

RUABON NEWS LETTER 468



Ruabon Community Clean-up

15th April

Everyone welcome

Meet at the village hall at
10am

Free refreshments
Equipment can be provided



YOUR RUABON COMMUNITY AGENT



Supporting over 50's in our local communities with:



improving your health and wellbeing applications and claims



reconnecting you with your local community



to access services



connecting with others using digital technology

income maximisation (benefit & debt support)



signposting to appropriate services



establishing local clubs & activities

I am here to help you, so please do not struggle in silence.

Angie Cunningham

Hi, I'm Angie, the new Community Agent for Ruabon. I am really excited to start supporting the people in and around our local community.

If you think I can support you, your family, friends or your neighbours then please contact me today at:



01948 830730



angie.cunningham@therainbowfoundation.org.uk

The Rainbow Foundation, Rainbow Centre, Whitchurch Road, Penley, Wrexham, LL130GB
Tel: 01948 830730 | www.therainbowfoundation.org.uk

Charity number: 1100479

Ruabon Library April's Art Exhibition

Penycae Art group are exhibiting for the month of April at Ruabon Library. The exhibition is a colourful and varied collection of village scenes, still life and animal studies. This vibrant and interesting collection are created by a number of local artists and enthusiasts using a variety of medium such as watercolours, oils and pastels. The friendly, local art group meet regularly and welcomes new members, with contact details available via the Dewis Wales Resource Directory.



Book Review

My Lovely Daughter by R.P. Bolton

My precious daughter. You have no idea how dangerous the world is. No idea of the horrors I've shielded you from. The things I've endured our past. We've been happy. We've been hidden. We've been safe. But our perfect life is about to come crashing down. Because they've found me. And they're about to reveal my darkest secret to you. You can never discover what I've done - or what I'm willing to do to keep you safe.

I really enjoyed this book. The story is told in dual time lines - then and now - and tells the story of a mother (Annie) with a dark secret from her past. Annie's desperation to protect her daughter (Izzy) from that secret

is palpable on almost every page. The 'Then' chapters are set in a tower block, where the inner city deprivation and the effects on those living there, are all too real. A bit predictable in places but still a suspenseful thriller that had me totally gripped. **Lynda.**

Daily travel throughout North Wales for no more than £6 when you Tap On and Tap Off

See the sights of North Wales without the hassle of planning ahead

• **Bookmark**



Travelling around North Wales just got easier with 1Bws and Tap on Tap off

North Wales has lots to offer for both young and older audiences, and now travelling around all six counties of this beautiful region is even easier thanks to Fare-Capping and the 1Bws ticket. Simply Tap On and Tap Off to get an adult single ticket that is capped at £6 no matter how many

buses you use in a day, or how far you travel.

Covering areas including the Llŷn Peninsula to Chester and from Anglesey to Aberystwyth, the new 1Bws multi-operator bus ticket simplifies ticketing for customers wanting to travel around North Wales. Every one of the 27 bus operators in the region (excluding Stagecoach) accepts the ticket as a valid form of payment.

Being able to Tap On and Tap Off removes the inconvenience of having to plan your trip and buy your tickets in advance. Under the new scheme, you have the freedom to hop on and off the bus whenever and wherever you wish, knowing that the maximum charge all day will be £6. Whether you travel for work, retail therapy or simply meeting up with friends, the flexibility, and possibilities of Tap On Tap Off are endless.

1. What is 1Bws?

1Bws is a multi-operator bus ticket that gives you access to 27 operators and nearly 200 routes throughout the entirety of North Wales, so you can explore freely without worrying about which bus to get on.

2. How does Tap on Tap off work?

Transport for Wales has worked with bus operators across North Wales to install ticketing and payment machines to help provide more convenient bus travel for people around the region. **The TOTO machines are really easy to use:**

Step 1 - Tap a debit card or device on the ticket machine reader when you are boarding the bus.

Step 2 - Tap the same card or device on the Tap Off Reader as you exit from the bus.

Step 3 - The single fare between the two points is calculated.

