

RUABON NEWS LETTER 413

28.02.2022

The following poem for St David's Day by Niomi Parsons is from 'Love Wrexham' Magazine

Dydd Gŵyl Dewi Hapus or Happy Saint David's Day,
 Which sentence will you say?
 Cennin Pedr means Daffodil,
 The beautiful yellow flowers on top of the hill.
 Cenhinen means Leek,
 The green and white vegetables which are sleek.
 Saint David restored a blind man's sight,
 And formed a hill, which was quite a fright.
 Wales is the place to be,
 So, come along and speak Welsh with me.
 By Niomi Parsons



Thank you Alison Hamlington for this very appropriate photo, approaching Ruabon.

Friends of Ruabon



Carried out their monthly litter pick on Saturday around



in

Ruabon in bright sunshine, but a very cold wind.
 The community litter-pick group collected 19 orange bags of rubbish, total, plus a great many large items in just two hours



The fly tipping, just off the High Street, will be reported.

Daniel, (pictured left) is very enthusiastic working with his dad and is the youngest member of the group, he is very adept at using the litter picker, which is just one of the smaller items supplied especially for children.



Air Cadet gets High Flying Opportunity

Ruabon Air Cadet Sergeant Lewis Hughes is awarded a prestigious scholarship

- Lewis Hughes was recently promoted to Cadet Sergeant
- He recently applied for and has now been awarded a place on the Air Cadet Pilot Scheme
- The Air Cadet Pilot Scheme (ACPS) gives cadets the opportunity to learn flying skills and gain hours towards their Private Pilot's License (PPL)

Lewis Hughes from 1251 Squadron in Ruabon, Wrexham was recently promoted to Cadet Sergeant. His good fortune did not end there as he has now been awarded an incredibly lucrative flying scholarship.

The Air Cadet Pilot Scheme (ACPS) has limited places every year and is the "pinnacle of aviation training" for RAF Air Cadets. Heavily contested across the country, cadets must stand out from their comrades to secure a place. Cdt Sgt Lewis Hughes was one of those who stood out amongst the rest to gain his place.

Cdt Sgt Hughes will now be given the opportunity to attend flight training where he will undertake several hours of flying experience. Additionally, he will also participate in ground training which is essential for pilots. The ground training and flying hours can all be used towards him gaining his Private Pilot's License (PPL).

(Information from:

CI Ethan Jones | Training Officer | 1251 (Berwyn) Squadron, Ruabon).

(if you are interested, please see all the details below

(and it is not only for the boys!)



1251 (Berwyn) Squadron RAF Air Cadets

"1251 Berwyn are having a recruitment night on 14th March 2022 at 1900GMT to offer exciting opportunities for **ALL** young people aged 12* - 17.

If you or someone you know is interested, then come down and see what the RAF Air Cadets can offer! We parade every Mondays and Thursday from 1900 - 2100.

1251 Squadron is located at The Green, B5605, Ruabon, LL14 6DP.

For more information, contact oc.1251@rafac.mod.gov.uk or call 01978 821191 on Mondays and Thursdays 1900 - 2100.

*12 year olds must be in year 8".

THE FIELD CLUB

is to meet again on
Tuesday, March 15th
in the Church Hall at 2pm, when

Graham Greasley

Will give a talk on



"Thomas Telford"



National Forest Programme

Working together with the Woodland Trust, we have launched an initiative to offer every household in Wales the chance to plant a native tree in their garden.

We hope individuals and local community groups will become involved in the National Forest Programme. The first trees will be available to collect from March 2022.

First trees collected in Wales as part of ambitious give-away to fight climate change

As part of a joint Welsh Government and Woodland Trust initiative "My Tree, Our Forest", every household in Wales will be offered a tree, at no cost to help tackle the climate crisis.

All trees planted will also contribute to the [National Forest for Wales](#).

