

RUABON NEWS LETTER 424



16.05.2022

At the Ruabon WI May meeting: Dawn Hughes Lloyd, of the Ruabon Medical Centre, and Julie Reeves, Assistant Manager, had been invited to speak about their work

Dawn explained how the management of the Medical Centre has changed since its takeover at the beginning of lockdown, but she did **NOT** mention the gigantic task which first confronted her when she took over this role.

However, since Julie was appointed, they have worked together and achieved their goal in managing to show how attitudes to patients have changed and how all the staff now show that they have the utmost respect and care for patients.

They did point out that patients are still requested to wear face masks simply to protect other vulnerable patients attending the surgery.

WI members were able to speak up, to put their questions - and all received positive answers.

The meeting finished with a resounding clap for the visitors from all members; tea, coffee and biscuits were served, followed by a quiz.

Just some of the questions answered:

Ruabon Medical Centre now has a 1st class website which is updated regularly: <<https://ruabonmedicalcentre.co.uk>>

If patients need to contact the surgery it is not necessary to do so before 10.30am when the lines are at their busiest and patients have to wait in a queue. You can **now** telephone **01978 823717** at any time during the day and the lengthy message about Covid will be shortened (this may have been done already!)

Patients can now send an email: <Enquiries.W91043@wales.nhs.uk>

Information booklets in Welsh and English are attached, also available from Ruabon Library for those unable to download the attachments.

Ruabon W.I Quiz

Held at Ysgol
Rhiwabon

On Friday 20th May 2022

Doors open 6:30pm Start 7:00

Cost £3 each Maximum 4 per team

Refreshments included

All proceeds to Arya's Tunnel

To Book a table please call 01978 822089





Ysgol Rhiwabon

Success on Track and Field

16th May 2022



Ysgol Rhiwabon student's enjoyed a great day at the Athletics Championships at Queensway, Wrexham recently.

All of the students performed excellently and represented the school brilliantly!

In the team competition the Junior Girls and Middle Boys came 5th, the Junior Boys and Middle Girls came 3rd.

There were some standout individual performances, with several students winning their events.

Special mention must go to Poppy Bostock, Year 11 and Lucy Jones, Year 9, winning the Victrix Ludorum in their age groups.

Jack Steven, Year 10, won the 100m and broke a 41 year old county record in the process!!

Special mention must also be made for the following students-

Lucy Jones - Long Jump 1st, 100m 1st, 200m 1st

Poppy Bostock - Long Jump 1st, Triple Jump 2nd, 200m 2nd

Cameron Williams - 100m 2nd

Danny Lennon - High Jump 1st, Shot put 2nd

Marco Williams - Triple Jump 2nd, Long Jump 3rd

Sienna Edwards - Discus 2nd

Millie Bennion - 300m 2nd

Tom Savage - High Jump 1st, Long Jump 2nd

Ellis Brocklesby - 800m 2nd

(Picture of Poppy Bostock and Lucy Jones with their awards)



ENDS



Ysgol Rhiwabon

May 16th 2022

Success on Track and Field for Lucy

Lucy Jones, won the North Wales

Championship 300m gold medal in a personal best time of 43.46 seconds, and also achieved a silver in the long jump with a 4m 66cm jump yesterday.

The championships were held in Bangor (Menai T&F).

Lucy will progress to compete in the Welsh Championships in Cardiff in June in the following events -

- 200m
- 300m
- Long Jump
- Triple Jump

The school wishes Lucy the best of luck for the Championships -

Picture of Lucy Jones with Gold and Silver Awards. **ENDS**

Ysgol Rhiwabon: Media enquiries about Ysgol Rhiwabon should be directed to Giles

Evans, Business Manager on Evansg341@hwbmail.net

Ysgol Rhiwabon, is an open entry secondary school, on the Shropshire / Wrexham border, with just over 550 students.

Set in 17 acres of grounds with significant playing fields, tennis courts and a multi-use games area.

