

# RUABON NEWS LETTER 434

25.07.2022

The following information has been sent in by Gail Jones of  
Trains for Wales:



TRAFNIDIAETH CYMRU  
TRANSPORT FOR WALES

## Industrial Action to Impact Services on 27th and 30th July



**Transport for Wales (TfW) Customers** are being advised to plan their journeys carefully next week with services set to be disrupted by two days of national industrial action.

**The National Union of Rail, Maritime, and Transport Workers (RMT)** has announced **strike action** will take place on **Wednesday 27<sup>th</sup> July**, and the train drivers' union, **ASLEF**, has announced its members will strike on **Saturday 30<sup>th</sup> July**.

**TfW** is not involved in either dispute but its services will be affected, particularly on the 27<sup>th</sup> July, when the majority of services on the Wales and Borders network will be suspended.

## **Wednesday 27 July**

The majority of rail services across the Wales and Borders network will be suspended as a result of the dispute between RMT and Network Rail, which means TfW will be unable to operate rail services on Network Rail infrastructure.

### **An overview of TfW services:**

#### **Wales and Cross Border Services**

- The only services operating will be a Cardiff to Newport shuttle, with one train operating hourly in each direction, between 07:30 and 18:30 hours.
- Unfortunately, no other services will be able to operate.

#### **Core Valley Lines**

- Train services will operate between Cardiff Central and Rhymney, Treherbert, Aberdare and Merthyr Tydfil in an hourly service in each direction between 07:30 and 18:30 hours.
- Trains will be able to operate between Radyr and Treherbert, Aberdare and Merthyr Tydfil before 07:30 hours and after 18:30 hours (and then up to 20:30 hours due to engineering work). Road transport will enable customers to travel between Cardiff Central and Radyr in each direction outside of these hours.
- However, customers are advised there will be extremely limited road transport capacity.
- Customers are advised all train and road transport services are expected to be extremely busy due to the reduced service frequency.

*Note: This is a change from the three days of industrial action in June, when rail services started/finished at Radyr.*

There is also expected to be disruption on the days prior and after the industrial action.

## **Thursday 28th July**

Due to the shift patterns of Network Rail's signallers and the significant challenges moving trains and crew to operate between strike days there is likely to be disruption.

Customers are urged to check their journey before they travel. Online journey planners will be updated between two and four days before the first strike day. An overview as follows:

#### **Wales and cross border services**

**No trains will run before 07:00 hours on all Wales and cross border services.**

**Services are likely to be much busier than usual – particularly the first services of the day.**

**Core Valley Lines**

The first services of the day that depart Treherbert, Aberdare and Merthyr Tydfil will all be timed so they will be arriving into Radyr after 07:00 hours. No trains will run before 07:00 hours on any lines except between Treherbert, Aberdare, Merthyr Tydfil – Radyr.

No pre-planned road transport services will be in operation before 18:30 hours on Core Valley lines.

Services are likely to be much busier than usual – particularly the first services of the day.

**Saturday 30 July**

- TfW will be running a full timetable but services are likely to be impacted by strike action at other train operating companies. This could result in short-notice cancellations and changes.
- Services from Swansea – Newport are expected to be very busy due to the reduced Great Western Railways timetable. Passengers are advised not to travel unless necessary.
- TfW services Shrewsbury - Birmingham are expected to be very busy with the Commonwealth Games taking place and no services being operated by West Midlands Trains. Passengers are advised not to travel unless necessary.

**Existing tickets**

Customers with existing non-season tickets valid for travel on Wednesday 27 July and Saturday 30 July can use those tickets anytime between Tuesday 26th July and Tuesday 2nd August. Customers are encouraged to avoid travelling on Friday 29th July and Sunday 31st July as services are expected to be extremely busy.

Alternatively, customers can claim a full refund, with no admin fee charged. Season ticket holders can apply for compensation via Delay Repay.

In the meantime, we're suspending sales of Advance tickets for the strike dates in order to minimise the number of people disrupted. We're advising customers continue to check the TfW or Traveline websites, and those of other operators, for updates.

**Notes to editors**

**Network Rail and Transport for Wales spokespeople will be available for interview on Tuesday 26<sup>th</sup>, Wednesday 27<sup>th</sup> and Friday 29<sup>th</sup> July at the following times.**

- Tuesday 26<sup>th</sup> July between 12-2pm.
- Wednesday 27<sup>th</sup> July between 7-9am.
- Friday 29<sup>th</sup> July between 12-2pm.

