**Ruabon News Letter 449**

**07.11.2022**

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**Press Release**

**Ken Skates MS| Clwyd South**

**02/11/22 for immediate publication**

**Disappointment at village shop**

**closure after Morrisons takeover!**

**Local representatives have expressed their disappointment since the news that a popular Ruabon shop will close after Christmas.**

“McColl’s on High Street, which has the village’s only Post Office counter, is among the company’s 1,164 branches which will be taken over by Morrisons.

But the supermarket giant has identified 132 loss-making stores ‘where there is no realistic prospect of achieving a breakeven position’ and will be shut for good – including Ruabon.

Morrisons said: “We are disappointed to be in a position where the closure of loss-making stores is necessary and will work hard to mitigate the impact on colleagues, customers and the community.”

Ruabon councillor Dana Davies and Member of the Senedd Ken Skates said they were hopeful a like-for-like replacement could be found to fill the void McColl’s will leave.

Cllr Davies said: “Our only local Pay-zone shop is McColl’s, so prepayment meter customers will be adversely affected. Add to that the loss of the Post Office and possibly our only cashpoint and Ruabon is hit badly by this as many cannot afford travel costs to access these services elsewhere.”

Mr Skates added: “This is extremely disappointing news. I had hoped the Morrisons takeover would be a positive for Ruabon if the crucial services Dana highlights could be accommodated elsewhere in the village, but to lose McColl’s and everything it offers would be a real blow.”

In a letter to Mr Skates, Morrisons said: “Regrettably, a number of McColl’s stores have been loss-making for some time and, although we believe some of those stores will be able to return to profitability over time, there are 132 stores where there is no realistic prospect of achieving a breakeven position in the medium term.

“Following a detailed review, we have concluded that it is necessary to close these stores in order to safeguard the regeneration of the business.

I am sorry to inform you that this includes Ruabon McColl’s store in your constituency.

“As you will know, this store provides Post Office counter services. We recognise the importance of the Post Office to local communities, especially around Christmas, and will delay the closure of this store until the new year to enable them to serve their community through the festive period.

“Our priority now is to support all colleagues who will be placed at risk of redundancy and ensure that everyone affected is offered alternative employment at a nearby McColl’s store, Morrisons store, logistics operation or manufacturing site.

This process is getting under way this week.”

Mr Skates added: “Dana and I will be making contact with the Post Office this week to establish what its plans are to relocate counter services within the village.

“We will also work with the company however we can, to make sure that all employees affected by this announcement, will be found. alternative jobs and will be seeking assurances over the future of the only cashpoint in Ruabon that cannot be lost.” End”

**Thank you to David Goodban for forwarding this information.**

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

**The church bell ringers at St Mary’s, Ruabon, not only ring for church services, but also to recognise important national and international events.**

**A clock on a tower

Description automatically generated**At 5pm on Saturday 5th November, the bell ringers joined other bell ringers across the UK to mark the start of the COP27 summit.

Archbishop Stephen of York said, “As we look to COP27 I support the idea of ringing out church bells and for congregations, communities and families to come together and express their hopes and fears for our environment and our future”.

If you would like to learn to ring the church bells, please contact the Tower Captain, Gordon Richardson via [RuabonCBR@hotmail.com](mailto:RuabonCBR@hotmail.com). We practice on a Thursday evening, 7pm-8:30pm.

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**You are invited to our Bite Sized Men's Mental Health Discussion**

The virtual event is open to individuals and employers who want to gain a better understanding of how to support men to look after their mental health in work.

Join us on 24th November at 12.30 pm finishing at 2 pm. Book through [Eventbrite](https://www.eventbrite.co.uk/e/mens-mental-health-virtual-discussion-tickets-450572884627) or email [sandra.anderson2@wales.nhs.uk](mailto:sandra.anderson2@wales.nhs.uk)

Sandra Anderson

Swyddog Cynorthwyol Datblygiad • Assistant Development Officer

Uwch Adran Iechyd Meddwl ac Anabledd Dysgu •  Mental Health & Learning Disabilities Division

wrdd Iechyd Prifysgol   
Betsi Cadwaladr  
University Health Board  
e-bost • e-mail: sandra.anderson2[@wales.nhs.uk](mailto:jane.carney@wales.nhs.uk)