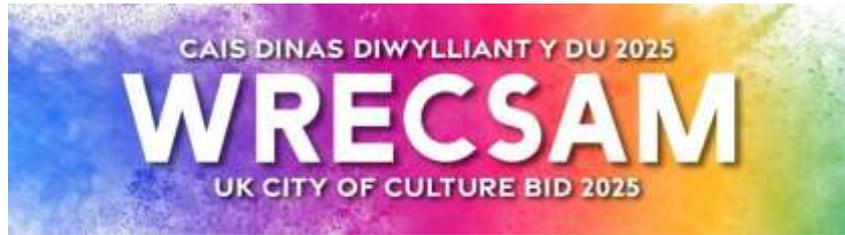
The first 5,000 trees are available for the month of March 2022 on a first-come, first-served basis. They are native, broadleaf species that will become small-medium sized trees suitable for gardens and smaller spaces.

Collect your tree from: **Wrexham Location:** [Erlas Victorian Walled Garden](#), Bryn Estyn Road, Wrexham, LL13 9TY

Show location on [Google maps](#).

Access: pickup point is a shed close to the entrance to the walled gardens. On-road parking is available, and access is good.

Opening times: Monday to Friday during March 10am to 3pm.



SCAM ALERT: DON'T GET FOOLED BY FAKE AMAZON EMAILS



Please don't follow any links which lead to genuine looking phishing websites that are designed to steal your login credentials as well as personal and financial information.

Roger Mapleson, Wrexham Council's Trading Standards and Licensing Lead, said, "No reputable organisation will ask you to share personal information over email or text. If you need to check that it's a genuine message contact them directly.

"Unfortunately most people are likely to receive fake e-mails from time to time that appear to be from Amazon or from other well-known on line retailers or business organisations. Always exercise extreme care with any unsolicited e-mail. Don't follow links and don't provide any personal information."

The warning comes after Action Fraud received over 2,000 reports in one week about the fake emails!

If you spot a suspicious email forward it to the Suspicious Email Reporting Service (SERS) - report@phishing.gov.uk.

For more information

see <https://www.ncsc.gov.uk/collection/phishing-scams> the website of the National Cyber Security Centre.

SEE THE WORLD BUILT IN LEGO® BRICKS

They are one of the most recognisable and successful toy companies in the world - but did you know LEGO® bricks used to be manufactured here in Wrexham? Initially the world-famous bricks were



produced in a factory on Hugmore Lane on Wrexham Industrial Estate. Later LEGO built a new UK distribution centre on Ruthin Road.

The Ruthin Road site in particular is still fondly remembered by many local people. Who could forget the iconic, giant LEGO bricks that once stood next to the entrance?

To celebrate this historic connection between Wrexham and the Danish toy manufacturer Wrexham Museum will be hosting *Brick Built*, a touring exhibition by Warren Elsmore featuring his team's models of famous buildings, monuments and structures made from LEGO bricks.

The exhibition will include Warren's LEGO museum containing models and products from the early years of the company up to the present day.

Naturally there will be an area in the gallery where you can build your own LEGO models. Look out also for news of the special events days during the exhibition!

[Thank you Paul Tincello for the following information from NE Wales](#)



North East Wales Wellbeing Network
Rhwydwaith Lles Gogledd Ddwyrain Cymru



[AVOW Training: Emergency First Aid at Work](#)

I attach information on the latest available dates for the [Emergency First Aid at Work training](#) at AVOW, 21 Egerton Street, Wrexham. The training offered is at a reduced price but if you work in Wrexham in an environment which alleviates poverty in any way, the places for 23rd March and 6th April will be free when the funding ends.

New Well-being Club and Drop-in session at the Luke O'Connor House Centre every Tuesday

**Community agent for Offa community council support
& advice service 11am-11.45 3pm -4pm**

**Email or ring for an appointment email:
communityagent@offacommunitycouncil.gov.uk
07803244614**

**Over 50's Wellbeing club
in The Luke O'Connor
House every Tuesday 1 pm
-3 pm**



Play 2 games of Naps
£1.00 a go each if you
want to

*You too can make some of these if you
want to*

for further info contact 07803244614
community agent for Offa

*Free admission and Free tea and coffee
and juice and cakes
Raffle everyone gets to win*

**Offa Meet&Greet over 50,s club At Bellevue
Parciau Community centre in Bellevue Park**

The wellbeing club every
Thursday 1pm - 3pm starting
back on 13th January 2022
All Art and Craft items are Free to use

Annmarie
Offa Community
Agent

07900187524

communityagent@offacommunitycouncil.gov.uk

Offa community

Offa area assistance

What Antenatal Education options would you like to see?

