

RUABON NEWS LETTER 469

Offa Mission Area

wishes to appoint an Administrator

To undertake administrative duties across the Offa Mission Area including all the churches whilst providing administrative support to the Mission Area Executive, Trustees and Clergy.

To work approximately 10 hours per week (with the possibility of increased hours) which could be home based with some flexibility, initial contract to be for 12 months.

The hourly rate of pay £10.90.

Administrative, minute taking, computing, internet and desk top publishing skills necessary with some requirement to visit churches, churchyards and attend meetings.

Though not requirements, being a communicant member of the Church in Wales and having a good understanding of the church and it's structures would be desirable.

Applicants will be required to provide a full CV/portfolio, evidence of the required skills and details of 2 referees.

Closing Date: Sunday 30th April 2023

For further details including terms and conditions, job description and person specification please contact:

Chancellor Pam Powell (MA Leader)

pampowell@cinw.org.uk

A Welcome Message for
Ruabon Residents from Ken Skates:

(Skates, Ken (Aelod o'r Senedd | Member of the Senedd)
<Ken.Skates@senedd.wales>

“I contacted the Post Office recently to ask for an update about Ruabon, and I've had the following statement back:”

"Post Office has been progressing an applicant for Ruabon Post Office and is in the final stages of preparing plans to restore post office services to Ruabon.

Post Office will provide a further update as soon as the plans are fully confirmed."

“So it sounds very promising - there has been a successful applicant and subject to contracts being signed, it seems like it's all systems go.

It looks as though we can expect a further update from the company in the next month or so announcing the successful applicant and an opening date - as soon as I hear any more I'll let you know.

**Kind regards,
Ken.”**

The Wrexham Gateway Project

A new way to finance a key part of the Wrexham Gateway project – which includes building a new kop stand at the Racecourse football ground – is being proposed to the Council’s Executive Board subject to completion of legal and commercial agreements.

Wrexham Council, Wrexham AFC and other partners have been working on alternative finance plans after a bid for Levelling Up money was unsuccessful earlier this year.

The new proposals will help ensure funding can be drawn from a variety of sources from both the public and private sectors – approximately 50% from each – and pave the way for future funding bids to support the scheme.

What is the Wrexham Gateway project?

The Wrexham Gateway aims to regenerate key sites and transport infrastructure around Mold Road – a key corridor into the city.

It includes improvements to rail, bus and car travel connectivity, new hotel and conference facilities, office space, and improvements to the Racecourse stadium that will allow international football to return to North Wales.

The project is split into two key areas – the ‘eastern side’ and the ‘western side.’

The new finance proposals will help fund the western side, including the Racecourse Ground and new kop to return international football to the stadium and deliver regional and national events. On the eastern side the partnership is progressing with detailed design and consultation for implementing the overall masterplan.

How will Wrexham benefit?

Councillor Mark Pritchard, Leader of Wrexham Council, said: “The Wrexham Gateway is a massive project that will transform one of the main corridors into the city.

“It’s ambitious, but we need to be ambitious if we want to fulfil our potential as Wales’ newest city, and as the home of Welsh football.

“A key element is the development of the new kop. The incredible things happening at the club are propelling Wrexham onto a global stage, and football is bringing communities together, boosting local pride and helping to attract visitors and investment.

“So helping to secure finance to develop the Racecourse – so it can once again host international fixtures – is hugely important for Wrexham, and the benefits will be felt far beyond the football pitch.”

How will the new funding package work?

The new proposals aim to guarantee a balance from a variety of funding sources.

If approved, a substantial amount of the £25 million grant given to the council by Welsh Government will be reallocated from the eastern side to the western side.

The Council will in turn apply for external funds and guarantee a minimum of £8m being available for the east side scheme.

Delivery of the Wrexham Gateway – both west and east sides – is critical for Wrexham. The overall scheme is estimated to create 732 new jobs, and have a gross value added impact of £54.1m and result in £3 of public benefit for every £1 invested.