**Gweithio gartref - gellir cysylltu ag ef trwy e-bost a Teams**

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Description automatically generatedGraphical user interface, text, application

Description automatically generated**Working from Home – contactable via email and Teams**

# Ruabon Field Club

# Will hold its 2nd Winter lecture

# At 2pm

# On the 15th November

# At the Church Hall

# The speaker will be:

# JILL BURTON

# ON

# “ERTHIG’S THIEF COOK“

# Fact or Fiction?

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**Thank you to Paul Tincello for passing on this information**

**Welsh Government Consultation:  
Draft guidance on responding to people**

**affected by suicide**

 We are seeking your views on our draft guidance on responding to people bereaved, exposed, or affected by suicide.  
 We have drafted this guidance for organisations who come into contact with people affected by suicide.  It will help organisations in offering a compassionate and helpful response.   
 **We are consulting on**:

* Your views on the draft guidance.
* Whether the guidance captures the needs of those affected by suicide.
* Whether the proposals will improve the way that we support people.

[Link to Consultation documents](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=ab51d5cf5d&e=006862eff8)  
**Consultation ends**: 20th January 2023

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**Are your vulnerable clients and loved ones**

**protected this winter?**

With the colder winter months just around the corner, we are asking for your support to check your clients, who are eligible, have signed up to our **FREE** Priority Services Register.  
Those who are signed up will **receive bottled water** if their home has a disruption to its water supply, have **access to alternative ways of getting information** from us, get **reassurance against bogus callers**, and lots more!  
The Priority Services Register is **completely free, quick and easy to join** and offers real peace of mind, especially throughout Winter.  
  
 \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
**At Welsh Water, we are here to help.**  
**How could you support?**

* We’d love it if you could like and share our posts on [Facebook](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=94321b2bb0&e=006862eff8) and [Twitter](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=8cc1026db0&e=006862eff8). We share information on support available for customers, as well as tips and tricks for saving water and helping the environment.
* I have attached a [**customer poster**](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=31eaadb073&e=006862eff8) and ask if you could kindly share this with your clients, colleagues and loved ones to help spread the word about our free Priority Services Register. If you do, please tag @dwrcymru in your posts, so we can say thank you!
* Let your clients know about our financial support packages, especially if their struggling to afford essentials. Our ‘here for you’ campaign is currently live, with radio adverts, billboards in areas across Wales and targeted social media posts to share information on how we can help customers, especially as the cost-of-living increases.

**If you have any questions or have any other ideas of how we can reach more households in need of support, please do get in touch.**  
   
Did you know that we provide free training and awareness to empower those working with vulnerable families access our free support services? Please get in touch via our website [REACH](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=9dcb01d11c&e=006862eff8) if you would like to find out more.

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**FREE PR marketing conference for charities to return to Wrexham**  
   
**17th November 2022 | Wrexham Glyndŵr University | 9:30am to 4:00pm**  
The conference aims to support charities in their brand promotion activity through sessions covering everything from internal communications  
and social media to broadcast media coverage.   
 [Link to further information](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=61c9da21a5&e=006862eff8)

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**People Powered Results Lunchtime Event**

Interested in community, public services and systems change? Join us at lunchtime on **17th November** for an informal discussion about creating people-powered change in an increasingly complex world. Find out more and register: [bit.ly/3TFAAXD](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=326c019840&e=006862eff8)  
   Diddordeb mewn cymunedau, gwasanaethau cyhoeddus a newid systemau? Ymunwch â ni amser cinio ar **17eg Tachwedd** am drafodaeth anffurfiol am greu newid sy’n cael ei bweru gan bobl mewn byd cynyddol gymhleth. Darganfod mwy a chofrestru: [bit.ly/3TFAAXD](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=18b13f701e&e=006862eff8)

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**Come and chat with Age Cymru |**

**Dewch i gael sgwrs gyda Age Cymru**

You’re invited to come along to **Action Community Resource Centre** on **Tuesday, 8th November**, **1:00pm to 4:00pm**. Tea and coffee available, everyone welcome  
   
**Vacancy for the Chair of the Board of Trustees  
North Wales Disability Resource Centre**

The North Wales Disability Resource Centre requires a Chair for the Board of Trustees.  This voluntary post needs someone with good leadership and communication skills and previous committee experience.   
   
