

RUABON NEWS LETTER 470

24.04.2023



Do you know anyone who is suffering with Dementia?

Jubilee Beau Unicorn Equine Project CIC has some free sessions available which are funded by Wrexham Council.

The "Tea with a Pony" sessions are at Overleigh Equestrian Centre, Acrefair.

These sessions are for anyone suffering with dementia and their families/carers, to include, meet & greet a small pony. stroking, feeding treats and grooming followed by a fresh cup of tea or coffee and cake/biscuits.

Booking essential, contact:

Jo 07776313335 or email: jo_overleigh@yahoo.co.uk



Woodland Planting

Years 7 and 8 have been planting new trees along our sports fields recently to enhance the look of the fields. The trees were supplied by The Woodland Trust. Site Maintenance, Nyall Monneypenny, ensured that all the trees were planted correctly, and lent useful advice to the pupils who were planting them.



Return to
School
Year 10
Parents'



Evening, Wed 26th April 2023

Community

Alert



The following information from Officer Gerwyn Davies has been forwarded on to us all by Cllr Dana Davies:

“Please could I ask for your help with sharing the survey within the link below on behalf of **North Wales Police**.

The North Wales Talking Survey contains 6 questions which are about issues in an area and how safe residents feel. The survey should take no more than a couple of minutes to complete.

North Wales Police hope to be able to feedback locally what is going on in each area following analysis of the results, and work with the local community / town councillors and partners to address any issues highlighted. Most of the questions are generic so the results will be of interest to local contacts to see what matters most to residents.

North Wales Police are happy for the enclosed link to be shared on any local social media groups, or in any meetings / associations etc.

The survey is short and can be completed anonymously on a phone, or you can sign up to be one of the 10,000 community members who are receiving regular alerts on crimes and scams in their local areas.”

The survey will run until the 1st May 2023 and the Link to the survey is below:

<https://survey.northwalescommunityalert.co.uk/Survey/GUID/5748aeae-45a6-4cb4-9941-25ddc70484df>

Kind regards

Gerwyn Davies

Uwch Swyddog Perfformiad, Gwella a Partneriaeth

Senior Performance, Improvement and Partnerships Officer

Training Opportunities

New Emergency Alerts system has been tested nationally on 23rd April 2023



The UK government's new Emergency Alerts system is now live. The system will enable people to be contacted via their mobile phone when lives are in danger.

It will be used to warn you in the event of emergencies, such as severe flooding.

Emergency Alerts are sent to all compatible mobile phones within an area of risk. They don't track your location, need your phone number, or collect personal data.

Only the government and the emergency services will be able to send them. If you don't have a mobile phone, you'll still be kept informed through other channels.

If you get an Emergency Alert on your phone, you'll hear a loud, siren-like sound. A message on your screen will tell you about the emergency and how best to respond. You'll be able to check an alert is genuine at gov.uk/alerts.

If you receive an alert, read the alert carefully and follow the instructions. You can opt out of receiving emergency alerts; for more information on how to opt out please go to gov.uk/alerts

To find out more, or check if an alert is genuine, go to gov.uk/alerts

Mind

Looking for advice on how to support someone with depression?

We're here to help.

For tips, advice and support, visit our website:

<https://www.mind.org.uk/.../depre.../for-friends-and-family/>

If you're struggling yourself, reach out to us 

How to support
someone with
depression

Study Space



Are you looking for somewhere to do your homework, or somewhere to get away from the stresses of home to catch up with your studies?

All of Wrexham's libraries offer places where you can study in peace and quiet.

The spaces are all free of charge and have access to charging points, plus there is no need to book.

For more details contact your local library.

Llangollen International Musical Eisteddfod

Tuesday 4th July 2023 — Sunday 9th July 2023

Wanted

New volunteer Stewards

Are you aged 16 or over? Why not become a member of our volunteer Stewarding team and enjoy working in the wonderful atmosphere of music, dance and colour at the Llangollen International Musical Eisteddfod.