The school recently gained the prestigious Princes Teaching Institute Leadership Programme Mark and is the only secondary school in North Wales in the PTi.

The PTi

Media enquiries should be directed to Madeleine Mann at madeleinem@blj.co.uk

The Subject Leadership Programme recognises and facilitates the achievement of excellence in schools and is an expansion of the annual Subject Enrichment Residential run by the PTi. The PTi was constituted in 2006 as a registered charity



(1116224) to provide more systematic support for teachers. It works in strategic partnership with the University of Cambridge. See www.ptieducation.org.

RUABON BOWLING CLUB RESULTS

Maes-y Llan Lane, Ruabon.



Oswestry League - Division 2

10th May: Ruabon - 8 v. George - 2

Wrexham and District Bowling League Division 1

14th May: Esclusham - 9 v. Ruabon - 3

Wrexham Veterans - Division 4

10th May: Garden Village - 7 v. Ruabon - 3

Wrexham Pairs League - Division 1

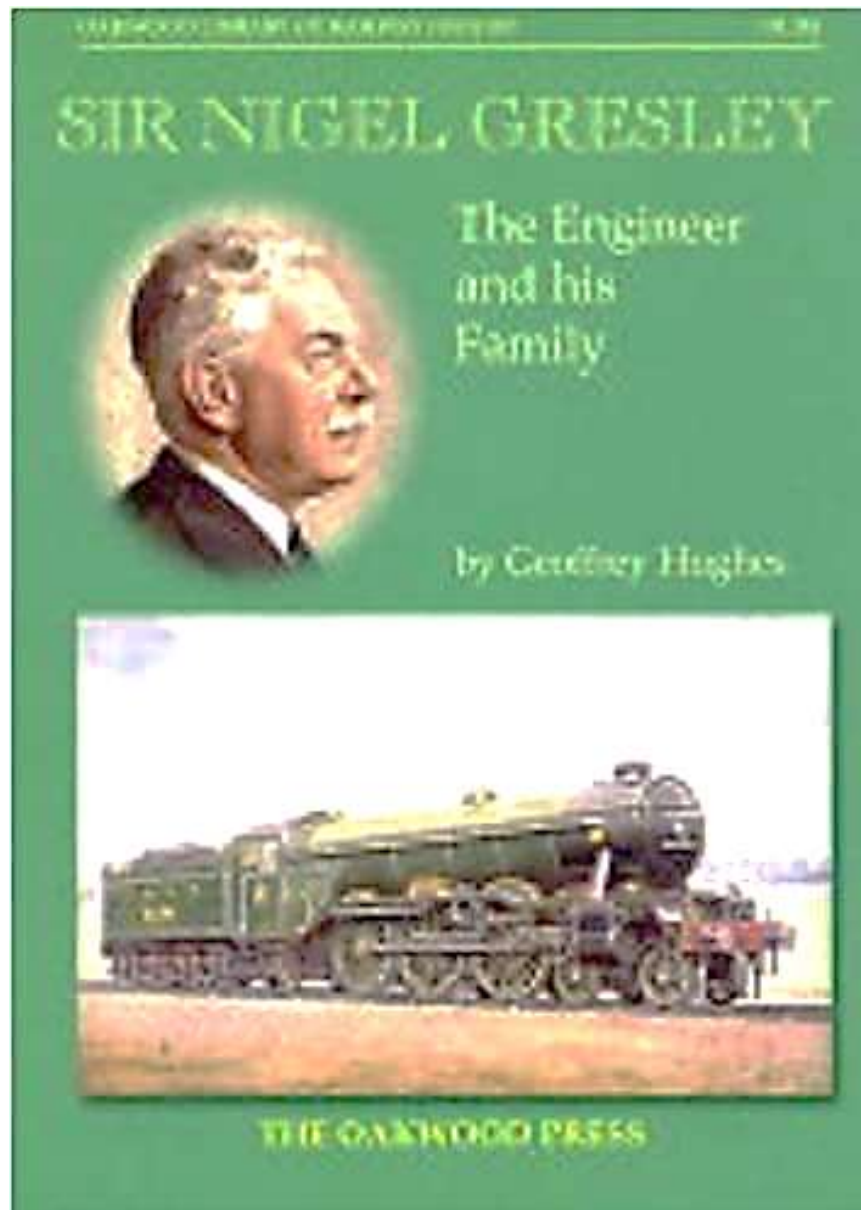
16th May: Ruabon ? v. Esclusham A ? Results next week