The purpose of the Centre is to assist disabled people who experience recent or long-standing conditions to achieve an optimal and safe independent lifestyle within their own homes and with their outdoor mobility.  There are a variety of services delivered by a dedicated team including the sale of assistive equipment and the adaptation of vehicles.  
   
**For further information, role description, and an application form, please call Sue Edwards, Centre Manager on 01745 341 967**.

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**Vacancy for a Member of the Board of Trustees  
North Wales Disability Resource Centre**

 The North Wales Disability Resource Centre requires 3 more members for its Board of Trustees.  
 The purpose of the Centre is to assist disabled people who experience recent or long-standing conditions to achieve an optimal and safe independent lifestyle within their own homes and with their outdoor mobility.  There are a variety of services delivered by a dedicated team including the sale of assistive equipment and the adaptation of vehicles.  
   
The Board of Trustees is responsible for determining the corporate priorities and strategies for the Centre.  These voluntary posts require people who understand and will be committed to the mission of the Organisation and will ensure the legal and managerial duties are fulfilled.   
 **For further information, role description, and an application form, please call Sue Edwards, Centre Manager on 01745 341 967**.

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**Fundraising support from Benefact Group:  
Social Media Fundraising Webinar**  
   
Registration is now open for the next webinar in our series –  
**Social Media Fundraising**.  
**Date**: Tuesday, 15th November 2022  
**Time**: 10:30am – 12:00pm

Over 4.7 billion people around the world use social media. It can be a fantastic way for charities to build their network, reach new audiences, share success stories and importantly, boost donations. But knowing where to start can be tricky - there are so many platforms out there with ever changing trends and developments.  
   
Our webinar is here to help you better understand the opportunities social media fundraising presents and give you some simple steps to take to get started  
   
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**Indoor Walking Tennis at Deeside Leisure Centre**  
   
**Thursdays at 11:00am – 12:00pm starting 10th November 2022**

- For anyone that wants to play tennis, but at their own pace  
- Perfect for anyone starting out, returning from an injury or just need a bit more time getting to the ball.  
- Great way to keep your body and mind active - whilst also enjoying the social side of being part of a tennis community.  
- All equipment provided.  
- Just £2 per session  
   
To book visit [https://mikeherdtennis.co.uk/deeside-walking-tennis/](https://flvc.us14.list-manage.com/track/click?u=8a46a8b28bb94092e3b49979b&id=9a72896fa9&e=006862eff8) any problems booking you can contact Mike on [mike@mikeherdtennis.co.uk](mailto:mike@mikeherdtennis.co.uk) / 07527 908808

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**WHO highlights high cost of physical inactivity in first-ever global report**

19 October 2022

News release

Geneva

*Almost 500 million people will develop heart disease, obesity, diabetes or other noncommunicable diseases (NCDs) attributable to physical inactivity, between 2020 and 2030, costing*US$ 27 billion annually,*if governments don’t take urgent action to encourage more physical activity among their populations.*

The [Global status report on physical activity 2022](https://www.who.int/publications-detail-redirect/9789240059153), published today by the World Health Organization, measures the extent to which governments are implementing recommendations to increase physical activity across all ages and abilities.

Data from 194 countries show that overall, progress is slow and that countries need to accelerate the development and implementation of policies to increase levels of physical activity and thereby prevent disease and reduce burden on already overwhelmed health care systems.

* Less than 50% of countries have a national physical activity policy, of which less than 40% are operational
* Only 30% of countries have national physical activity guidelines for all age groups
* While nearly all countries report a system for monitoring physical activity in adults, 75% of countries monitor physical activity among adolescents, and less than 30% monitor physical activity in children under 5 years
* In policy areas that could encourage active and sustainable transport, only just over 40% of countries have road design standards that make walking and cycling safer.

"We need more countries to scale up implementation of policies to support people to be more active through walking, cycling, sport, and other physical activity. The benefits are huge, not only for the physical and mental health of individuals, but also for societies, environments, and economies...” said Dr Tedros Adhanom Ghebreyesus, WHO Director-General, “We hope countries and partners will use this report to build more active, healthier, and fairer societies for all.”

The economic burden of physical inactivity is significant and the cost of treating new cases of preventable non-communicable diseases (NCDs) will reach nearly US$ 300 billion by 2030, around US$ 27 billion annually.