For more information contact:

stewards@llangollen.net

or

visit the Eisteddfod website

<https://international-eisteddfod.co.uk>

or telephone 01978 862000



Ruabon Coffee Morning

WEDNESDAYS • 10AM - 12PM

**Bowling Club Pavilion,
Maes Y Llan Lane, Ruabon**

Come and enjoy some tea, coffee, biscuits a chat each week in a warm and welcoming environment

There is **no charge** and **no need to book**, just drop by.



charity number: 1100479

—Stronger Together—

North Wales Disability Information Sharing Event

Invitation to exhibitors

Where: Venue Cymru , Llandudno.
When: Thursday, 2nd November 2023
Exhibit time: 10.00 am – 3.00 pm

This event will host information stands and fun activities and welcome both parents/carers and professionals

For a booking form, please contact Sam:
Email: Samantha@standnw.org
Call: 07570 583 842



Company Number 11333532
Website: www.standnw.org
Facebook: www.facebook.com/standnwic



Dear all / Annwyl pawb

Following the huge success of the event last year, STAND North Wales CIC are hosting another North Wales Disability Information Sharing Event again this November.

On Thursday, 02 November 2023 STAND North Wales CIC are hosting a "Stronger Together North Wales Disability Information Sharing Event " at Venue Cymru, Llandudno, which is open to both parents and professionals to attend from across North Wales.

Alongside our Information Sharing Event, STAND North Wales CIC are also hosting workshops provided by various exhibitors.

You are invited to attend this event as an exhibitor, for the families in North Wales to meet and discuss the services that you provide. You are also invited to apply to host a workshop for visiting individuals and families to attend on the day.

If you would like to book a space as an exhibitor at the event, please contact Samantha@standnw.org for a booking form as an exhibitor.

Kind regards / Cofion cynnes, Sam



Cofion/Regards **AnnaKepinska** Swyddog Ymgysylltu / Engagemenrhif ffôn •
phone 07732415679 e-bost • e-mail: Anna.Kepinska@wales.nhs.uk

Helpwch arbed papur – oes angen i chi argraffu'r e-bost hwn?
 Help save paper - do you need to print this e-mail?

Knowing the 5 key symptoms of bowel cancer could save your life.
Be Bowel Smart.
 Test your knowledge and take the quiz at bowelcanceruk.org.uk/quiz

In support of **Bowel Cancer UK**
 beating bowel cancer together

#KnowTheHigh5

RHWYDWAITH YMARFERWYR YMGYSYLLTUR DWYRAIN
EAST AREA ENGAGEMENT PRACTITIONERS NETWORK

Padlet

- Gallwch rannu eich newyddion a diweddariadau diweddaraf
- Add your latest new and updates
- Gallwch ei gylchredeg i'ch cysylltiadau
- Circulate to your contacts

Share

GIG Cymru NHS | Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board

**Bordd gwybodaeth rhithiol ein Fforwm / Forum virtual information board:
 Fforwm Ymarferwyr Ymgysylltu Sir Y Fflint a Wrexham / Flintshire & Wrexham Engagement Practitioners Forum - Padlet**

If you would like to book a space as an exhibitor at the event, please contact Samantha@standnw.org for a booking form as an exhibitor.

Kind regards / Cofion cynnes, Sam, Samantha Inglis

Administrator / Gweinyddwr

How to contact me / Sut i gysylltu a mi:

Email / Ebost: Samantha@standnw.org

Phone / Ffôn: 07570 583 842

Days of work: Monday, Tuesday, Wednesday, Thursday, Friday

Dyddiau gwaith: Dydd Llun, Dydd Mawrth, Dydd Mercher, Dydd Iau, Dydd Gwener

**OTHER ways to contact STAND North Wales CIC / Ffyrdd eraill o gysylltu â
 STAND Gogledd Cymru CBC:**

Website / Gwefan: www.standnw.org

Facebook: www.facebook.com/standnwcic

Instagram: www.instagram.com/stand_nw_cic

Twitter: www.twitter.com/STAND_NW

Company Number / Rhif Cwmni 11333532

Cymraeg

Rhybudd Ebost (2010) - Bwrdd Iechyd Prifysgol Betsi Cadwaladr

Fe'ch cynghorir i ddarllen rhybudd ebost Bwrdd Iechyd Prifysgol Betsi Cadwaladr (a'i argraffu er mwyn cyfeirio ato yn y dyfodol). Gellir dod o hyd iddo yn y lleoliad canlynol

<http://www.wales.nhs.uk/sitesplus/861/tudalen/47230>

English

Betsi Cadwaladr University Health Board - Email Notice (2010)

You are advised to read (and print for future reference) the Betsi Cadwaladr University Health Board e-mail notice which can be found at this location

<http://www.wales.nhs.uk/sitesplus/861/page/47229>

Betsi Cadwaladr University Health Board is the operational name of Betsi Cadwaladr University Local Health Board

The Delta Academy of Dance and Performing Arts

Did you know that once a month Miss Dianne teaches a "Movement and Fitness" class for people affected/living with and suffering from Dementia?