The west side scheme is estimated to increase visitors to Wrexham by nearly 60,000 per year and increase spend retained in the local area by £3m.

Will the new proposals be adopted?

A report will go before the council’s Executive Board on Tuesday, April 18, where members will be asked to approve the approach.

This approach is fully supported by all Wrexham Gateway partners including Welsh Government, Wrexham AFC, Transport for Wales and Wrexham Glyndwr University.



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

Thanks to Paul Tincello for forwarding the following information:

Welsh Government written statement:
Expanding Flying Start childcare to more children in Wales

Written statement by Julie Morgan MS, Deputy Minister for Social Services on the 14th of April 2023.

Healthy Weight: Healthy Wales video

Healthy Weight: Health Wales is the Welsh Government’s long-term strategy to prevent and reduce obesity. The aim of the plan is to deliver healthy settings and environments to allow people of all ages to make healthy choices.

The LGBTQ+ Action Plan for Wales: Next Steps Conference

19th July 2023 | Cardiff | 9:00am – 1:30pm

The Welsh Government wants to make Wales the most LGBTQ+ friendly nation in Europe. How does your organisation fit into delivering this vision?

The recently published LGBTQ+ Action Plan for Wales sets out a wide range of policy-specific actions relating to workplaces, human rights, education, safety, housing, health and social care, sport, culture, and community cohesion.

Attend Senedd Insight's The LGBTQ+ Action Plan for Wales: Next Steps Conference to take a deep dive into the detail of the Plan. Find out how your organisation can play its part in strengthening equality for LGBTQ+ people, challenge discrimination, and help create a society where LGBTQ+ people are safe to live and love authentically, openly and freely as themselves.

This conference will bring together representatives from Government, local authorities, education, police, health and social care, housing, sports and cultural organisations, community groups, and individuals from the breadth of the LGBTQ+ communities in Wales.

* **View Agenda** <https://www.seneddinsight.com/events/the-lgbtq-action-plan-for-wales-next-steps-conference/?booking_code=email1T-1441014>

* **Book Now** <https://www.seneddinsight.com/events/the-lgbtq-action-plan-for-wales-next-steps-conference/book/?booking_code=email1T-1441014>

Outside Lives is bringing you a Personality Disorder Training Workshop

27th April 2023 | 9:30am – 4:00pm | Venue TBC – Mold area | £25pp
Please bring your own lunch

We know our community is made up of all sorts of people from all walks of life and we want to understand everyone to the best of our ability.
Info below.

Here's a little rundown of the day and what our trained and experienced practitioner Paul Mitchell will be talking about:

- 9.30am - Check in / Arrivals.
- 10.00 - 11.00am - What is "Personality Disorder" (Theories of Mind / Medical Model / Trauma Model / Diagnosis / Formulation).
- 11.00 - 11.20am – Break.
- 11.40 - 12.40pm - Types / Categories of Personality Disorders (Borderline / Narcissistic / Schizoid / Antisocial / Histrionic etc.).
- 12.40 - 1.30pm – Lunch.
- 1.30 - 2.30pm - Approaches to working with Personality Disorders (from a relationships perspective).
- 2.30 - 2.50pm Break.

- 2.50 - 3.30pm - Q & A / Further Theory (depending on the needs of the group).
- 3.30 - 4.00pm – End.

Please book using the following link:
<https://www.outsidelivesevents.org/.../understanding...>

Invitation to Flintshire Jobs Fair – Thursday 20th April 2023

Looking for work? Need advice about skills and training?
Come along to the Flintshire Jobs Fair on Thursday 20th April, 4:00pm to 7:00pm at the Civic Centre, Connah’s Quay.

Communities for Work Plus, Jobcentre Plus, and Careers Wales are bringing together local businesses with local jobs, apprenticeships, and work experience placements. 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, email Jobcentre Plus: flintshire.eateam@dwp.gov.uk or contact Janiene Davies on 07770 632 128 / Nia Parry on 07770 633 453 at Communities For Work Plus.