Whilst national policies to tackle NCDs and physical inactivity have increased in recent years, currently 28% of policies are reported to be not funded or implemented. Considered a “best buy” for motivating populations to combat NCDs, the report showed that only just over 50% of countries ran a national communications campaign, or organised mass participation physical activity events in the last two years. The COVID-19 pandemic has not only stalled these initiatives, but it also affected other policy implementation which has widened inequities in access to and, opportunities for, engaging in physical activity for many communities.

To help countries increase physical activity, WHO’s Global action plan on physical activity 2018-2030 (GAPPA) sets out 20 policy recommendations – including policies to create safer roads to encourage more active transport, provide more programmes and opportunities for physical activity in key settings, such as childcare, schools, primary health care and the workplace. Today’s Global Status report assesses country progress against those recommendations, and shows that much more needs to be done.  One critical finding in the Global status report on physical activity is the existence of significant gaps in global data to track progress on important policy actions – such as provision of public open space, provision of walking and cycling infrastructure, provision of sport and physical education in schools. The report also calls for weaknesses in some existing data to also be addressed.

“We are missing globally approved indicators to measure access to parks, cycle lanes, foot paths – even though we know that data do exist in some countries. Consequently, we cannot report or track the global provision of infrastructure that will facilitate increases in physical activity, “said Fiona Bull, Head of WHO Physical Activity Unit.  “It can be a vicious circle, no indicator and no data leads to no tracking and no accountability, and then too often, to no policy and no investment. What gets measured gets done, and we have some way to go to comprehensively and robustly track national actions on physical activity.”

The report calls for countries to prioritize physical activity as key to improving health and tackling NCDs, integrate physical activity into all relevant policies, and develop tools, guidance and training to improve implementation.

“It is good for public health and makes economic sense to promote more physical activity for everyone,” said Dr Ruediger Krech, Director Department of Health Promotion, WHO. “We need to facilitate inclusive programmes for physical activity for all and ensure people have easier access to them.  This report issues a clear call to all countries for stronger and accelerated action by all relevant stakeholders working better together to achieve the global target of a 15% reduction in the prevalence of physical inactivity by 2030.”

*Data for the report are drawn from the*[*WHO Noncommunicable Disease Country Capacity Survey (2019 and 2022)*](https://apps.who.int/iris/handle/10665/331452)*and the*[*WHO Global status report on road safety (2018).*](https://apps.who.int/iris/handle/10665/276462)

*The cost of inaction on physical inactivity to healthcare systems manuscript at*[*Preprints with The Lancet*](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4248284)*(peer-reviewed version forthcoming in The Lancet Global Health).*

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# Sustainable Farming Scheme

**Details of the development of a new Sustainable Farming Scheme commencing in 2025.**

Part of:

* [Co-Design](https://gov.wales/sustainable-farming-scheme-guide#section-84768)
* [Farming Connect Sustainable Farming Scheme podcast](https://gov.wales/sustainable-farming-scheme-guide#section-107679)
* [Outline Sustainable Farming Scheme](https://gov.wales/sustainable-farming-scheme-guide#section-100023)
* [Previous consultations and responses](https://gov.wales/sustainable-farming-scheme-guide#section-100025)

### Take part in the next phase of co-design

Time is running out for Welsh farmers to let us know if they feel the proposed SFS actions can be delivered on their farms. The survey closes on 21 November 2022.

We need:

* farmers, and
* other members of the rural community

to feedback on the proposals in the ‘[**Outline Sustainable Farming Scheme**](https://gov.wales/sustainable-farming-scheme-outline-proposals-2025)**’** document.

#### **Farmers**

As part of our ambition to co-design the Sustainable Farming Scheme with farmers, we would like to invite you to complete an online survey:

[Outline Sustainable Farming Scheme survey](https://icfconsulting.qualtrics.com/jfe/form/SV_d6Jvuu5AhsN2nJA)

The aim of this survey is to better understand how the actions and processes indicated in the [outline proposals for the Sustainable Farming Scheme](https://gov.wales/sites/default/files/publications/2022-07/sustainable-farming-scheme-outline-proposals-for-2025.pdf) will work for farmers and their farm, and what type of support may be needed.

We estimate that it will take approximately 15-20 minutes to complete.