Crown Green Bowls

is for everyone and is indeed a family sport, with all ages able to play together, so if you are looking for something to do, want to know more, or a chat about it

then please contact: Paul Tincello on 07841 688820

- 'SIR NIGEL GRESLEY' -
STEAM LOCOMOTIVE
WILL PASS THROUGH RUABON
STATION AT 11.00-11.02
TOMORROW ON TUESDAY 17TH MAY
(THANKYOU TO MIKE JONES FOR THIS INFORMATION)



WE WELCOME TO WREXHAM, A PANEL OF EXPERT JUDGES FROM THE CITY OF CULTURE COMPETITION.

May 11, 2022



The panel will be touring the county to get a flavour of Wrexham as part of their decision making process as to who to award the honour of hosting UK City of Culture 2025.

We hope to give the panel a feel for what Wrexham, and our bid is all about. Winning the competition would mean

that the prestigious UK City of Culture title would come to Wales for the first time. Wrexham would become the focus of culture for the entire UK for a whole year! Bringing huge benefits to the Region. DCMS Will be sharing news on the visit across their social media platforms: Twitter: @DCMS Facebook and Instagram:/dcmsgovuk LinkedIn: Department for Digital, Culture, Media and Sport We will be sharing images and content on the WCBC Twitter @WrexhamCBC using the #tag #Wreccsam2025 #cityofculture2025 You can find more information on our bid and how to get involved - by visiting wreccsam2025.com.

Thank you to Paul Tincello for this information



RHS Campaign for School Gardening

Bring your artistic side to life this

[#MentalHealthAwarenessWeek](#) with our new resource -

The Creative Gardener

Developed in collaboration with The Art Room at Place2Be, this hands-on resource will help your pupils build their confidence and self-belief through the power of art and growing.

Download your activity guide to get started at
[The Creative Gardener / RHS Campaign for School Gardening](#)

Welsh Government Consultation: Welsh Quality Housing Standard 2023

We want your views on the proposed new standard to improve the quality of social homes in Wales.

We are consulting on:

- Updated legal requirements.
- Increased requirement for flooring and consideration of biodiversity and water poverty.
- Changes to energy efficiency requirements.

[Link to consultation documents.](#)

Consultation ends: 3rd August 2022

Welsh Government Consultation: Coal Tip Safety (Wales) White Paper and Online Consultation Events

We want your views on our proposals for a new statutory regime for managing disused coal tips.

The proposals aim to introduce a consistent approach to the management, monitoring, and oversight of disused coal tips. We are consulting on:

- A new legislative management regime for monitoring and maintaining disused coal tips; and
- Establishment of a new public body to ensure compliance with and consistent delivery of a new management regime.

We will be holding consultation events to explain our proposals and answer questions. To register for one of our online events, please go to the [event page on Eventbrite.](#) [Link to Consultation documents.](#)

Consultation ends: 4th August 2022.

Charity Campaign aims to support 1 million children doing School Sport

The Youth Sport Trust is asking teachers, parents, and organisations across the UK to help every child to find a place to belong on [National School Sport Week](#) this summer.

The UK is facing a 'new pandemic' of loneliness, rising mental health needs, and childhood inactivity. In a bid to get more young people to have fun doing sport and find their place within it, the children's charity has announced its annual campaign is back between the 20th and 26th of June.

On the week itself, the charity will run a series of 60 second interactive challenges to help schools foster a sense of belonging and encourage children to have fun.