Since the start of COVID, we have revised the way we deliver Antenatal Education, and we know that a lot of parents-to-be like the option of online sessions alongside the information given in their individual midwife appointments.

With your help by completion of this survey, we would love to develop our antenatal education package further, across all areas of North Wales, to meet service users' needs to provide a first-class service.

<https://www.smartsurvey.co.uk/s/MaternityAntenatal/>

Survey closing date - 27 February

Pa opsiynau Addysg Cyn-Geni fysech chi'n hoffi gweld?

Ers cychwyn y pandemig COVID, rydym wedi adolygu'r ffordd rydym yn darparu addysg Cyn-Geni ac rydym yn gwybod bod nifer o rhieni-i-fod yn hoffi'r opsiwn o fynychu sesiynau ar-lein yn ogystal a derbyn gwybodaeth yn eu apwyntiadau bydwaig.

Gyda'ch help chi wrth gwblhau'r arolwg hwn, rydym yn anelu i ddatblygu ein pecyn addysg Cyn-Geni ymhellach ar draws Gogledd Cymru, er mwyn cwrdd ag anghenion defnyddwyr y gwasanaeth ac i ddarparu gwasanaeth o safon uchel.

<https://www.smartsurvey.co.uk/s/MaternityAntenatal/>

Dyddiad cau'r arolwg - 27 Chwefror

Tips from the Groundwork Energy Team and Half-Term fun

This month we have lots to tell you about, with tips from the Groundwork Energy Team, half-term activities and the exciting new Repair Sessions at Refurbs Repair and Reuse Centre,

Buckley. www.groundworknorthwales.org.uk

Energy Saving Tips

- [Wild Ground half-term fun](#)
- [Half-term at Caffi Cyfle, Alyn Waters Country Park](#)
- [Repair sessions at Refurbs Buckley](#)

- [Venue in the Park, Alyn Waters Country Park](#)
- [Volunteers needed - Connah's Quay](#)
- [Funded courses in Flintshire](#)

Social Care Recruitment Event - Thursday 24th February 2022

Come along to our Social Care Recruitment Event, open to any job seekers or those looking to progress their social care career - there is an opportunity to meet care providers on the day and find out what prospects are out there.

[Click here for further information.](#)

ACE: Building resilience in the face of adverse childhood experiences

26th April 2022/ 9:30am-12:30pm/ £65.00/Children in Wales

The 2015 report by Public Health Wales, the Welsh Adverse Childhood Experiences (ACE) Study states "There is a growing body of evidence that our experiences during childhood can affect health throughout the life course. Children who experience stressful and poor-quality childhoods are more likely to adopt health-harming behaviours during adolescence, which can themselves lead to mental health illnesses and diseases such as cancer, heart disease and diabetes later in life."

"Adverse Childhood Experiences are not just a concern for health. Experiencing Adverse Childhood Experiences means individuals are more likely to perform poorly in school, more likely to be involved in crime and ultimately less likely to be a productive member of society".

This course is aimed at professionals working with children & young people who are interested in building an understanding of ACE's.

[More information](#)

Using Dance for Health: a Short Online Free Course

Following a successful first course in July 2021 Coleg Sir Gâr, Rubicon Dance and Wales Wide Training Programme are running a second short course in Arts and Health Awareness which is online

and free to those who are eligible for PLA funding (Personal Learning Account) through Welsh Assembly Government.

[Read more on the Arts Council Wales website](#)

Adult Learning Wales New Courses

Hanes a datblygiad yr iaith Gymraeg | History and development of the Welsh language

- [Introduction to Animal Care](#)
- [Cyflwyniad I Ofal Anifeiliaid](#)
- [CIEH Food Safety in Catering](#)
- [CIEH Diogelwch Bwyd wrth Arlwyo](#)

GRANT FUNDING IS BEING MADE AVAILABLE TO SUPPORT SPORTS CLUBS AND ACTIVITIES IMPACTED BY THE RECENT STORMS IN WALES

Grants of £300 to £5000 will be available to support fixing damage to clubhouses, pitches or any equipment stored outside - caused as a direct result of the storms

Applications for support will be open from 9am on Monday 21st February and will close at 4.30pm on Monday 28th February.