#### **Members of the rural community**

As well as farmers, other groups, organisations, and non-farmers can get involved by completing the below feedback form:

[Sustainable Farming Scheme: outline proposals for 2025: feedback form](https://gov.wales/sustainable-farming-scheme-outline-proposals-2025-feedback-form)

**Please complete and return to:**[**sfs-codesign@gov.wales**](mailto:sfs-codesign@gov.wales)**by 21/11/2022.**

Welsh Government is the data controller for all personal information you provide as part of:

. stakeholder feedback form

. registration for co-design

* surveys, interviews and workshops

[**Further information on how we use your data**](https://gov.wales/co-design-sustainable-farming-scheme-wales-privacy-notice).

## Farming Connect Sustainable Farming Scheme podcast

This podcast is an opportunity to understand more about the Sustainable Farming Scheme proposals. It focuses on the following Universal Actions in particular to explore the ongoing sustainable production of food within the proposals;

* benchmarking
* animal health
* biosecurity elements

[Episode 70: Sustainable Farming Scheme - delving deeper into the detail](https://businesswales.gov.wales/farmingconnect/news-and-events/podcasts/episode-70-sustainable-farming-scheme-delving-deeper-detail)

## Outline Sustainable Farming Scheme

[Outline Sustainable Farming Scheme](https://gov.wales/sustainable-farming-scheme-outline-proposals-2025)

On Wednesday 13 July, we held a [live question and answer event](https://youtu.be/OxqCFlkMg0s) (on you tube.com) to address your questions about the new proposed Outline Sustainable Farming Scheme.

We have published a list of our [**frequently asked questions**](https://gov.wales/sustainable-farming-scheme-outline-proposals-2025-frequently-asked-questions)**.** However, please note that these answers reflect our current policy thinking and are subject to change.

## Previous consultations and responses

[Written Statement - Launch of Brexit Our Land (10 July 2018)](https://gov.wales/written-statement-launch-brexit-our-land)

[Brexit and our land: our response](https://gov.wales/brexit-and-our-land-our-response)

[Written Statement: Sustainable Farming and Our Land Consultation 2020 (31 July 2020)](https://gov.wales/written-statement-sustainable-farming-and-our-land-consultation-2020)

[Sustainable farming and our land: simplifying agricultural support](https://gov.wales/sustainable-farming-and-our-land-simplifying-agricultural-support)

[FOI release 15551: Agriculture (Wales) White Paper](https://gov.wales/atisn15551)

[Written Statement: Agriculture (Wales) White Paper – Summary of Responses and Welsh Government Policy Response (21 September 2021)](https://gov.wales/written-statement-agriculture-wales-white-paper-summary-responses-and-welsh-government-policy)

[Sustainable Farming Scheme: co-design of future farming](https://gov.wales/sustainable-farming-scheme-co-design-future-farming) (Co-Design Phase 1)

[Co-design for a Sustainable Farming Scheme for Wales](https://gov.wales/co-design-sustainable-farming-scheme-wales) (Co-design Phase 2)

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# Football festival to kick off in Wrexham

# ahead of World Cup

# Wal Goch Festival Wrexham

Bottom of Form

A new festival for football lovers will take place in Wrexham ahead of the World Cup in Qatar.

Hundreds of fans are expected to attend the Wal Goch Festival in North Wales this month.

The three-day event from November 11-13 will see film premieres, music gigs and talks with football greats held at Wrexham Glyndwr University and other venues across the city.

There will be regular live streams from the Wales squad HQ with manager Rob Page and special guests.

Organisers have said while there will be a focus on Wales’ success in qualifying for the 2022 tournament – the first time in 64 years – fans of all national teams will be welcome.

This is exactly the sort of event that me and my mates would want to attend as football fans

Dave Evans, festival director**y Like**

It is hoped England fans will be tempted across the border by big names including Liverpool great Ian Rush and Everton favourite Neville Southall, who will present a new film about his journey from star footballer to social activist.

TV presenter Adrian Chiles will interview The Guardian’s David Conn about his book The Fall Of The House Of Fifa and his reporting of the Hillsborough disaster.

Brian Flynn will also join Rush for the screening of producer and actor Jonny Owen’s new film World Cup Giants.

Others set to make an appearance include former Welsh international Robert Earnshaw.

There are expected to be guests from Germany, Spain, Turkey and the USA.

The aim of the festival, according to the organisers, is to connect all types of fans and show how football “can be a force for social good”.

“This is a festival made by Welsh fans but is very outward-looking,” festival director Dave Evans told PA news agency.