'Claim What's Yours' Campaign

Families across Wales are feeling the strain on their household budgets due to the rising cost of living, making that extra bit of help more important than ever. Many people are unaware they may be entitled to benefits that could offer the support they need.

'Claim What's Yours' campaign aims to:

- Raise awareness amongst those on lower incomes, or those affected by the cost-of-living crisis, that they could be missing out on funding they are entitled to claim.
- Encourage those individuals to call [Advicelink Cymru](#) for free, independent financial advice and support.

Thousands of people in Wales are entitled to more benefits.

Many people are unaware they may be entitled to benefits that could offer them the support they need.

If you are unsure about what benefits you can claim, Advicelink Cymru can help you check and claim what's yours.

Get in touch with one of our advisors today by calling our free helpline on [0808 250 5700](#).

Ending physical punishment in Wales:

We want to hear from you about communicating and raising awareness with children and young people

21st March 2022 was a momentous occasion in Wales, where children's rights were further protected, and all physical punishment became illegal.

Here, at [Children in Wales](#), we are working on a project to make sure that children and young people of all ages hear about these changes, in a way which is appropriate and sensitive to their needs.

We are working with children and young people themselves, through young advisory groups, but we would also like to hear from professionals who work with them about how we can make sure we get this right.

We have created a short survey for professionals who work in the children and young people sector, which you can find here <https://forms.office.com/r/j30JYQ5yt7>

We would be very grateful if you could complete this survey so we can better understand your needs and ideas as professionals, in sharing information on ending physical punishment with children and young people in Wales.

If you would like any further information on this project, please get in touch with: elaine.speyer@childreninwales.org.uk.

If you would like to learn more about the changes in legislation, you can find out more here: <https://gov.wales/ending-physical-punishment-children>

Webinar: Fair work for health, well-being, and equity what should we do?

Recommendations from an expert panel

15th June 2022/2:00pm–3:00pm

The nature of work affects us all and can either be part of the solution for a healthier more equal Wales or can contribute to psychological stress, ill health, and early death. In this webinar, you will hear experts from a panel discuss what local and regional agencies can do to influence fair work to support health, equity, good business, and the wider economy.

The Panel will be chaired by Professor Ceri Phillips, Vice Chair of

Cardiff and Vale University Health Board and will include the following panel members:

- **Professor Alan Felstead**, Research Professor, Cardiff University.
- **Dr Amanda Shriwise**, Policy Consultant, WHO Venice Office and Research Fellow University of Bremen.
- **Mary-Ann McKibben**, Consultant in Public Health, Public Health Wales/Healthy Working Wales.
- **Rhianydd Williams**, Equality and Policy Officer, TUC.
- **Sue Husband OBE**, Director Business in the Community Cymru.

Panel members will discuss their perspectives on the findings of their work on the Fair Work for Health, Well-being, and Equity Report. [Join us for this exclusive insight and the opportunity to contribute to the discussion.](#)

**N.E.W Well-being Network,
Flintshire Children & Young People's Network,
Meeting dates for 2022**

N.E.W Well-being Network meetings:

22nd June
6th September
24th November

Meetings begin at 9:45am. Venues to be confirmed

To register, email: karen.peters@flvc.org.uk

Flintshire Children and Young People's Network meetings:

7th July
11th October
14th December

Meetings begin at 9:45am. Venues to be confirmed

To register, email karen.peters@flvc.org.uk

Community Art Session - Saturday 21st May 2022

Come along to a **Community Day** at **Denbigh Sensory Garden,**
Lower Park on **Saturday, 21st of May 2022.**

Come and make Forget Me Nots, Felt Making, and Wire Dip Making.

EVERYBODY WELCOME!

Vision Support Community Information Service June Schedule

Please find attached the June schedule for Vision Supports Community Information Service. Which you can also find on our website <http://visionsupport.org.uk/community-information-service/>

Although we always try to keep to our advertised schedule, it can be subject to last minute changes, additions, or cancellations.