We had great fun this morning dancing and singing along to songs from the 60's and 70's ❤️

What a lovely start to our Thursday 🥰







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

Thank you to Paul Tincello for the following information

The NEW NHS Wales App

The new NHS Wales App will be at the heart of enabling people to engage digitally with NHS and social care service across Wales. The app has successfully undergone private beta testing, involving 700 people from 10 GP practices across Wales, and it will now start public beta testing.

As we move to public beta testing, a version of the NHS Wales App will be published on Apple and Google app stores for download. It will also be available at [NHS Wales App website \(English\)](#) and [Ap GIG Cymru \(Cymraeg\)](#). This is not the final version of the app – the Digital Services for Patients and the Public (DSPP) team, which is developing the app, will be releasing functionality as it is developed. There will also be a way for users to provide feedback to help the team to continue improving the app.

Over a quarter of households with babies and pre-school children are food insecure

New data from [The Food Foundation](#) has found families with younger children are at particularly high risk of food insecurity: a worrying 27.3% of households with a child under the age of 4 experienced food insecurity in January 2023.

This is significantly higher than households without children where 15.4% were food insecure, and higher than households with only school-aged children (23.0%).

Wales is set to be the first in the UK to increase Education Maintenance Allowance payment

From April 2023, the Education Maintenance Allowance (EMA) will increase from £30 per week to £40 for eligible further education students in sixth form or college. EMA is a weekly grant designed to support 16 to 18-year-olds from low-income households with further education costs, such as transport or meals. The increase will be a commitment for the next two academic years, while a comprehensive review into EMA is conducted. Around 16,000 FE students in Wales currently receive the payment, which is paid every two weeks.

FE students are eligible for EMA if their household income is £20,817 or less, if they are the only young person in the household, or £23,077 if there is more than one

young person in the household. An [FE Calculator](#) (Student Finance Wales) is available to check students eligibility.

CAMHS National Summit 2023: Transforming Mental Health Services for Children and Young Adults

16th May 2023 | Online

This national conference focuses on transforming mental health services for children and young people, ensuring early intervention, and developing integrated services with clear care pathways from first intervention to crisis and inpatient care

[Register here:](#)

Carer Me Time, well-being online sessions and training for April, May and June

Mae gennym [galendr](#) o hyfforddiant ar lein ar lles/sesiynau gwybodaeth ar y gweill i ofalwyr Ebrill, Mai ac Mehefin. Maen nhw i gyd ar-lein.

Allwch hefyd darganfod y wybodaeth ar ein wefan yma –

Ebril: [April sessions | Carers Wales \(carersuk.org\)](#)

Mai: [May sessions | Carers Wales \(carersuk.org\)](#)

Mehefin: [June sessions | Carers Wales \(carersuk.org\)](#)

We have a [calendar](#) of free online training and well-being/information sessions coming up for carers in April, May and June. They are all online sessions.

You can also find information and how to book on the sessions on our website –

April: [April sessions | Carers Wales \(carersuk.org\)](#)

May: [May sessions | Carers Wales \(carersuk.org\)](#)

June: [June sessions | Carers Wales \(carersuk.org\)](#).

Local artists living with dementia will be displaying their work at Tŷ Pawb next week...alongside lots of other activities to help highlight support available.

Wrexham Art for Dementia and Disability Arts Cymru will be proudly displaying their work at the city centre venue as part of a week of activities running from 21st April to 27th April .

The schedule includes Dementia Friends information sessions, where you can find out more about the help and support available for people living with dementia and their carers.

You can also experience Reminiscence Interactive Activities Therapy (RITA), and take part in a wonderful musical activity called Singing for the Brain!



Councillor Frank Hemmings, who is a Dementia Ambassador with the Alzheimer's Society, says:

"The art group is well supported by a large number of students and their carers, and they're looking forward to displaying some of their work at Tŷ Pawb over the coming days.

"In many cases art has proved to be a great therapy for those living with dementia and they're often surprised by the quality of work they produce. It's a lovely, friendly group and a great example of how people can live well with dementia and have a fulfilling life.

"Please pop into Tŷ Pawb and take a look at the art on display, and to find out more about the support available for local people living with dementia and their carers."

To find out more, follow [Dementia Friendly Wrexham](#) on Facebook.