**Requests to film at stations outside of these hours will be accommodated but must be agreed with the TfW Press Office in advance and no platform access will be available outside of the above times.**

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# “London Marathon Sunday 2<sup>nd</sup> October 2022

## A message from Tracey Harris

Hello All

Thank you for taking the time to read this.

I'm undertaking a huge personal and professional challenge in 2022 by running the London Marathon to raise much needed funds for the

## North Wales Cancer Appeal.

As a nurse of 30 plus years, I have seen the benefit this service provides for the whole of North Wales and am looking to try and give something back.

Please take a look at my fundraising page and if you are able to spare any support then I would be extremely grateful.



<https://www.justgiving.com/fundraising/Tracey-Harris15>

Diolch yn fawr, **Tracey** (Harris), Vicarage Fields”



WELL DONE TRACY! – I AM SURE THAT WE ALL WISH YOU WELL WITH YOUR ON-GOING FITNESS REGIME DURING THE NEXT FEW MONTHS.

The following two items below have been sent in by David Goodban

PRESS RELEASE

Ken Skates MS | Clwyd South

22/07/22

*for immediate publication*



**Senedd Cymru  
Welsh Parliament**

## **Calls for Safety Measures at Roundabout after Recent Crash**

Calls have been made for safety measures at a roundabout in Ruabon after a recent crash.

Ken Skates MS and Cllr Dana Davies have both made representations to Wrexham Council on behalf of local residents concerned about the 'dangerous' Aldi roundabout linking Ruabon, Acrefair and Rhosymedre to the A483 dual carriageway.

Mr Skates, Member of the Senedd for Clwyd South, said a number of his constituents had contacted him on the matter saying new road markings or signs are needed to make it clear to drivers which lane they should be in.

He said: "Everyone who uses this roundabout knows it's a problem. Drivers should know which lane they should be in, and it's impossible to completely eliminate plain bad driving, but something has to be done to make it crystal clear to people what lane they should be in - particularly when approaching from the dual carriageway.

"One constituent told me she often travels several miles out of her way to avoid approaching the roundabout from the A483 at busy times. She's had a number of near misses after being cut up by drivers who either don't know where they should be or don't know where they're going."

Ruabon councillor Dana Davies said she had also been contacted by residents in her ward. She first raised the issue with Wrexham Council earlier this year - months before the crash reported by local media this week.

Cllr Davies said: "This roundabout is a nightmare, and residents in my ward have told me they're really worried there could be a fatality before long. At the very least we need new road markings, but I believe something also needs to be done to curb speeding."

Mr Skates and Cllr Davies have previously called on the council to reduce the speed limit between the roundabout and A483 to improve safety and reduce the impact of traffic noise on nearby houses, but the request fell on deaf ears.

However, with the support of local residents, they were successful in helping to stop 'boy racers' congregating on the Aldi car park late at night after the company agreed to install a security barrier restricting out of hours access.-Ends-

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### Welsh Government Fuel support scheme extended to more than 400,000 low-income households after £90m investment

More than 400,000 low-income households in Wales will be eligible to benefit from a £200 payment to help keep their homes warm this autumn and winter.

The Welsh Government is investing £90m in the Welsh Government's Fuel Support Scheme in recognition of the impact of the cost-of-living crisis on those struggling to pay their energy bills.

Previously, around 166,000 households on universal credit, legacy means-tested benefit and working tax credits benefitted from the £200 2021/22 Winter Fuel Payment.

The extension of the fuel support scheme will mean nearly 200,000 more households on child tax credits, pension credits, disability benefits, carers allowance, contributory benefits and those receiving a council tax reduction will now be eligible.

The scheme is being extended as the impact of the current cost-of-living crisis is greatest on low-income households and to allow more households on benefits to be eligible.

Social Justice Minister Jane Hutt said the scheme was being extended so the most vulnerable struggling to make ends meet could afford to keep their homes warm during the cold winter months.

"We know a lot of households are feeling anxious and worried about their rising energy bills, so we hope this extension of our Welsh Government Fuel Support Scheme to many more people will provide some comfort in these challenging times."

It comes after the Minister announced earlier this year that the 2021/22 Winter Fuel Support Scheme payment would be doubled to £200 as the cost-of-living crisis intensified and to support eligible households with rising energy bills and costs.