To avoid disappointment, it is advisable to telephone 01244 381515 or keep up to date on our website and social media pages:

Facebook <https://www.facebook.com/visionsupportcharity>

Twitter https://twitter.com/_VisionSupport

Stroke Association Next Steps Project

My name is India Percival I have recently come into post as the Next Steps Officer.

The Next Steps project is picking up from where the Community Steps project left off. I am creating clubs and groups for those effected by stroke across Wales. If you would be interested in learning more about the project, we do have a monthly directory, or please feel free to ask me. And if you would like to refer into my service you can do so via this Link and fill in the form:

<https://www.stroke.org.uk/webform/camau-nesaf-next-steps>.

If you have any queries, please feel free to contact me on 01745 508531 or 07342049991.

Comic Relief Information Session

After the delivery of a successful pilot scheme, Comic Relief has confirmed a new round of funding to fund community led action bringing about positive, lasting social change throughout Wales. Come and join CVSC for a free online information session for applicants. We will review the guidelines and discuss any queries you might have

When: 2:00pm on Wednesday 18th May 2022

Where: Zoom - Register here to book your place

CVSC Events/ Eventbrite

For more information about Comic Relief please visit [CVSC - Comic Relief Community Fund](#)

Sesiwn Wybodaeth Comic Relief

Ar ôl cyflwyno cynllun peilot llwyddiannus, mae Comic Relief wedi cadarnhau rownd newydd o gyllid i ariannu gweithredu a arweinir gan y gymuned gan sicrhau newid cymdeithasol cadarnhaol, parhaol ledled Cymru. Dewch i ymuno â CVSC am sesiwn wybodaeth ar-lein rhad ac am ddim i ymgeiswyr. Byddwn yn mynd trwy'r canllawiau ac yn ateb unrhyw gwestiynau sydd gennych.

Pryd: 2:00yp ar Ddydd Mercher Mai 18ain 2022

Lle: Zoom - Cofrestrwch yma i archebu eich lle [CVSC Events/ Eventbrite](#) Am fwy o wybodaeth am Comic Relief ewch i [CVSC - Cronfa Gymunedol Comic Relief](#)

Co-op Local Community Fund

Open to not-for-profit groups and organisations that deliver a project to benefit your local community.

You can apply if your project:

- Brings people together to access food.
- Helps improve people's mental well-being.
- Creates opportunities for young people to be heard and make a difference
- Helps people protect local biodiversity or tackle climate change by reducing carbon emissions.

Deadline: 29th May 2022. Google: Co-Op local communities fund.

Help for Homeless Grants

Grants of up to £5,000 are available to Registered Charities whose aim is to help homeless people return to the community and enabling them to resume a normal life. Small and medium sized charities running residential and/or training facilities are invited to apply for capital grants to improve their facilities.

Grants have previously been given for bedroom furniture, new lighting, new water heater and redecoration to residential and

training Centre's that host activities to help the homeless.

Applications are considered 4 times a year, and the deadlines are: 15th March, 15th June, 15th September, and 15th December each year.

[Help The Homeless/ Funding Wales.](#)

Llyfrgrell Rhiwabon/Ruabon Library

High Street, Ruabon, LL14 6NH

☎01978 822002

✉ruabon.library@wrexham.gov.uk

Opening Hours

Monday 12.00pm - 5.00pm

Tuesday Closed

Wednesday 12.00pm - 5.00pm

Thursday 9.00am - 1.15pm

Friday 12.00pm - 5.00pm

1. Gwau a Sgwrs

2. Dydd Gwener 2pm-4pm

Knit and Natter

Fridays 2pm - 4pm

Grwp Sgwrsio

Dydd Llun 2pm - 3pm

Welsh Second Language Conversational Group

Mondays 2pm - 3pm

Stori a Chân: Dydd Llun 1:15pm

Story and Rhyme: Mondays 1.15pm

The Ruabon Readers: Reading group
Meet on the last Wednesday of the month,
from 2-3pm.

