

RUABON NEWS LETTER 450

14.11.2022

NHS Fraud Prevention Alert!

An incident has been reported where patients are contacted by a bogus caller from a 0203..... telephone number and advises the patient that that they are phoning on behalf of one of the local pharmacies.

The bogus caller informs the patient that an attempt was made to deliver their prescription medicines but that the patient had missed the delivery.

The caller then proceeds to say that they are calling to rearrange the delivery and will need to take payment over the phone for this delivery.

In one instance the bogus caller did manage to contact a patient who regularly obtains their medication from the pharmacy mentioned in the phone call.

This may lead could lead to the patient believing that the bogus caller is genuine, particularly if the community pharmacy already charges for delivery.

Patients should be advised NOT to disclose any personal details, including Payment Card and Bank Account details with a person, who is not known to them.

It is always advisable to end the call, with the potential bogus caller and for the patient to contact local Pharmacy by phone, to confirm that the call is genuine.

Please see the example at the link below from the Action Fraud team, which deal with this type of fraud, which is a warning against Courier Fraud.

Action Fraud warns of new courier fraud tactic after receiving 120 reports in 24 hours | Action Fraud

If a patient has further concerns, free advice can be obtained from the Action Fraud Team by using the link below or by phone 0300 -123 - 2040

Action Fraud, Karl Woodward, Head of Local Counter Fraud Service

Betsi Cadwaladr University Health Board Trust Headquarters,

Wrexham Maelor Hospital, Croesnewydd Road, Wrexham. LL13 7TD Mobile:

0790005 e.mail:karl.woodward@wales.nhs.uk



The above information attached an alert for the community and patients to be on the look out and be aware of a bogus caller claiming to be from a pharmacy trying to deliver medications and requesting payment.

Dawn Hughes Lloyd Partner a Rheolwr * Partner and Manager, Ruabon Medical Centre, High Street, Ruabon, Wrexham, LL14 6NH; Ffon * Telephone: 01978 823717.



You are invited to the Ruabon



Christmas

FROST FAYRE

4th December 2022

1pm - 4pm



Stalls, gifts, games along
with Santa's sleigh.

WYNNSTAY ARMS,
RUABON, LL14 6BL



This event is arranged and run by Friends of Ruabon member: Sarah Mather.
Very excited about the event as we have a wide range of 25 stalls.

Update on the Announcement of the Closure of Ruabon's Post Office

The following information from :Goodban, David (Staff Cymorth yr Aelod | Member Support Staff) David.Goodban@senedd.wales:

"Ken Skates and Dana Davies have been in contact with Morrisons, the Post Office and also Cardtronics UK, the company which operates the cashpoint at McColl's, to make the case for it being relocated elsewhere in Ruabon rather than lost altogether.

Ken and Dana have shared updates from all three companies, which are copied below:

Morrisons said:

"There are nine colleagues at this store who are impacted by the closure. Every colleague will have the opportunity to apply for alternative roles in either a McColl's store or a Morrisons store or site. We are looking to redeploy as many impacted colleagues as we are able."

The Post Office said:

"As you will know Morrisons have confirmed that they are planning to close 132 unprofitable McColl's stores, 55 of which include Post Offices. I'm sorry to inform you that this includes Ruabon Post Office.

"This will be troubling news and I understand that you will have concerns regarding this closure and the impact it will have. Morrisons have confirmed that the branch will remain open until January 2023. In that time, we will be undertaking a review of the local community, the neighbouring Post Office services and other retailers in the local area to assess the requirements in your area.

"We will be notifying local stakeholders and informing the community on what we are doing to ensure they can continue to access the Post Office products and services. We are also working with nearby branches who may be impacted by the closures in their area to support them with an expected increase in footfall to their branches.

"Please be assured that we take this seriously and we are working to ensure there is as little disruption to customers as possible."

Cardtronics UK said:

"We are currently working on a review of the area to find a suitable replacement, keen to retain ATM coverage in the village.

"I have passed your details onto our sales team manager who is conducting the reviews, and he will be in contact if we require any assistance from yourselves.

“If by any chance you are aware of any retailers who you think could be viable for an ATM installation, please feel free to pass their details to me and I will provide to our sales team.”

Ruabon Train Station

Martin Evans looks after the Ruabon Station platform as a whole, apart from the planters, their care and watering without running water available, which is the job of Friends of Ruabon.

Martin then has to report his findings on again to TfW, which is this month:

“The CIS system on platform 1 to Chester is not displaying any info again.

This is a recurring issue. I trust this will be dealt with as soon as possible.”