The extended Fuel Support Scheme includes the £4m announced last month for the fuel voucher scheme to support those on prepayment meters and households not connected to mains gas.

The extra funding and target support comes as households across Wales are struggling to pay higher energy bills, exacerbated by the increase in the domestic energy cap rise in April. There is expected to be a further rise in the cost of energy and standing charges in the autumn. People with prepayment meters are the most susceptible to rising costs and increased standing charges.

Social Justice Minister Jane Hutt said: "We know people across Wales are struggling to make ends meet during the cost-of-living crisis, as they see inflation, petrol, essential household items and energy bills all rising.

"We are targeting the Fuel Support Scheme at low-income households and extending the number of those eligible, as we understand how the winter months can be the hardest of the year and families face the difficult choice of heating or eating.

"We are committed to supporting the most vulnerable and doing everything we can to ensure they can get through this difficult moment."

The Minister visited the DOVE Workshop in Banwen, Neath, on Wednesday (20 July), to meet with people who will now be eligible for the Welsh Government fuel support scheme, including those in households with someone receiving Carers Allowance, Pension Credit and disability benefits.

Claire Morgan, Director of Carers Wales, said: "Carers Wales welcomes this announcement as we had asked for the eligibility criteria to be extended to include Carers Allowance and other legacy and contributory benefits to support the maximum number of unpaid carers.

"Our research shows that carers were already struggling to manage financially and this has been intensified by the impact of the cost of living crisis.

"Carers are raising significant concerns about how they will cope this winter, so all that can be done to help alleviate the pressure is much appreciated."

Information on the Winter Fuel Support Scheme- [Winter fuel support scheme | GOV.WALES](#)

- More information on the DAF- [Discretionary Assistance Fund \(DAF\) | GOV.WALES](#)

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Thank you to Paul Tincello for the following varied information



North East Wales **Wellbeing Network**  
Rhwydwaith Lles Gogledd Ddwyrain Cymru

[Thanks again to Paul Tincello for the following information](#)

### [Changes to Social Care Workers' Registration](#)

**Social Care Wales** have made some changes to social care workers' registration. Anyone applying to register as a social care worker in Wales, who doesn't have the required qualification for their role, can

now apply using the employer assessment route. The new route allows employers to assess their workers' competence and provide assurance the workers have the appropriate knowledge and skills to be registered with us.

The amount of continuing professional development (CPD) social care workers have to do to renew their registration has also been reduced and social care workers will now have to complete at least 45 hours of CPD every three years rather than the previous 90 hours. Social workers and social care managers will still have to complete 90 hours of CPD every three years to renew their registration.

[Find out more about the changes to social care workers' registration](#)

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### **Neuro News in Wales – July 2022**

Catch up with the latest [Neuro News in Wales](#) for July 2022.  
[Cliciwch yma i'w weld yn Gymraeg](#)

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### **Denbighshire Ahead Newsletter**

Welcome to the [Denbighshire Ahead Newsletter](#), along with information about an [Online Disco](#) taking place on Thursday, 11<sup>th</sup> August 2022.

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### **The Henry Smith Charity - Holiday grants for children**

Funding is available for recreational trips or holidays for groups of children who experience disadvantage or who have disabilities. For trips and holidays due to take place between 5<sup>th</sup> September – 31<sup>st</sup> December; applications are being accepted now until the deadline of 30<sup>th</sup> September 2022.

[Holiday Grants for Children - The Henry Smith Charity](#)

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### **TURN2US – Find out what summer holiday help is available**

The summer holiday can be an expensive time of year for families. Kids being at home, and the need to find extra childcare, can put a big extra burden on budgets. Find out what summer holiday help is available: <https://www.turn2us.org.uk/About-Us/News/Summer-holiday-help>

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

The Turn2us website brings together an easy-to-use Benefits Calculator and a Grants Search database giving access to over 3,000 charitable funds. It also has other information and resources relating to benefits and other sources of financial support.

Turn2us's free telephone helpline and accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your needs and circumstances. Calls to the helpline are free for all landlines and for major mobile network providers.

<http://www.turn2us.org.uk/>

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### **2023 GSK IMPACT Awards–core funding and training for health charities**

The **GSK IMPACT Awards** provide core funding and free training for charities doing excellent work to improve people's health and wellbeing. Organisations must be at least three years old, working in a health-related field in the UK, with income between £120,000 and £3 million. Up to 15 awards will be made, ranging from **£4,000 to £50,000**, plus free training and development valued at a further **£9,500**.