Old and new members are warmly welcome!

Re-Start of the Scrabble Group

at Ruabon Library

on Wednesday, 4th May at 2:15pm
(then 1st Wednesday of the month)



Llyfrgell Rhiwabon

Dydd Mercher, 4 Mai, 2:15

Grwp Darllen Cymraeg

Ydych chi yn mwynhau darllen?

Fyddech chi yn hoffi rhannu a chymharu eich profiad o ddarllen?
Byddem yn hoffi eich gwahodd i gyfarfod ar Ddydd Mercher, 11 Mai
am 2yp i drafod dechrau Grwp Darllen yn Llyfrgell Rhiwabon

Bydd y grwp yn canolbwyntio ar Lenyddiaeth Gymraeg
Am fwy a fanylion ffoniwch 01978 822002



Welsh Reading Group

Do you enjoy reading?

Would you like to share and compare your reading experience?
We would like to invite you to a meeting on Wednesday, 11th May at 2pm to discuss starting a Grŵp Darllen in Ruabon Library

This group would focus on Welsh literature

For more information call 01978 822002



Ruabon Readers



Mae ein clwb llyfrau eich angen chi!

Mae ein clwb llyfrau eich angen chi! I gael sgwrs gyfeillgar gyda phobl eraill sy'n hoffi llyfrau, dewch i ymuno â Ruabon Readers ar **dydd Mercher olaf y mis** am **2 yp**. Te neu goffi ar gael.

Our book club needs you!

For a friendly chat with other book lovers, come and join Ruabon Readers on the **last Wednesday of the month** at **2pm**. Tea or coffee available.



Member of Parliament for Clwyd South, Simon Baynes MP, has welcomed a new Conservative campaign to boost the take-up of Pension Credit in Clwyd South as part of wider support with the cost of living.

Pension Credit is a top-up for our most vulnerable pensioners that is worth an average of £3,300. As well as a cash top up to the State Pension, it is a passport to a suite of other benefits such as help

with housing costs, council tax reduction schemes, heating bills and a free over-75s TV licence.

There are already 2,000 claimants of Pension Credit in Clwyd South but we know around 25 per cent of people who could claim the extra help do not currently do so.

To help, the UK Conservative Government has launched a major campaign to encourage eligible pensioners, as well as those who care for and support older people, to access the help they are entitled to.

Pensions Minister Guy Opperman has written to local newspapers across the country and the Department for Work and Pensions will send leaflets to 11 million pensioners. A high-profile media day will also take place on 15 June 2022.

Pensions Credit can be claimed online, by telephone or by post. Information is available on www.gov.uk/pension-credit or by calling the Freephone Pension Credit claim line on 0800 99 1234.

Minister for Pensions, Guy Opperman MP, said:

"Pension Credit provides a vital income 'top up' for some of our most vulnerable pensioners - worth more than £3,000 on average.

"The good news is the latest figures show take-up is at the highest level since 2010 and around 1.4 million pensioners currently receive it. But there is much more to do to reach those who could claim but don't.

"That's why I've written to local newspapers across the country, produced leaflets for 11 million pensioners and will be holding a Media Day in June to ensure everybody knows where to get the extra help to which they are entitled."

ENDS

Bitesize Music Festival

21st - 22nd May 2022

ARE YOU A SINGER AGED 5 -19?
LOVE TO SING SONGS FROM
MUSICALS OR DISNEY?
WHY NOT COME AND SHOW
US WHAT YOU CAN DO!

Winners concert held
on 22nd May at the
Groundlings Theatre

Entry forms and
syllabus available by
emailing
admin@bitesizetheatre.co.uk

CAIS DINAS DIWYLLIANT Y DU 2025
WRECSAM
UK CITY OF CULTURE BID 2025

ADJUDICATORS:
George Strickland
Musical Director
Amanda Hatfield
Director

Tickets available at
tickets@bitesizetheatre.co.uk



Welsh Blood Service

There are several blood donation sessions in the Wrexham area with appointments available to book.