Llygfrell/Rhiwabon/Ruabon Library

High Street, Ruabon, LL14 6NH

☎01978 822002

✉ruabon.library@wrexham.gov.uk

Opening Hours

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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

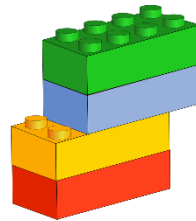
Clwb Lego Teulu

Yn Llyfrgell Rhiwabon

01978 822002

Dydd Llun 3:30 yp

(Dim angen archebu/rhaid i bob plentyn fod gydag oedolyn)



Family Lego Club

At Ruabon Library 01978 822002

Mondays 3:30 pm

(No booking needed/all children must be accompanied by an adult)



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

It will feature a Question & Answer session with an expert panel made up of NHS professionals and representatives from businesses, mental health charities and other third sector organisations

Panellists will also share their own personal experiences of what has helped them to look after their mental health and wellbeing

Join us on 24th November at 12.30 pm finishing at 2 pm.

Book through [Eventbrite](#)

or email sandra.anderson2@wales.nhs.uk



Community Advice & Listening Line
Mental Health Helpline For Wales
0800 132 737

Llinell Gyngor a Gwranddo'r Cymuned
Llinell Gyngor Iechyd Meddwl ar gyfer Cymru



Fe'ch gwahoddir i'n Trafodaeth Brathiad o Iechyd Meddwl Dynion

Mae'r digwyddiad rhithwir yn agored i unigolion a chyflogwyr sy'n eisiau cael gwell dealltwriaeth o sut i gefnogi dynion i ofalu am eu hiechyd meddwl yn y gwaith

Bydd yn cynnwys sesiwn Holi ac Ateb gyda phanel o arbenigwyr sy'n cynnwys gweithwyr proffesiynol y GIG a chynrychiolwyr o fusnesau, elusennau iechyd meddwl a sefydliadau trydydd sector eraill

Bydd panelwyr hefyd yn rhannu eu profiadau personol eu hunain o'r hyn sydd wedi eu helpu i ofalu am eu hiechyd meddwl a'u lles

Ymunwch â ni ar 24ain Tachwedd am 12.30 pm gan orffen am 2 pm.

Archebwch trwy [Eventbrite](#)

neu e-bostiwch sandra.anderson2@wales.nhs.uk



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Amser Rhigwm Mawr Cymru 2023

Oeddech chi'n gwybod y gallwch gofrestru rwan ar gyfer Amser Rhigwm Mawr Cymru 2023

[The Big Welsh Rhyme Time | BookTrust](#)

EARLY YEARS AND CHILDCARE CAPITAL PROGRAMME 2022 - 2025

Expression of Interest Form (EOI)

Wrexham County Borough County has the opportunity to bid for capital funding to support the childcare sector within Wrexham County Borough to refurbish and/or extend existing premises, or to build new facilities on either existing sites or new sites. WCBC are therefore inviting childcare settings to submit an EOI for consideration for capital works for any CIW registered setting based in Wrexham.

When completing the EOI childcare settings should be aware that there is no guarantee that the proposal would be selected by WCBC to be submitted in our bid for funding and even if selected, no guarantee of funding. Should the proposal relating to a setting's EOI be included in the WCBC bid for funding through the Welsh Government Early Years and Childcare Capital Programme, approval for the funding for each proposal can only be confirmed by Welsh Government directly.

Please complete and return to the Childcare Team on childcareteam@wrexham.gov.uk. By 30.11.22.

For any enquiries please contact the Childcare Team email and we will get back to you by email or phone.

Childcare Offer for Wales

The Childcare Team are holding support sessions about the parent application process for the new Childcare Offer Digital Platform. The session will cover how parents complete their application forms. Please note that this session is the same as the online one delivered by Welsh Government.

Date: 14th November

Venue Gwersyllt Resource Centre 6.30-8.30pm.