Organisations will also have a film made and receive help with press and publicity.

The GSK IMPACT Awards are funded by GSK and managed in partnership with The King's Fund. They are judged by a prestigious panel of judges and provide national recognition for the winning organisations. They also give organisations access to a free leadership programme, designed specifically for health charities, provided by The King's Fund. After taking part in the training, organisations can then join our network of health charities which supports ongoing service and organisational development.

To apply and find out more go to: [www.kingsfund.org.uk/gskimpactawards](http://www.kingsfund.org.uk/gskimpactawards)

The 2023 GSK IMPACT Awards application process has moved to a two-stage process this year. **The closing date for Stage 1 application is Thursday 1 September 2022.**

### [Nation of Sanctuary Croeso Fund](#)

This Community Foundation Wales administered fund will provide vital support for people displaced by conflict and/or persecution and seeking sanctuary in Wales. Grants are available for projects which are:

- Addressing the trauma, they face by providing emotional support to improve mental health and wellbeing.
- Support with integration and a sense of belonging.
- Grants of up to £50,000 per year, for up to 3 years, are available. The type of activities they expect to support include befriending services; interpreters and language services; emotional/trauma support; additional frontline services to meet increased demand; and community activities bringing people seeking sanctuary, their families, and communities together.

There are no deadlines. Applications are being dealt with on a rolling basis.

[Nation of Sanctuary Croeso Fund - Community Foundation Wales](#)

### [Welsh Government Consultation:](#)

#### [National Transport Delivery Plan: 2022 to 2027](#)

We want your views on our draft national transport delivery plan.

The plan:

- Sets out our transport plans for the next 5-years.

- Delivers the Llwybr Newydd: the Wales Transport Strategy 2021.

[Link to consultation documents.](#)

Consultation ends: 11<sup>th</sup> October 2022

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**Calling ALL ex-armed forces and military veterans!**  
National Service, Regular or Reservist & families!

Have you ever served in the Armed Forces? Are you a reservist or know someone that has served/is serving in the Armed Forces? Whether you are out in the sticks or in the town, come and join us at one or all of our Veterans Information Roadshows to see what is there for you.

- Wed 27th July at Coleg Cambria Yale, Grove Park Rd, Wrexham, LL12 7AB
- Wed 17th Aug at VC Gallery, Britannia Rd, Pembroke Dock, SA72 6PD
- Wed 7th Sep at Army Res' Centre, Ty Llewellyn, Morgan St, Cardiff, CF10 4FG

Doors will be open to drop in 10.30 – 15.00 hrs, refreshments available.

For more information please contact: Finola Pickwell  
07970 435817 or finola.pickwell@adferiad.org

**Calling ALL ex-armed forces and military veterans! National Service, Regular or Reservist and Families!**

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**WORKSHOP:INTRODUCTION TO THE SOCIAL SERVICES AND WELL-BEING(WALES) ACT 2014**

This workshop will review the essential features of the Act, the responsibilities it created, and how it should be shaping the way we think about our work. This workshop will offer participants a broad overview of them Act as an introduction only.

**Learning Outcomes:**

By the end of the training participants will have a greater awareness of:-

- Basic principles and values of SSWB Act
- How the principles underpin care and support practice
- The codes of conduct and professional practice and how they underpin the way we work.

**Date:** 27/07/2022

**Time:** 10:00 till 11:30

**Trainer:** Claire Edwards, WDT staff

**Who should attend:** Staff from across the social care workforce.

TO BOOK ONTO THIS TRAINING, PLEASE COMPLETE THE [BOOKING FORM](#) AND RETURN TO [WDT@flintshire.gov.uk](mailto:WDT@flintshire.gov.uk).

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### **SAFEGUARDING ADULTS AND CHILDREN AWARENESS - EVENING COURSE**

The All Wales one-day joint Adults and Children Safeguarding Awareness course has been developed by Social Care Wales. It combines and replaces Adult Safeguarding Level 2 and Child Protection Basic Awareness. It is aimed social care workers whose are in contact with potentially vulnerable people (adults, children, and young people), and those who may find themselves in the role of first alerter with safeguarding concerns.

#### **Learning Outcomes**

By the end of the course participants will

- Know their own role in relation to safeguarding adults, children, and young people
- Understand how individuals are protected from harm, abuse, and neglect
- Know how to recognise different types of harm, abuse, and neglect
- Be aware of changes from the Social Services and Well-being (Wales) Act 2014.