“We’re very much hoping that England fans will want to take part.

“This is exactly the sort of event that me and my mates would want to attend as football fans.

Many Wales fans have chosen not to travel to Qatar (PA)

“And as many fans have decided not to travel to Qatar for the World Cup this year, whether that’s because of financial reasons or they feel uncomfortable going, this can be a place they can come and soak up that World Cup atmosphere.”

He added: “The debate around the World Cup will be discussed in various talks, there are differing opinions and I think it’s only right that a football festival be a forum for that.

“I have to say the FAW (Football Association of Wales) have been very good and have allowed us to have that space to create a festival where all voices are heard.”

**Read more:**

[Tragedy as young rugby player dies while training](https://www.shropshirestar.com/news/2012/07/23/tragedy-as-young-rugby-player-dies-while-training/)

[Shrewsbury town centre pub reopens after five months with new owner and revised look](https://www.shropshirestar.com/news/local-hubs/shrewsbury/2022/10/26/shrewsbury-town-centre-pub-reopens-after-five-months-with-new-owner-and-revised-look/)

[Plan for 40 retirement apartments on site which used to house pub](https://www.shropshirestar.com/news/local-hubs/telford/dawley/2022/11/07/plan-for-40-retirement-apartments-on-site-which-used-to-house-pub/)

The event has teamed up with mental health charity Mind Cymru, which will be leading a number of workshops.

This Fan Girl will be running a session to celebrate the ability of football to empower women and non-binary people.

A live football match will also be held in association with the festival between Bellevue Football Club, a local fully inclusive team, and members of the Alternative Wales podcast.

Mr Evans said they have committed to holding the festival in Wrexham for the next three years.

“This is a city steeped in football history and lore and we hope to create an event that will bring fans and fan culture from all over the world to Wrexham for three days in November,” he said.

“I think there’s an appetite for football culture that means the festival will grow in popularity year after year.

“Next year we’re looking at doing something around the Women’s World Cup.”

Often seen as the spiritual home of Welsh football, Wrexham lays claim to one of the oldest football teams in the world.

Wrexham AFC has received international attention in recent months after Hollywood stars Ryan Reynolds and Rob McElhenney bought the club and released a documentary about their takeover, Welcome To Wrexham, on streaming platform Disney+.

As well as food, drink and shop stalls to look around, there will also be music to enjoy from the likes of Gruff Rhys, Adwaith, Sage Todz and Chroma.

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**St Mary’s Church Hall**

**is for hire at £20 for each four-hour period.**

**For further information please contact**

**Kate Tiltman on: katherinetiltman@gmail.com**

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Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life. We remember the Armed Forces, and their families, from Britain and the Commonwealth, the vital role played by the emergency services and those that have lost their lives as a result of conflict or terrorism. This year, Remembrance Sunday will be held on the 13th November.

It is my privilege to volunteer with the Royal British Legion for a second year in Cefn Mawr and my first year in Ruabon and help raise funding for this excellent charity. If you would like to order a wreath, volunteer or find out more. Please feel free to send me an e-mail at [Josephwojcikjones@outlook.com](mailto:Josephwojcikjones@outlook.com)

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As part of the Armistice Day commemorations on Friday, 11th November, we will be sounding the air raid siren at 11am.

The siren is located at Wrexham County Borough Museum and can be sometimes heard within a 2.5 mile radius of the town centre.

A two-minute silence will be held on Queens Square on Friday, 11th November. At 10.59am a bugler will sound the Last Post.



**Llygfrell/Rhiwabon/Ruabon Library**

**High Street, Ruabon, LL14 6NH**

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**Description: Description: Description: http://www.wrexham.gov.uk/assets/png/address.pngruabon.library@wrexham.gov.uk**

**Opening Hours**

**Monday** **Tuesday Wednesday Thursday Friday**

12.00-5pm Closed 12.00-5pm 9am-1.15pm 2pm-5pm

**Be sy! What’s on!**

**Pob wythnos/Weekly…**

Dydd Llun/Monday

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

Dydd Gwener/Friday

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

Dydd Mercher **cyntaf** y mis **- 1st** Wednesday of the month

**Gemau/Games/Scrabble Group 2.15**

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

**Ail** ddydd Mercher y mis **- 2nd** Wednesday of the month–

**Grŵp Darllen Cymraeg: 2.00**

**Trydydd** dydd Mercher y mis **- 3rd** 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**

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**Saving Others’ Lives**

A group of people wearing masks

Description automatically generated with medium confidenceA doctor attending to a patient

Description automatically generated with medium confidence

We have a variety of sessions throughout Wrexham  (see below), a total of **1070 of appointment slots.**

So far across the **14 session** dates we have generated **372 appointments** with a **further 698 appointments** left to fill.