Stress in the Workplace



As you have subscribed to the All Wales Continuous Improvement Community, applications for our next Learn and Share events are open.

Stress Women

18/05/2023 | 10:00 - 12:00 North Wales
21/06/2023 | 14:00 - 16:00 South Wales



This Masterclass is all about stress and women. We explore the triggers to stress for women – and how they intersect to make a 'perfect storm'.

We discover ways in which to use our biological microsystem to our advantage. We look at how women respond to stress, how this shapes their leadership, and why the hormones that protect women can also contribute to burnout. We also offer up ways to manage stress, and to grow and learn from stressful experiences. To use our biological microsystem to our advantage.

Benefits from attending

- 1. You will enter a space where you are able to discuss stress and share learning;
- 2. You will gain evidence based knowledge about stress, women and leadership;
- 3. You will accrue tips on how to manage stress.

Stress Men

18/05/2023 | 14:00 - 16:00 North Wales
22/06/2023 | 10:00 - 12:00 South Wales

This Masterclass is all about stress and men. We explore the triggers to stress for men – and how internalising stress manifests in men's physical body.

We look at how stress shapes men's leadership, and the working environment. We consider how the behaviours that may help to 'get the job done' may also indicate a stressed leader. We share ways to manage stress that works for men and acknowledges men's biological microsystem.

Benefits from attending

- You will enter a space where you are able to discuss stress and share learning;
- You will gain evidence based knowledge about stress, men and leadership;
- You will accrue tips on how to manage stress.

Stress LGBTQ+

03/05/2023 | 14:00 - 15:30 (Online)

This Masterclass is all about stress and LGBTQ+ people. In this masterclass we open the conversation about what triggers stress for LGBTQ+ people.



We look at how these experiences impact on the human microsystem, and may shape leadership and a sense of workplace identity. We discuss ways to manage stress that are meaningful for LGBTQ+ people. Benefits from attending

- You will enter a space where you are able to discuss stress and share learning;
- You will gain evidence based knowledge about stress, LGBTQ+ and leadership;
- You will accrue tips on how to manage stress.

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.

YOUR RUABON COMMUNITY AGENT



Supporting over 50's in our local communities with:



improving your health and wellbeing applications and claims to access services



reconnecting you with your local community



income maximisation (benefit & debt support)



connecting with others using digital technology



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



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>

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 2nd Language Conversation 2.00 -3.00
- Sgwrs a Chlonc/Natter & Chatter 3.00 – 4.00
- Clwb Lego Teulu/Family Lego Club 3.30

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

Crefftau Creadigol/Creative Crafts 1.15

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 Sent in by: Dilys and Helen, Ruabon Librarians



Llyfrgell Rhiwabon | Ruabon Library

☎ 01978 822002

✉ Stryd Fawr, Rhiwabon, Wrexham, LL14 6NH

✉ High Street, Ruabon, Wrexham,

🌐 wrexham.gov.uk/libraries | wrexham.gov.uk/libraries



Friends of Ruabon What's On 2023

Friends of Ruabon Litter Pick Saturdays

Saturday February 18 th	Saturday July 15 th
Saturday March 18 th	Saturday August 19 th
Saturday April 15 th	Saturday September 16 th
Saturday May 20 th	Saturday October 21 st
Saturday June 17 th	Saturday November 18 th

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



From John Short
This is a combined stack of
Vespera and eVscope captures
processed in Pixinsight and
Photoshop. A total exposure
time of 5 hrs, 3 hrs from
Vespera.

John Short

Walking through the woods at
Hylton Castle and saw these
Wild Swan Anemone.

Beautiful and worth getting down
on your knees to photograph



John Short

The Adventures of Mr Brodie

Nothing better than a good Easter Egg hunt and my nose
says there's an egg up there in the trees so I'm off to find
it...h.



Some good news from Ken Skates and his News Letter, so more for you to digest this
week besides the promised dry and sunny weather.

Sybil (Bremner)