*Please note that there is an alternative half-day Safeguarding Refresher course for staff who have already completed Adults and Children Safeguarding Awareness.*

**Date:** 4<sup>th</sup> August 2022  
**Time:** 17:30 till 20:30  
**Trainer:** Issy Hart- Training with Hart

TO BOOK ONTO THIS TRAINING, PLEASE COMPLETE THE [BOOKING FORM](#) AND RETURN TO [WDT@flintshire.gov.uk](mailto:WDT@flintshire.gov.uk).

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### AVOW Training Update

AVOW are now moving the training bookings to Eventbrite. Below is the information on each training session/course and to book on to any of the courses, please follow the link under each one which will take you directly to the course. Please do not hesitate to [contact me](#) if you have any queries about this or need any further information about any of the courses.

**Training at AVOW, 21 Egerton Street, Wrexham LL12 8BB:**

**Emergency First Aid at Work Accredited Training**

14<sup>th</sup> September 2022, 9.30am-4pm

£30pp (offer price to increase 2023)

Eventbrite link: <https://www.eventbrite.co.uk/e/376573721137>

**Food Safety Accredited Training** (by Groundwork NW)

27<sup>th</sup> September 9.30-12.30pm

FREE if you work in Wrexham alleviating poverty

£25pp (10% discount for Avow members)

Eventbrite link: <https://www.eventbrite.co.uk/e/377806398107>

**Safe TALK Suicide Aware, Accredited Training** (by ABF)

19<sup>th</sup> October 9.30-1pm

£45pp (10% discount for AVOW members)

Eventbrite link: <https://www.eventbrite.co.uk/e/376573721137>

**Food Safety Accredited Training** (by Groundwork NW)

24<sup>th</sup> October 9.30-2.30pm

**FREE if you work in Wrexham alleviating poverty**

£25pp (10% discount for Avow members)

Eventbrite link: <https://www.eventbrite.co.uk/e/377813017907>

**Welfare Rights Training** (by Citizens Advice)26<sup>th</sup> October 9.30-12.30pm

FREE if you work in Wrexham alleviating poverty

£15pp (10% discount for Avow members)

Eventbrite link: <https://www.eventbrite.co.uk/e/347115821767>**AVOW Training via Zoom/Teams:****Welfare Rights Training** (by Citizens Advice)11<sup>th</sup> October 1-4.30pm

FREE if you work in Wrexham alleviating poverty

£15pp (10% discount for Avow members)

Eventbrite link: <https://www.eventbrite.co.uk/e/347112602137>**Food Safety Accredited Training** (by Groundwork NW)11<sup>th</sup> November 9.30-11.30am plus 1 hour one to one assessment

with 1 hour home reading

FREE if you work in Wrexham alleviating poverty

£25pp (10% discount for Avow members)

Eventbrite link: <https://www.eventbrite.co.uk/e/377832546317>

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**Introducing The Tŷ Pawb Open 2022: GROWING TOGETHER -  
an exhibition celebrating creativity**

Calling all traditional and contemporary artists!

Submit up to three works to be considered for the exhibition.

**Submission Dates:** 01/06/2022 - 14/08/2022**Exhibition:** 15/10/2022 - 07/01/2023[Read more on the Arts Council Wales website](#)

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**Please support the Welsh Blood Service**

Blood stocks of O and A blood groups are running low. We are urging people to book an appointment in areas where we still have availability this week.



Welsh Blood Service

Please share the following message across your social channels: [English](#) / [Welsh](#)

We are particularly calling on support from the following areas: Monmouthshire, Carmarthenshire, RCT, Cardiff,

Pembrokeshire, Swansea and Wrexham by sharing this message also [English](#) / [Welsh](#)

### [Welsh Government response to publication of latest NHS Wales performance data](#)

The Welsh Government [has issued a statement](#) on the latest NHS Wales performance data published on Thursday, 21<sup>st</sup> July 2022

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### [Protecting prisoners from cancer: new WHO report explains how to fight health inequities](#)

On [Nelson Mandela International Day](#), WHO highlights the major obstacles people face in prisons while trying to stay healthy. WHO's new report "Cancer and Health Inequities in Prison Settings" explores ways of protecting the well-being of every one of them.