As you can see, we still have a lot of promotion left to do, which is why I am reaching out to you and hoping you will be able to help us by sharing content with your followers on social media.

Table

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**If you live in the Wrexham region, the Welsh Blood Service is looking for new and existing donors to support us in the coming weeks.  
It only takes 45 minutes to give blood, for someone in need, that blood can last a lifetime. Book today** [**https://wbs.wales/Wrexhamsessions**](https://wbs.wales/Wrexhamsessions)

**Os ydych yn byw yn rhanbarth Wrecsam, mae Gwasanaeth Gwaed Cymru yn chwilio am roddwyr newydd a rhai sy'n bodoli eisoes i'n cefnogi yn ystod yr wythnosau nesaf.**

**Mae ond yn cymryd 45 munud i roi gwaed, i rywun mewn angen, y gall y gwaed hwnnw yn gallu bara oes. Trefnwch apwyntiad heddiw.** [**https://wbs.wales/Wrexhamsessions**](https://wbs.wales/Wrexhamsessions)

**If giving is in your blood, please help**   
**Os yw rhoi yn eich gwaed, helpwch ni**

[www.gwaedcymru.org.uk](http://scanmail.trustwave.com/?c=261&d=3JO74xxTwP7D88ljpgJZgiJhZO6busn-EHr0nmzX2Q&u=http%3a%2f%2fwww%2egwaedcymru%2eorg%2euk%2f) / [www.welshblood.org.uk](http://scanmail.trustwave.com/?c=261&d=3JO74xxTwP7D88ljpgJZgiJhZO6busn-ECjynzvW3A&u=http%3a%2f%2fwww%2ewelshblood%2eorg%2euk%2f)



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 **IT Consultancy**

**Chris Williams I.T. Consultant and Support Business User Support. Home User Support. Networking Solutions. PC Repair. 07815 478 664/ 01978 846 967**

**chris@cw-cs.co.uk - www.cw-cs.co.uk**

**I would like to introduce you to: Chris Williams who has been looking after my computer since before lock-down.**

**He is very clever, kind and extremely patient.**

**Even though he comes to the house, his charges are very reasonable.**

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## [John Short](https://www.facebook.com/john.short.921?__cft__%5b0%5d=AZUekwEKJHL0QYajdilwIv34oVFmQjzGaPnLzMzVonmLCUEdmW-BHX-Ghur3RiWoJd8MEi1uECXty2tHqvCpPFhICuEw_B-D-BoE3_kq-exaDvzxCdlj0vufysOoRjMv8Tl9Q2ye7U537qb6Bzm3I16-EfmQguVuysVzCNsV1RwiBg&__tn__=-UC*F)

[**November 5 at 11:03 PM**](https://www.facebook.com/photo/?fbid=10226220719557529&set=a.1132967637483)  ·

Unistellar eVscope 2: Orion Nebul think we all love to photograph the Orion Nebula/ Merged 9 panels to create this mosaic. Amazingly each panel exposure was only 4 minutes.

The little eVscope really is quite amazing.

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**Ysgol Rhiwabon**The Annual Cross-Country competition

will take place this Friday 11th November.

 It will take place during the following lessons:

 Lesson 3 – Year 7

Lesson 4 – Years 8 and 9

Lesson 5 – Years 10 and 11

 Students must report to the outside changing rooms at the start of their lesson.

 The items below are what students need to bring with them –

**Boys –** **Girls**

Red school football shirt White t-shirt

Black shorts Black tracksuit top / jumper

Red football socks / change of socks Black shorts / leggings / joggers

Football boots Change of socks/

Football boots / old trainers Football boots/old trainers

Carrier bag Carrier bag

Drink Drink

Inhaler if required Inhaler if required

Optional – towel Optional – towel

Thanks for your support, **Aimee Jones, Curriculum Leader of Physical Education**

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Hope you all have a lovely weekend

Sybil (Bremner)