Step 4 - If you want to make multiple trips in one day, then you have the assurance that the price charged for your travel will never exceed £6, and if you don't travel far enough to reach the £6 fare cap, you will only get charged the cost of your journeys. In addition to the provision of Tap On Tap Off equipment, Transport For Wales is also supporting this new multi-operator fare-capping project, by providing an online portal where you can log in securely using the last four numbers of your bank card, to allow you to view and download records of your Tap on Tap off transactions. To further support the project, a dual language call centre (supplied by Journey Call and TFW) allows you to speak to an advisor and query any charges.

Why should I use Tap On Tap Off?

The inherent flexibility of Tap On Tap Off is perfect for when you don't know your travel plans in advance and want the convenience of being able to jump on a bus anytime to go where the wind takes you.

For tourism around North Wales, the Tap On Tap Off system means people who are unfamiliar with the routes can explore with peace of mind, without worrying about what fares will cost. Tap On Tap Off also gives you more flexibility to change your travel plans, as you will only ever pay for the journeys you make.

Using Tap On Tap Off when travelling on a bus around North Wales also means that journey times to and from destinations may be faster, thanks to decreased boarding times and paperless tickets, which are also better for the environment.

Ruabon W.I Annual Quiz Night

Where: Ysgol Rhiwabon

When: Friday 26th May 2023

Time: **Doors open at 6:30pm**
Start at 7:00pm

Entry: £3 each (includes refreshment)

Raffle tickets: for sale at £1 each.



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

Please help if you can

✚ St Margaret's Church

✚ Chirk

✚ Rhosllanerchrugog

<https://wbs.wales/RuabonNews>

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

Helpwch os gallwch

✚ Eglwys St Margaret

✚ Yr Waun

✚ Rhosllanerchrugog

<https://wbs.wales/RuabonNews>



Friends of Ruabon What's On 2023

Friends of Ruabon Litter Pick Saturdays

Saturday February 18th
 Saturday March 18th
 Saturday April 15th
 Saturday May 20th
 Saturday June 17th

Saturday July 15th
 Saturday August 19th
 Saturday September 16th
 Saturday October 21st
 Saturday November 18th

For litter pick equipment and to meet up with other Litterpickers please meet at Ruabon Village Hall on the above dates at 10am

Saturday Meetings

The Bridge End Inn
 Ruabon

Wednesday Meetings

St Mary's Church Hall
 Ruabon

Friends of Ruabon Monthly Meetings 2023

- Saturday March 4th 10am
- Wednesday April 5th 7pm
- Saturday May 13th 10am
- Wednesday June 7th 7pm
- Saturday July 1st 10am
- Wednesday August 2nd 7pm
- Saturday September 2nd 10am
- Wednesday October 4th 7pm
- Saturday November 4th 10am
- Wednesday November 29th 7pm

Friends of Ruabon Community Events 2023

- Bunny Hunt Saturday April 8th 1pm – 3pm
- Ruabon Summer Fete Saturday June 10th 1pm – 4pm
- Friends of Ruabon Santa Sleigh Ruabon Saturday December 2nd 5pm
- Frost Fayre Sunday December 3rd 1pm – 4pm
- Friends of Ruabon Santa Sleigh Christmas Tour
 Week commencing Monday December 4th Details TBC



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

Thanks to Paul Tincello for forwarding the following information:

First detailed insight into young people's well-being before and during the COVID-19 pandemic

Data analysts at Public Health Wales have provided the first detailed insight into how young people in Wales were feeling and behaving in the years before and during the pandemic. They have taken the results of a large school based survey, and reported the data on a local basis, helping us to understand regional differences in health and well-being of young people in Wales for the first time.

The data is presented in an [online dashboard](#) that is publicly available. It presents data from a survey by the School Health Research Network (SHRN) at Cardiff University.

Extra £3.3m to implement Mental Health Workforce Plan

The Deputy Minister for Mental Health and Well-being has announced an additional £3.3m to support the implementation of the Strategic Mental Health Workforce plan in 2023-2024. The additional funding will take the annual investment by Welsh Government to implement the Plan to £6m in 2023-2024.

The Strategic Mental Health Workforce Plan was developed by Health Education and Improvement Wales (HEIW) and Social Care Wales following extensive engagement, including with users of mental health services. The plan was published in November 2022.

Bowel Cancer screening saves lives



9 out of 10 people will survive bowel cancer if it's caught early enough.