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### [Carers UK State of Caring Survey](#)

We are delighted to launch our **State of Caring 2022** survey, and we would be grateful for your help in encouraging carers to take part. All the information we get from carers helps us to build a picture of what caring is like now and we are keen to hear from as many different carers as possible.

The State of Caring Survey is the UK's most comprehensive research into the lives and experience of unpaid carers. We want to understand carers' priorities for the future and what support they need to help recover from the pandemic, and to create a positive legacy for the future. We will use the evidence to continue to campaign for carers to get better support. We know that our evidence has helped shaped Government policy and has helped commissioners and service delivery organisations look at practice.

We ask that you share our survey with your supporters wherever possible and we appreciate every person who takes the time to complete the survey. We would particularly welcome responses from carers from lesser heard communities, such as carers from Black, Asian and minority ethnic backgrounds and LGBTQ+ carers.

Together you help us paint a picture of what caring has been like in the last year. Please share the link here: [State of Caring Survey 2022 \(surveymonkey.co.uk\)](#)

The survey will close on 9<sup>th</sup> September, and we will be releasing a research report in November.

If you have any questions about the research, please get in touch with our policy team by emailing [info@carerswales.org](mailto:info@carerswales.org)

This is a Carers UK survey and is therefore only available in English.

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## Investment Review 2023 - a new consultation on funding Wales's arts organisations

The Arts Council has now restarted the Investment Review and is consulting on a much-changed process that **will open for applications in January 2023**.

The Investment Review starts with a consultation phase and the Arts Council of Wales are seeking as many views as possible on the new proposals. Between the 18<sup>th</sup> of July and 10<sup>th</sup> of October 2022, eight consultation sessions will be held on Zoom and there will also be opportunities to respond in an [online survey](#), and email.

More information about the Investment Review and the consultation documents can be found here: <https://arts.wales/investment-review> register for the online consultation sessions here:

[www.eventbrite.co.uk](http://www.eventbrite.co.uk)

Go to our website: [www.arts.wales](http://www.arts.wales)

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## FREE sessions for Carers in August!

Carers Wales is running free online well-being sessions for unpaid carers during August.

Further information can be found here in [English](#) and [Welsh](#).

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We're running a day of activities to help +[Y Y Grango](#) build a nurture garden for their students facing life challenges & we want your help!

The volunteer day is taking place 10am- 5pm on Monday, August 22 at Ysgol Y Grango in Rhos'.

We'd love to see other people & businesses with a strong green community mindset there too.

If any other local businesses or volunteers can get involved by offering your skills, time, or resources for [Grango Nurture Classes](#)

it promises to be a fun & beneficial day for everyone involved.

As [#valuedpartner](#) to the school through [Careers Wales](#) we promised our time & skills for the day & to help organise the event during their well-earned summer break.

To take part, speak to Litegreen team: [Grango@litegreenltd.co.uk](mailto:Grango@litegreenltd.co.uk)

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### Welsh Government Fuel Support Scheme extended to more than 400,000 low-income households after £90m investment

The Welsh Government is investing £90m in the Welsh Government's Fuel Support Scheme in recognition of the impact of the cost-of-living crisis on those struggling to pay their energy bills.

Previously, around 166,000 households on universal credit, legacy means-tested benefit and working tax credits benefitted from the £200 2021/22 Winter Fuel Payment.

The extension of the fuel support scheme will mean nearly 200,000 more households on child tax credits, pension credits, disability benefits, carers allowance, contributory benefits and those receiving help from the Council Tax Reduction Scheme to pay their council tax bill will now be eligible.

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### Primary Care Obesity Prevention Action Plan to support implementation of the All-Wales Weight Management Pathway

A new, [Primary Care Obesity Prevention action plan](#) has been launched by Public Health Wales, to support the implementation of the adult All-Wales Weight Management Pathway (AWWMP) 2021, in line with the Healthy Weight Healthy Wales Delivery Plan 2022-2024.

The AWWMP focuses on an individual's weight management journey from early intervention to specialist support and recognises the importance of primary and community care, describing these settings as the first point of contact for people with health and well-being concerns.

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### Welsh Government Consultation: National Transport Delivery Plan: 2022 to 2027

We want your views on our draft national transport delivery plan.  
The plan:

- Sets out our transport plans for the next 5-years.
- Delivers the Llwybr Newydd: the Wales Transport Strategy 2021.

