivertown Church, Shotton on a Friday morning**. \*\*

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**Research, Innovation, and Improvement mapping  
 Health and Social Care**

 In partnership with The North Wales Regional Partnership Board, Swansea University are currently undertaking a research project that aims to identify all Health and Social Care related - Research, Innovation and Improvement activities, currently ongoing across the North Wales region. The information collected will then be used to inform the development of regional services.  
 Such activities could include the **creation of new products, processes or services, PHD or Masters research projects, service evaluation efforts or simple improvement/change initiatives to better the quality of health and social care services in your region.**These may stem from any type of organisation, whether it be the voluntary sector, universities, local authorities, or NHS Wales.  
 If you are involved in any such activities, **we would really like to hear from you.** This could provide a great opportunity to **showcase your good practice and drive positive change** across health and social care services in Wales.  
 Thank you to all who completed the survey we circulated. There is also an opportunity to have a one-to-one interview on this area as well, which we would be very grateful for any attendance of this. The interview will take approximately 30 minutes of your time. To book a slot, click the link here [https://doodle.com/mm/jamesbourne/interview-booking](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=d623227deb&e=006862eff8). The closing date for this is **28/2/2022.**   
 This research project has received a favourable opinion from Swansea University Sub-Ethics Committee (project reference 2020-0051). For more information on the research being conducted please see the [participant information document](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=0c6a521ccf&e=006862eff8)or contact [james.bourne@swansea.ac.uk](mailto:james.bourne@swansea.ac.uk).

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**Understanding Services for Victims of Crime Survey**

 The Understanding Services for Victims of Crime survey is now live until **28th February 2022**.  Link to online survey: [https://www.surveymonkey.co.uk/r/VNA\_survey22](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=e42d608362&e=006862eff8)

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**Have your say on Welsh Government’s  
draft Learning Disability Action Plan**

**Learning Disability Wales wants to hear your views on Welsh Government’s draft learning disability action plan by 21 February 2022.**   
 Welsh Government is developing a learning disability action plan that sets out the policy priorities for the next 5 years. They want your views on this action plan to make sure it focuses on the issues that are important to the people of Wales, including people who access learning disability services and those who provide this essential support.  
 Welsh Government worked with the ***Learning Disability Ministerial Advisory Group (LDMAG),*** which Learning Disability Wales is a member of. To develop the draft action plan, [Link to further information](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=3931cd090c&e=006862eff8): https://us6.campaignarchive.com/?e=c6ffd59f2b&u=1a71a09a2cce5d8a66a52d127&id=d163e9a557

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**Galwad am Gynnwys ar gyfer E-Fwletin Chwefror**  
**PHNC February E-bulletin Call for Content**

 For our February e-bulletin we would welcome articles on national, regional, or local initiatives which focus on changes to build and natural environments and the impact on health and well-being.  
 Click: Public Health Cymru for further information  
Ar gyfer e-fwletin mis Chwefror, byddem yn croesawu erthyglau ar fentrau cenedlaethol, rhanbarthol neu leol sydd yn canolbwyntio ar newidiadau i amgylcheddau adeiledig a naturiol a’r effaith ar iechyd a llesiant.

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**Seminar- Wales Faith in the Future:  
innovative ways to raise funds and income**  
**Tuesday, 8 March 2022 From 13:30-16:00**

 National Churches Trust & Welsh PoW Forum are working together to deliver three FREE seminars for places of worship across Wales.  
 This WALES Faith in the Future Seminar will share ideas and help you discover new ways to fundraise and generate income for places of worship across Wales.  
Fundraising is, as always, a huge challenge in 2022. Whether you're thinking about contactless giving or wondering how to generate income from visitors there's lots of advice and support available. In this seminar, our speakers will offer advice and practical examples to help you:  
 Refine your ask for donations (how, where and when to ask).  
Hear how other places of worship are making the most of giving technology (contactless, online giving etc) .  
Identify ways and means to raise income from activities.  
Everyone involved in places of worship across Wales is invited to attend.  
 This event is FREE for everyone, please share your invite with anyone you think might be interested.  
 To book a free place: <https://www.eventbrite.co.uk/.../faith-in-the-future...>