Available in Welsh

www.phw.nhs.wales/bowel-screening




Sgrinio Coluddion Cymru



Bowel Screening Wales

V2 July 2021


Sgrinio Canser y coluddyn yn achub bywydau



Bydd 9 o bob 10 person yn goroesi canser y coluddyn os caiff ei dal yn ddigon cynnar.

Ar gael yn Saesneg

www.icc.gig.cymru/sgrinio-coluddyn



Sgrinio Coluddion Cymru



Bowel Screening Wales

F2 Gorffennaf 2021

AGED 16-30? GET INTO DIGITAL!



BOOST YOUR CONFIDENCE AND HAVE A GREAT EXPERIENCE ON THIS FREE COURSE, LEARNING DIGITAL SKILLS!

Are you aged between 16 - 30? Interested in learning loads of amazing digital skills? This FREE virtual course is for you! Come along, make some friends and gain experience for jobs in in the digital sector!

INFORMATION

TASTER DAY:
25th April

COURSE DATES: 2nd May - 2nd June

LOCATION: Virtual, via Microsoft Teams

IF YOU WOULD LIKE TO JOIN US, SCAN THE QR CODE OR CONTACT OUR OUTREACH TEAM:

outreachwales@princes-trust.org.uk

- Gain skills and experience in digital to show future employers!
- Gain professional certificates from Microsoft for in-demand digital or digital-enabled jobs
- Other key employability skills such as CV writing and interview skills will be covered
- No need to be digital-savvy yet! This course will get you up to speed

GET IN TOUCH AND START SOMETHING NEW!



START SOMETHING



YDYCH CHI RHWNG 16 a 30 OED? EWCH I MEWN I'R BYD DIGIDOL!



**RHOWCH HWB I'CH HYDER A CHAEL BROFIAD
FFANTASTIG AR Y CWRS PUM WYTHNOS
RHAD AC AM DDIM HWN, GAN DOYSGU
POPETH AM Y BYD DIGIDOL!**

Ydych chi rhwng 16 a 30 oed? Oes gennych chi ddi-ddordeb mewn dysgu amrywiaeth o sgiliau digidol anhygoel? Mae'r cwrs rhithwir hwn AM DDIM i chi! Dewch draw i wneud ffrindiau ac i gael

GWYBODAETH

DIWRNOD BLASU:
Ebrill 25ain

DYDDIADAU'R CWRS: 2il o Fai - Mehefin 2il
LLEOLIAD: Yn rhithwir, drwy Microsoft Teams

**OS HOFFECH CHI YMUND â NI, SGNIWCH Y COD
QR, NEU CYSYLLTWCH â'N TIM ALLGYMORTH:**

outreachwales@princes-trust.org.uk

- Cael tystysgrifau proffesiynol gan Microsoft ar gyfer swyddi digidol y mae galw amdanynt neu swyddi drwy dechnolegau digidol
- Rhoi sylw i sgiliau cyflogadwyedd allweddol eraill megis sgiliau ysgrifennu CV a chael cyfweiliad yn cael sylw
- Nid oes angen bod yn graff yn ddigidol! Bydd y cwrs yn rhoi'r wybodaeth ddiweddaraf i chi
- Ennill sgiliau a phrofiad ym maes digidol i ddangos i ddarpar gyflogwyr!

**CYSYLLTWCH â NI A DECHRAU
RHYWBETH NEWYDD HEDDIW!**



**START
SOMETHING**



Continued funding announced for Credit Unions to expand their lending and support more financially vulnerable people

£600,000 will boost cost-of-living intervention introduced last year which is providing assistance to people with poor credit histories who are struggling financially.

Credit Unions have a proven track record of building financial resilience to those who may be more financially vulnerable. Not-for-profit, they are owned by the people who use their services, rather than by external shareholders or investors. They are affordable and responsible lenders who contribute to the economy and the financial well-being of members.

Children's University secures over £800,000 funding to expand scheme across North Wales

A ground-breaking new scheme which aims to inspire a love of learning among children and young people in North Wales by promoting access to extra-curricular activities is being expanded after securing more than £800,000 of funding.