The Dementia-Friendly Week takes place alongside the launch of the DAC (Disability Arts Cymru) 'Aildanio' exhibition in Tŷ Pawb's Gallery One.

The exhibition is funded by Arts Council Wales and features 26 pieces of work by disabled Wales-based artists, selected from over 100 submissions of creative responses to an 'Aildanio' (reignite) moment.

The exhibition will travel across Wales between November 2022 and September 2023.

It's a wonderful opportunity to experience cutting edge and provoking visual art work from some of Wales' best artists. Further information on the [Tŷ Pawb website](#).

WREXHAM CARNIVAL OF WORDS 22 – 29 APRIL

We have several best-selling authors as part of this year's exciting line up. Tim Weaver will be appearing on Tuesday 25th April, 7pm at Wrexham library. Tim will be talking about his latest chart topping bestseller Black Bird plus how he is developing an original TV series alongside one of the UK's biggest, most respected drama teams.

Mike Gayle's novels include the Richard and Judy Book Club picks Half a World Away and All The Lonely People, hailed by The Guardian as 'A heartbreaking and ultimately uplifting look at isolation'. Mike will be here to tell us all about these books and more on Thursday 27th April, 7pm at Wrexham Library.

As if that wasn't enough we also have two best-selling authors for our closing event. Erica James and Lucy Diamond will regale us with tales of their love of writing books which become best-sellers and the journeys they take to get there! They will appear at Wrexham Library on Saturday 29 April, 7pm. For more details and the full programme of events visit www.wrexhamcarnivalofwords.com

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



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

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



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, Wreccsam, LL14 6NH

✉ High Street, Ruabon, Wrexham,



wreccsam.gov.uk/libraries | wrexham.gov.uk/libraries



Wrexham won 3-1 to Borehamwood

“Congratulations to Wrexham AFC on being crowned champions of and securing a long awaited promotion.

It is a fantastic achievement for everyone connected with the club, fans and community.” From Wrexham Police Force



From Ryan Reynolds:

“Everything I own smells like champagne, beer and grass. I’m still somewhere between giggling and sobbing. This town and this sport is one of the most romantic things on earth, Thank you” (@Wrexham AFC)

Wrexham AFC have finally secured their place back in the Football League after 15 agonising years in the non-league wilderness. Phil Parkinson and his men were forced to battle almost until the very end to clinch the National League title, mainly due to the relentless challenge of Notts County at the summit.



The achievement was also due in no small part to the investment of the club's Hollywood co-chairmen Ryan Reynolds and Rob McElhenney, who have immersed themselves in the vibrant culture of the [Wrexham](#) community. The team was also backed in huge numbers throughout the campaign by an army of supporters both in Wales and from across the globe.

As fans pour onto the pitch after the 3-1 win over Boreham Wood on Saturday night, the owners tearfully come to terms with what has happened, before later heading down to the pitch to congratulate players and staff and take in the moment.

It was a moment thousands of Wrexham fans will never forget – when the club finally clinched promotion back to the Football League.

For [Wrexham](#) co-owners Ryan Reynolds and Rob McElhenney it is the Hollywood ending they had dreamed of and the emotion was clear to see.

Filmed by fellow Hollywood actor Paul Rudd, who was a few feet from the pair as they watched on, the footage offers a glimpse into just how much going up means to the pair who have affectionately become known as plain Rob and Ryan in Wrexham. Reynolds said of the footage on social media: "Rob and I kinda blacked out during this moment, but somehow we'll never forget it."

Celebrate Wrexham's promotion back to the Football League with our 48-page special edition

To celebrate Wrexham's success, we're putting together a special print publication charting an unforgettable season in the history of the Dragons and reliving the big Hollywood fairy tale so far.

There will also be plenty of celebration pictures as well as a champions poster for you to enjoy. Pre-order your copy [HERE](#) or pick it up in participating retailers, supermarkets and newsagents in North Wales from 5 May, 2023. If you don't live in the area, don't worry - we have you covered. We will post UK and worldwide.

- [Wrexham AFC to take on Chelsea this summer during US tour](#)

Wrexham AFC have finally secured their place back in the Football League after 15 agonising years in the non-league wilderness. Phil Parkinson and his men

[John Short](#)

April 20 at 9:43 PM ·

Vaonis Vespera: IC 1396 (Elephants Trunk)
The gorgeous colours are from recreating (in Photoshop) the colour pallet from a narrowband filter image on the NASA site.

I hope all is well and that everyone is ready to celebrate next week.

Sybil.