Please email childcaretraining@wrexham.gov.uk to book the date you would like to attend

Cynnig Gofal Plant Cymru

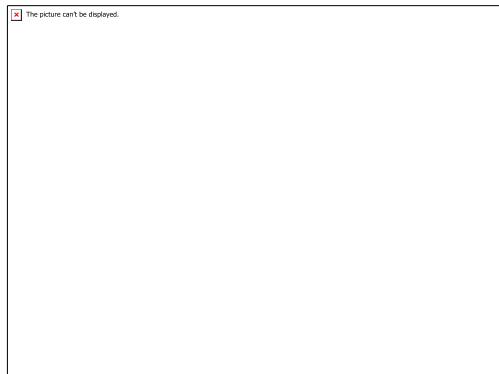
Mae'r Tîm Gofal Plant yn cynnal sesiynau cymorth am y broses ymgeisio i rieni ar gyfer y Platfform Digidol Cynnig Gofal Plant newydd. Bydd y sesiwn yn trafod sut mae rhieni'n llenwi eu ffurflenni cais. Noder fod y sesiwn hon yr un peth â'r un ar-lein a gyflwynodd Llywodraeth Cymru. Dyddiad: 14 Tachwedd

Lleoliad: Canolfan Adnoddau Gwersyllt 6.30-8.30pm

Anfonwch e-bost at childcaretraining@wrexham.gov.uk i ddweud pa ddyddiad y dymunwch fynychu.

Mae 20 Tachwedd yn Ddiwrnod Plant y Byd 2022

Y thema ar gyfer Diwrnod Plant y Byd 2022, UNICEF yw rhannu neges bositif am gydraddoldeb a chynhwysiant i bob plentyn.



Football Exhibition at Rhos Library

From 18th November to 18th December 2022, to coincide with the World Cup 2022, Rhos Library will have a football exhibition. The display will consist of memorabilia that has kindly been loaned to the library from Rhos Aelwyd Football Club. The Club first formed in January 1943 was originally run as a youth side and became the first to capture the Urdd Gobaith Cymru's Pantyfedwen Cup in 1955. After amalgamating with Ponciau Aelwyd

in 1958/59 it completed the Cup and League double in the Welsh National League's Second Division. The Club has had numerous successes over the years and in 2019 a Junior Section was established. Currently the Club has six junior teams playing in the Wrexham and District Junior League. To coincide with this the library will be running a 'Design your own World Cup' competition which will be open to the pupils

of the four local schools in the area, and the club has kindly donated a Match standard football as a prize for the winner.



Shirt Stories: A shirt by shirt history of Welsh football

From the first shirt you owned as a child to the latest club or national team replica, football fans love football shirts.

Many are now considered design classics, some less so. But they all have a place in the game and a story to tell. Shirt Stories provides a glimpse into the history of the Welsh

game...and a destination for football shirt lovers everywhere.

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Shirt Stories tells the history of Welsh football through selected shirts held in the Welsh Football Collection and loans from private individuals. The selection highlights the story of both men's and women's football, at national and club level. Timed to coincide with the build-up to the World Cup in Qatar, the exhibition includes:

- A shirt worn by Alan Harrington in the 1958 World Cup qualifiers.
- A shirt from Wales's only previous appearance in a World Cup finals in 1958.
- Wales shirts from the 2022 qualifying campaign.
- A shirt worn in the first official Welsh women's international played in 1993.
- and retro shirts from the top Welsh teams: Wrexham, Cardiff City, Swansea City & Newport County.

The exhibition is now open to the public and admission is free
Get our top stories by email.

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Thank you to Paul Tincello for the following information

National Safe? Guarding Week 2022

Can behavioural science improve and protect public health?



NORTH WALES SAFEGUARDING BOARD
NATIONAL SAFEGUARDING WEEK
14 - 18 NOVEMBER 2022



**'TOGETHER WE CAN KEEP
PEOPLE SAFE'**

Why do certain policies, services or communications just seem to 'work', improving or protecting people's health and well-being, while others fade, or worse never start to shine? This question confronts practitioners and policy makers on an almost daily basis.

Public Health Wales in partnership with University College London's Centre for Behaviour Change [have published a new guide](#) for policy makers and practitioners in government and public health that details how actively using behavioural science to better understand human behaviour can lead to more effective policies, services, and communications.

The guide details that while behavioural science teams are increasingly being set up in organisations, most decisions are still made using 'common sense' assumptions and this can often lead to activities with limited effectiveness.

Channel 4 Dispatches: 'Trapped, Disabled, and Abused'

A dispatches programme called 'Trapped, Disabled and Abused' that highlights that Disabled people are twice as likely to experience domestic abuse than non-disabled people was aired on the 7th of November on Channel 4. The programme reveals a shocking lack of awareness and support for survivors.

If you missed that programme and would like to watch it is available on tv catch up using the below link.


<https://www.channel4.com/programmes/trapped-disabled-abused-dispatches#:~:text=Disabled%20people%20are%20twice%20as,abuse%20than%20non%2Ddisabled%20people.>

Welsh Charities Week is back!

[Welsh Charities Week](#) is all about recognising the work of charities, social enterprises, voluntary organisations, and community and volunteer groups across Wales.