The new funding from Higher Education Funding Council for Wales (HEFCW) will enable partners to build on the success of the [Wrexham and Flintshire Children's University](#) pilot project, enabled by WGU and the Wrexham and Flintshire Public Service Board.

As part of the scheme's expansion, Bangor University will lead the roll out of the Children's University in North-West Wales.

AVOW Training – new dates Accredited Emergency First Aid

New dates are now available for the [Accredited Emergency First Aid](#).

It will start at **9:30am**, and finishes at **4:00pm**, and will take place at **AVOW, 21 Egerton Street, Wrexham LL11 1ND**.

The cost of this is £40pp with 10% discount for AVOW members (£36). You can visit Eventbrite here: [Events \(eventbrite.co.uk\)](https://www.eventbrite.co.uk) or, if you wish your organisation to be invoiced, please email me sharon.stocker@avow.org to arrange this.

The available dates are:

4th May, 7th June, 13th July

If you have any queries, please contact **Sharon Stocker** on **01978 312 556**.

Click the following link to find out about [Football Coaching Good Practice Workshop/Gweithdy Arfer Da Mewn Hyfforddiant Pêl-Droed/](#)

Football Coaching Good Practice Workshop Gweithdy Arfer Da Mewn Hyfforddiant Pêl-Droed P--re[®] www.aura.wales [walesaura aura_wales](http://walesaura.aura_wales) aura.wales www.aura.cymr.

*Mummy And Me, Daddy And Me
Parent and Child Hair Care*

-healthy hair and healthy hairstyles

4 week course starting Tuesday 25th April

Flint Library 3.00pm-5.00pm

FREE for people aged 19 and over

To book email ACL@aura.wales



Mam a fi, Dadi a Fi

Gofal Rhieni a Gwallt Plant

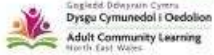
-gwallt iach a steil gwallt iach

Cwrs 4 wythnos yn dechrau Dydd Mawrth 25 Ebrill

Llyfrgell y Fflint 3.00yp-5.00yp

AM DDIM i bobol 19 oed neu'n hŷn

Archebu e-bost ACL@aura.wales



*Mid Life Make Up and Wellbeing
Masterclass*

-please bring own makeup and brushes

Tuesday 16 May

Mold Library 10am-12pm

FREE for people aged 19 and over

To book email ACL@aura.wales



Dosbarth Meistr Colur a Lles Canolbarth Oes

-dewch & cholur a brwsys eich hun

Dydd Mawrth 16 Mai

Llyfrgell Yr Wyddrgrug 10yb-12yp

AM DDIM i bobol 19 oed neu'n hŷn

Archebu e-bost ACL@aura.wales

Football Coaching Good Practice Workshop Gweithdy Arfer Da Mewn

Hyfforddiant Pêl-Droed P--re ® www.aura.wales walesaura

aura_wales aura.wales www.aura.c

WANDERWALKS ARE BACK



WANDER WALKS

WITH OUTSIDE LIVES

VENUE: PRESTATYN BEACH WALK

DATE: SATURDAY 22ND APRIL

TIME: 1030 AM

DURATION: 2-3 HRS

ABILITY LEVEL: ★★



"Not all who wander are lost"

THE WALK



#TRASHMOB #TRASHFREERAILS
#JOINTHETRASHMOB



Join a team of friendly faces and explore some local nature on our guided walks. Our walks will be run by our skilled and knowledgeable crew who have fully researched the routes beforehand. Along the way we also will do our bit for the environment by collecting any litter that we find.

To book your walk or for more information simply visit our website : www.outsidelivesevents.org or email Sally : sally.outsidelives@gmail.com





Our congratulations to John

Short:

[John Short 7h](#) ·

Very pleased to be informed one of my images is amongst the winners of the Vaonis Messier Challenge “

So complimented to be there with many contributors that

have produced such excellent images . Congratulations to all the winners .

The Adventures of Mr Brodie

What an exciting morning. We went to see mum’s Godchildren, Freya, Harry and Thomas at the lookout cafe at Seaham.

Freya quickly discovered the way to my heart is through a piece of bacon.



Best wishes everyone

I hope the weather keeps dry for you all taking part in the litter pick on Saturday and that there will be plenty of photos.

Sybil.