Please help if you can

<https://wbs.wales/RuabonNews>

Mae sawl sesiwn rhoi gwaed yn ardal Wrecsam gydag apwyntiadau ar gael i archebu.

Helpwch os gallwch.

<https://wbs.wales/RuabonNews>

Kind Regards

Debbie

Debbie Day

Cydlynnydd Ymgysylltu a Rhoddwyr / Donor Engagement Coordinator

07795 332 720 debbie.day@wales.nhs.uk

Llun-lau/Mon-Thurs 08:30-16:30

Nodwch, rwyf yn gweithio o adref ar hyn o bryd / Please note I am working remotely at the moment.

Gwasanaeth Gwaed Cymru / Welsh Blood Service

Ty Penfro, Ffordd Ellice, Parc Technoleg Wrexham, LL13 7YT

Pembroke House, Ellice Way, Wrexham Technology Park, LL13 7YT

03000 859 391 www.gwaedcymru.org.uk / www.welshblood.org.uk

Ein gwerthoedd: **BYDDU** Atebol Feiddgar Caredig Ddynamig
 Our values: **BE** Accountable Bold Caring Dynamic

Mae Ymddiriedolaeth GIG Prifysgol Felindre yn hapus i dderbyn gohebiaeth yn y Gymraeg neu'r Saesneg. A fydddech cystal â gwneud eich anghenion Iaith yn glir i ni ar ôl derbyn yr e-bost hwn a gallwn gynllunio ein Cyfathrebu yn unol â hynny. Os na fyddwch yn darparu eich dewis Iaith, byddwn yn cymryd yn ganiataol mai Saesneg yw eich dewis Iaith. Diolch

Velindre University NHS Trust is happy to receive communication in Welsh or English. Please make your language preference clear to us upon receipt of this email and we can plan our communication accordingly. If you do not provide your language preference, we will assume that your language preference is English. Thank you



Ysgrifennwch ataf yn Gymraeg neu Saesneg
 Please write to me in Welsh or English

WE ARE LOOKING FOR **YEAR 1 & 2**
SCHOLARS AGED 16+ TO JOIN OUR
 ACADEMY AND BE PART OF OUR
 SUCCESSFUL EDS & U19 TEAMS.

TRIAL DAY

30-31ST MAY 2022
 1/2 YEAR ONLY

FOR MORE INFORMATION EMAIL
 ANDY.TURNER@CEFNDRUIDSFC.COM

Ethnic communities to write stories in Welsh for young children



RUABON
COMMUNITY

JUBILEE FESTIVAL

The Queen's Platinum Jubilee
Saturday 4th June 2022
12 pm - 4 pm
On the Recreational Ground

The BIG JUBILEE GET-TOGETHER
Bring a Blanket or Chair and Meet on the Rec

With...
Food, Craft, Activities and Games

Working in Partnership with:

 **Ruabon**
Community
Council

 **FRIENDS of RUABON**
www.friendsofruabon.co.uk

The poster features a background image of a street scene with a stone building and a road. The entire poster is framed by a decorative border with a repeating geometric pattern in orange, green, and blue. The background of the poster itself is decorated with red, white, and blue confetti and streamers, evoking a festive atmosphere.



Friends of Ruabon

Published by [Lauren Naomi Sherrington](#)

🕒 · **May 4 at 8:26 PM** ·

Friends of Ruabon are currently researching and trying to identify & contact the 1952 "Rose Queen" who took part in the Ruabon coronation celebrations in 1952.

We are also trying to gather as much information and photographs of the coronation celebration as possible to share throughout the jubilee celebrations 2022.

If anyone has any has any information or photographs please either message Friends of Ruabon directly or comment below.

Thanks in advance for your help.

FoR

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

bremner.millhouse@btinternet.com

This News Letter is only as good as the items received for publication.

Please do keep sending in your news items.

Thank you, Sybil (Bremner).