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**New Bump and Baby courses in Flintshire and Wrexham**

**NEW: Prams Group (incorporating** [**‘You & Your Baby’ sessions**](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=38d05f85a2&e=006862eff8)**)**  
 **March - April Group**  
6 sessions over 3 weeks - starts 28th March; ends 5th April 2022  
Mondays and Tuesdays | 10:30am - 12:00pm  
Access online via Zoom video conferencing software  
 **NEW: PRAMS Group (incorporating** [**‘You & Your Bump’ sessions**](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=f924419a47&e=006862eff8)**)**  
 'You & Your Bump' involves several FREE weekly sessions aimed at improving how you feel so that you enjoy your pregnancy and future life as a parent. The group also provides a great opportunity to connect with other people online preparing for parenthood.

* Session 1: Expectations, Should's and Ought's
* Session 2: Understanding your feelings
* Session 3: The Vicious Cycle
* Session 4: Bonding with your baby
* Session 5: Planning for the arrival

**March - April Group**  
5 sessions over 3 weeks - starts 28th March; ends 4th April 2022  
Mondays and Tuesdays | 1:00pm - 2:30pm  
Access online via Zoom video conferencing software

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**Tesco Community Grant**

 Tesco are inviting local community groups across the regions of North Wales to apply for funding, with a focus on:  
 •             young persons and families,  
•             food poverty and  
•             food insecurity  
 The grant is open to all registered charities and not-for-profit organisations, with priority given to projects that provide support to young people, we are looking for applications for your local store. Grants are awarded through a public vote in store, the 1st place project will be awarded a maximum available amount of £1500, with £1000 and £500 also available for 2nd and 3rd places.  
 The online application is available on the website: [https://tescocommunitygrants.org.uk/](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=be4d2b5e6d&e=006862eff8)  
 The guidance and advice for the grant is here: [https://docs.google.com/document/d/1\_gCLGVkpswQ9x6INcmRyHdh05cgdzLnZDPmBZj7O9iw/edit](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=1a0da4e89a&e=006862eff8)    
 If you have any queries about the grant please contact Geraint Hughes: [Geraint.Hughes@groundworknorthwales.org.uk](mailto:Geraint.Hughes@groundworknorthwales.org.uk)

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**This information and the information below has been supplied by Derek Jones**

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## **World Hearing Day 3rd March 2022H**

## **Theme: To hear for life, listen with care!**

**On World Hearing Day 2022, WHO will focus on the importance of safe listening as a means of maintaining good hearing across the life course. In 2021, WHO launched the World report on hearing that highlighted the increasing number of people living with and at risk of hearing loss. It highlighted noise control as one of the seven key H.E.A.R.I.N.G. interventions and stressed the importance of mitigating exposure to loud sounds.**

**The World Hearing Day 2022 with the theme “To hear for life, listen with care” will focus on the importance and means of hearing loss prevention through safe listening, with the following key messages:**

* **It is possible to have good hearing across the life course through ear and hearing care​**
* **Many common causes of hearing loss can be prevented, including hearing loss caused by exposure to loud sounds​**
* **‘Safe listening’ can mitigate the risk of hearing loss associated with recreational sound exposure​**

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**Lovely photos from Alison**

“These are the pics we took on a lovely sunny walk along Crosby beach recently.

We spotted the Ruabon bricks in the rubble near the sand dunes, amazingly still visible after the bombing of Liverpool

during world war 2.

Kind regards, Alison (Hamlington)”

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And one from Tony Marsh:

“One of the bobsleigh

teams practising for

the Winter Olympics”

!

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Best wishes everyone, Sybil.**