### [Link to consultation documents.](#)

Consultation ends: 11<sup>th</sup> October 2022

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### [Nominations are now open for the Helpforce Champion Awards](#)

People don't generally volunteer for the recognition, but nevertheless it is good to publicly acknowledge from time to time the special contributions they make. Telling and hearing volunteer stories is both affirming for the volunteers concerned and an inspiration for the rest of us.

#### **HELFFORCE CHAMPION AWARDS**

Once again, Helpforce is seeking nominations for its [Helpforce Champion Awards 2022](#). The closing date for nominations is **10 am on 31 August 2022** and winners will be invited to a ceremony in London in November. You can find out more, register and then [submit an entry online here](#).

This is a chance to shine a light on those who give their time to support patients, families, carers, NHS staff and voluntary and community organisations. Stories of all nominees will be shared on [Helpforce's wall of fame](#).

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### [Open invitation to the first Holywell Jobs Fair](#)

*Looking for Work? Need advice about skills and training?*

Come along to Flintshire Jobs, Skills, and Careers Event in Holywell town centre to improve your chance of employment.

Communities For Work Plus Flintshire, Jobcentre Plus and Careers Wales are bringing together local employers, service providers and job seekers at **Tower Gardens, Holywell CH8 7TG from 10am to 2pm on Thursday, 28 July 2022**. They will be on hand to provide information and practical advice on how to find a job.

Check out the training and volunteering opportunities in your community, visit the CV checkpoint and take the opportunity to apply for jobs right there at the application station.

**For more information contact Paul Murphy at Jobcentre Plus on**

07748 881647 or Janiene Davies on 07770 632128 / Nia Parry on 07770 633453 of Communities for Work Plus.

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### Manager Opportunities at The Rainbow Foundation

The Rainbow Foundation has vacancies for a Director of Operations and a Head of Care. Both posts will be office based at Marchwiell or Penley with travel around South Wrexham.

Further information can be found here: [Current Vacancies \(flvc.org.uk\)](http://flvc.org.uk)

Vacancies close: Sunday 31<sup>st</sup> July.

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**Safe Places Community Fun Day**  
Friday 12 August 2022  
10:00 - 16:00

Fun for all the family!

- Musical instruments
- Fair rides
- Various stalls
- Kids games
- Face painting
- Sweets and treats
- One love choir
- Virtual autism bus
- Henna tattoos
- Wellbeing & fitness sessions for children

**Queen's Square Wrexham**

All-roads-for-all  
Info Phone  
Ug Diogel  
Ug Gwlad  
Ug Nghydwr

If you would like a stall please call:  
01978 298475  
01978 298550

YAB  
Wrexham  
Wrexham

**Lle Diogel Diwrnod Hwyl Cymunedol**  
Dydd Gwener 12 Awst 2022  
10:00 - 16:00

Hwyl i'r teulu i gyd!

- Cerddoriaeth
- Ffair
- Stondinau amrywiol
- Gemau i blant
- Peintio wyneb
- Fferins a danteithion
- Côr Un Cariad
- Bws Awtistiaeth Rithwir
- Tatws henna
- Sesiynau Iles a ffitrwydd i blant

**Sgwâr y Frehines Wrecsam**

All-roads-for-all  
Info Phone  
Ug Diogel  
Ug Gwlad  
Ug Nghydwr

Os hoffech stondin yno ffoniwch:  
01978 298 475  
01978 298550

YAB  
Wrexham  
Wrexham



**Dosbarth newydd!  
New class!**

# Ffitrwydd Zumba Zumba Fitness

**Nos Fawrth, 6.15 - 7 pm**  
Canolfan Hamdden a Gweithgareddau Rhiwabon

**Tuesday, 6.15 - 7pm**  
Ruabon Leisure & Activity Centre

**Dosbarth cyntaf  
AM DDIM!  
First class  
FREE!**

Cysylltwch â Chanolfan Hamdden a  
Gweithgareddau Rhiwabon am fwy o fanylion  
Contact Ruabon Leisure & Activity  
Centre for more details:  
**01978 822978**  
[ruabon@freedom-leisure.co.uk](mailto:ruabon@freedom-leisure.co.uk)




\*\*\*\*\*

# St Mary's Church Hall is for HIRE

at

## £20 for a FOUR-HOUR Period

For further information please contact

Kate Tiltman on 07753230644 or

email [katherinetiltman@gmail.com](mailto:katherinetiltman@gmail.com)

\*\*\*\*\*

## KIDS EAT FOR FREE OR LESS DURING SUMMER 2022



### MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

### ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July - 4th Sept, 2022.

### DUNELM

One free mini main, two snacks and a drink for every £4 spent in the in-store cafe.