Applicants will be contacted with a funding decision no later than Friday 4th March.

For further information or support, contact the Sport Wales Investments Team on BEACTIVE@SPORT.WALES or phone the helpline on 0300 3003102, Monday to Thursday, between 10:00-12:30 & 1:15-16:00.

KFC Foundation

Not-for-profit organisations near KFC's can apply for grants of between £200 and £2,000 for projects which empower disadvantaged young people in the UK to fulfil their potential. They would welcome applications for projects which:

- Benefit young people aged 11-25 years old.
- Supports those in a position of social disadvantage (i.e., care leavers, those experiencing homelessness, young carers, young

parents, young people at risk of or with experience of the criminal justice system).

- Empower young people to fulfil their potential and build a positive future by providing spaces that allow young people to feel safe and secure, helping them to unlock talent, build life skills, provide mentoring, and improve their chances to gain meaningful employment.
- Are local to a KFC restaurant (In Flintshire this is in Queensferry)
- Will demonstrate positive results from their project within 12 months of our funding being received.

Expressions of interest must be submitted via a two-minute video and a short application form by the 13th March 2022

[The KFC Foundation Community Grants | Applications Now Open](#)

Don't forget to check the [Current Vacancies page](#)

on the FLVC website and the [Jobs](#) page

on the AVOW website!

The following information was taken from

Ysgol Rhiwabon's Website: www.ysgolrhiwabon.co.uk...

This School ALWAYS supports the community and encourages its pupils to think of others. As I walked home from the Village today during 'home time' NOT ONE pupil was behaving badly all were happily conversing with each other, I was truly amazed.

Such a difference from times gone by!






The Rainbow Foundation

starting from 14th Mar

remain active and independent in your home

4 locations available

- Chirk Parish Hall
- Marchwiel Village Hall
- Penley Rainbow Centre
- Plas Madoc

Active Futures

FREE strength and balance classes promoting independence in later life

Are you:

- aged 65 and over?
- at risk of a fall or have fallen in the past?
- living in the Wrexham South Maelor area?
- nervous or anxious after a fall?

If, so our physiotherapist led Active Futures group exercise sessions promote:



muscle strength



balance



postural stability



flexibility



social connections

Meeting **twice a week for 12 weeks**, this programme is designed to enable participants to **remain active and independent** in their homes.

Join us in a **safe environment** while you learn about **preventing falls** and **staying healthy** as we age. Stay for a **coffee and chat** and enjoy some **peer support** from your fellow participants.

Call us on **01948 830 730** to find out more and **refer yourself today** or email us at [**activefutures@therainbowfoundation.org.uk**](mailto:activefutures@therainbowfoundation.org.uk)

Rainbow Centre Penley, Whitchurch Road, Penley, Wrexham, LL13 0GB
Tel: 01948 830730 – www.rainbowcentrepnley.org.uk

Charity number: 1100 479



Climate Change Bulletin



The First Minister has announced the planned locations of Wales' first commemorative woodlands to remember all those who have died during the pandemic.

First trees collected in Wales as part of ambitious give-away to fight climate change and the first people in Wales have started to collect trees as part of an ambitious Welsh Government project to fight climate change.

The collections started on Friday, February 25 in Cwmbran and will run throughout March at five regional hubs as part of a pilot.

ALSO:

1. Lord Burns to lead north Wales transport review.
2. £8.1bn to support green infrastructure.
3. £1.3 million funding boost for community transport schemes.



Plaque spotted en route to Chirk Castle, by Alison Hamlington

"I was out with my walking group on a circular walk around Chirk today. I saw this plaque & thought it quite a fitting photo for this week. The person who unveiled it was the lovely late Aled Roberts whose funeral took place on Friday." Alison.



This is a message I received today:

"Sunflowers are the national flower of Ukraine. Let's all share them over the Internet".

Thank you,
Sybil (Bremner)