Taking place from the **21st to the 25th of November 2022**, Welsh Charities Week is your chance to make some noise about the difference your charitable organisation makes.

Our educational workshops, help raise rural awareness and preserve the environment for future generations.




UK-wide survey for Veterans and their families launched

The Veterans' Survey is being carried out by the Office for Veterans' Affairs (OVA) and the Office for National Statistics (ONS). It aims to learn more about the lives of the UK Armed Forces community, veterans, and their families.

[Find out all about the survey, who can take part, and what to expect.](#)

The Rural Education Project

The Rural Education Project is an initiative that the charity North Wales Horse Watch provides to organised groups across North Wales.

A mobile education vehicle provides interactive games for the education and enjoyment of the public, delivering awareness for the conservation, protection, and improvement of the physical and natural environment of the countryside. An engaged learning process where participants learn by doing and reflect on the experience.

Subjects include: -

<p>The Countryside Code Participants will have a better understanding of the countryside and how to respect, protect and enjoy. Gates, rubbish, fires, waymarkers etc.</p>	<p>Safety Emergency services involving role play Water Safety What 3 Words</p>
<p>Animal welfare Learning about the five freedoms How to turn over a sheep Microchips Disease</p>	<p>Pollution Local and world pollution and how it effects society and wildlife</p>
<p>Crime Prevention Alarms Forms of property marking CCTV Signage</p>	

Sessions are £5 per person which includes a pack and certificate Length of session to be arranged. Workshops are tailored to suit any ability or age
For more information contact Helen info@northwaleshorsewatch.co.uk 07828099340

Pennysmart CIC Workshops

OUR FREE COURSES ARE IN GREAT DEMAND. Please limit bookings to one per organisation. Thank you.

Our workshops are a great way to learn new financial skills or refresh existing ones that help to give the best money advice information and support to your clients.

Bespoke and On-site delivery and if you have more than 6 staff that would benefit from an on-site delivery (via Zoom or MS Teams) please contact Pennysmart Training Team for a free quote – training@pennysmart.org.uk or Tel [01244 651210](tel:01244651210).

- [Helping Your Clients to Access Money Advice Services – 6th December 2022 at 9:30am.](#)
- [Supporting Your Client Through Their Debt Advice Journey – 7th December 2022 at 9:30am.](#)

Self-Care Team Autumn Update & upcoming courses

Welcome to the latest BCUHB Self-Care Team [Autumn update](#).

Please find attached a quick update for you on the Self-Care courses coming up: <https://bcuhb.nhs.wales/health-advice/health-and-wellbeing-courses/>

If you would like more information, please do not hesitate to contact us on **03000 852281/852280** or eppcymru.bcuhb@wales.nhs.uk

Atodaf ddiweddariad cyflym i chi am gyrsiau Hunan Ofal sydd ar fin dod i fyny: <https://bipbc.gig.cymru/cyngor-iechyd/cyrsiau-iechyd-a-lles/>

Os hoffech fwy o wybodaeth, mae croeso i chi gysylltu â ni ar **03000 852281/852280** neu eppcymru.bcuhb@wales.nhs.uk

Digital Communities Wales Webinar: Accessibility with AbilityNet

16th November 2022 at 10:00am

https://us06web.zoom.us/webinar/register/WN_Zxz3H7zTSlu4uiQcgRBPqg

You are invited to join a webinar: Digital Communities Wales Webinar - Accessibility with AbilityNet. After registering, you will receive a confirmation email about joining the webinar.

This is a co-hosted webinar with DCW and a guest speaker from AbilityNet. AbilityNet are a UK charity that provides digital inclusion and accessibility advice and support for disabled people, their family and friends, their employers and other people who care for them. Their support focusses on digital accessibility, workplace services and student services.

The Webinar will include feedback on adaptations/equipment/digital from the perspective of a person with a disability.

This session will be delivered in English with a Welsh Interpreter.

Many thanks to Paul Tincello for the information above



Advance warning!!

Christmas tree festival in St Mary’s Church
Ruabon.
Starting on 7th December, all sorts of trees
welcome



as long as they are 5ft or under.

Please email Katherinetiltman@gmail.com
if you are interested.



Taken from:

“The Adventures of Mr Brodie” by John Short:
“Another Great adventure, I’m loving the sand on
this beach, it is very soft!”



**C.W.
COMPUTER
SERVICES**

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

**A very pleasant and patient man – reasonable pricing – AND he
visits!**

Best wishes all
Sybil (Bremner)