**YO!** Kids eat free from 3pm-5:30pm Mon-Thurs for every £10 spent on food.

### BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

### HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

### IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their Swedish restaurants (subject to availability).

### BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

### DOBBIES

Kids eat free with an adult main meal.

### TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

### CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

### MORE TO COME!!

M&S, TESCO and more expected soon, see websites for latest information.

\*\*\*\*\*

## Llyfrgell Rhiwabon/Ruabon Library

High Street, Ruabon, LL14 6NH

☎01978 822002

✉ruabon.library@wrexham.gov.uk

## Opening Hours

**Monday**

12.00-5pm

**Tuesday**

Closed

**Wednesday**

12.00-5pm

**Thursday**

9am-1.15pm

**Friday**

2pm-5pm

\*\*\*\*\*

# Llyfrgell Rhiwabon Library

## Be sy 'mlaen! What's on!

### Pob wythnos/Weekly...

Dydd Llun/Monday

- **Stori a Chân/Story & Rhyme 1.15**
- **Grŵp Sgwrsio/Welsh 2<sup>nd</sup> Language Conversation  
2.00 -3.00**

Dydd Gwener/Friday

- **Gwau a Sgwrs/Knit & Natter 2.00 - 4.00**

Dydd Mercher **cyntaf** y mis - **1<sup>st</sup> Wednesday of the month –  
Gemau/Games/Scrabble Group 2.15**

**Clwb Plant/Children's Club (5-10) 3.30**

**Ail** ddydd Mercher y mis - **2<sup>nd</sup> Wednesday of the month –  
Grŵp Darllen Cymraeg**

**2.00**

**Trydydd** dydd Mercher y mis - **3<sup>rd</sup> Wednesday of the  
month**

**Amser i Gofio/Time to Remember**

**2.00**

Dydd Mercher **olaf** y mis - **Last Wednesday of the month –  
Ruabon Readers**

**2.00 - 3.00**

*A very SPECIAL VISITOR  
is coming to  
Ruabon Library  
on  
Monday 1<sup>st</sup> August at 1.15pm*



*Please join us for  
songs, stories and crafts  
with*

**BOOKSTART  
BEAR**

## Time to Remember at Ruabon Library

Join us at Ruabon Library to share your memories, reminisce with books and music, try out our new activities and meet and chat with others. Time to Remember will take place on the 3rd Wednesday of the month at 2pm, with the next session starting on Wednesday 20th July. Refreshments will be available and individuals, families and carers will be very welcome. Call 01978 822002 for more details.

\*\*\*\*\*



Chirk Leisure & Activity Centre  
**Open day**  
 Saturday 23 July 2022

Canolfan Hamdden a Gweithgareddau y Waun  
**Diwrnod agored**  
 Dydd Sadwrn 23 Gorffennaf

- Fun for all the family
- FREE gym access
- FREE fitness taster classes
- FREE Family Swim
- FREE Inflatable Pool Sessions (booking required)
- 3G football bookings (£10) and much more...



Hwyl i'r teulu  
 Mynediad AM DDIM i'r gampfa  
 Dosbarthiadau blasu ffitrwydd AM DDIM  
 Nofio AM DDIM i'r Teulu  
 Sesiynau teganau gwynt yn y pwll AM DDIM (Rhaid archebu)  
 Trefnu pêl-droed 3G (£10) a llawer mwy...



Check out Chirk Leisure & Activity Centre's Facebook Page for more information

Chirk Leisure & Activity Centre  
 01691 778666



Ewch i dudalen Facebook: Canolfan Hamdden a Gweithgareddau y Waun am fwy o wybodaeth

Canolfan Hamdden a Gweithgareddau y Waun  
 01691 778666



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# Friends of Ruabon

will be clearing rubbish from our streets

**THIS COMING SATURDAY 30<sup>th</sup> JULY**

(weather permitting)

Please be at the Sports Pavillion (adjacent to the Village Hall) by



## LITTER PICK

Last Saturday of every month,

Join us from the village hall from 10am.

All welcome!



10am, where you can collect orange bags for the rubbish, if needed.

\*\*\*\*\*

Best wishes everyone.

Sybil (Bremner)