

# RUABON NEWS LETTER 473

15.05.2023

## Ruabon Library

**Dydd Mercher cyntaf y mis - 1<sup>st</sup> Wednesday of the month –**

**Gemau/Games/Scrabble Group 2.15**  
**Clwb Plant/Children's Club (5-10) 3.30**

**Ail ddydd Mercher y mis - 2<sup>nd</sup> Wednesday of the month –**

**Grŵp Darllen Cymraeg 2.00**  
**Crefftau Creadigol/Creative Crafts 1.15**

**Trydydd dydd Mercher y mis - 3<sup>rd</sup> 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**

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 - 3.00pm



**Amser Tawel**

**Quiet Time**

**9.15 - 10.15am**

**Pob dydd Iau**

**Every Thursday**



\*\*\*\*\*

**At Ruabon Library**

This exhibition of vintage postcards by local enthusiast and collector, Ennys Hughes is a fascinating collection of what is sadly becoming a dying tradition in these days of digital technology.

Ennys says that “sending a p.c. (postcard) in the early part of 20th Century was just like sending a text today. It was the quickest way to make contact and pass on messages, greetings or information.”

The first (plain) postcards were published by the Post Office in the UK in 1870 and included a pre-printed stamp, with the introduction of picture postcards in 1894. Between 1902 and 1914 was the ‘Golden Age’ of postcards with huge amounts issued and sent all over the world, often leading to substantial personal collections many of which are found in house clearances today. With a decline during the war years, postcards enjoyed a revival in the late 1940’s and 50’s, often capturing much sought after images of lost urban landscapes that provide a fascinating glimpse into the past.

The hobby of deltiology (postcard collecting) is the second most popular hobby in the world (after stamp collecting). Together, these postcards

help to tell a rich and vivid story of a bygone era, with a snapshot of people's lives, special moments and memories: sometimes funny, sometimes sad, and sometimes mysterious. With a thoughtful display of both the picture postcard with its attached message, this is an interesting



and remarkable exhibition. On now at Ruabon Library until the end of June.

\*\*\*\*\*

## Mental Health Awareness Week 2023



9 May 2023

Mental Health Awareness Week is an annual event where the whole of the UK comes together to focus on achieving good mental health. The week aims to tackle stigma and enable people to understand and prioritise mental health.

**This year's Mental Health Awareness Week takes place from 15<sup>TH</sup> May to 21<sup>ST</sup> May 2023, and the theme is [ANXIETY](#).**

Anxiety is an important human emotion but, in some circumstances, it can get out of hand and become a mental health problem.

A lot of different things can contribute to feelings of anxiety, including exams, relationships, a new job, a date or a big life change. It is also an emotion people frequently experience around money and not being able to meet life's basic needs.

Anxiety is also one of the most common mental health problems people face.

For further information please select the following links:

- [Mental Health Awareness Week 2023 | Mental Health Foundation](#)
- [What can we do to cope with feelings of anxiety? | Mental Health Foundation](#)
- [Resources for Mental Health Awareness Week 2023 | Mental Health Foundation](#)

### **Are you talking about mental health at work?**

Paying attention to workplace mental health has never been more important, for further information please select the following link [Mental Health Awareness Week | Business Wales \(gov.wales\)](#)

\*\*\*\*\*

## **It's a 'Community Game' – Welsh Football Clubs Origins to be revealed in new film series**

MAY 9, 2023

### **FOOTBALL MUSEUM WALES**

The original stories of six Welsh football clubs are to be told in a brand new series of short films.

The films have been funded by Welsh Government and produced by the team at the new Football Museum for Wales (currently being developed inside Wrexham Museum as part of the Museum of Two Halves project), working with Cardiff based media company, Eat Sleep Media.

Each film clocks in at around 15 minutes and features exclusive, candid interviews with key individuals from the clubs and the communities who support them.

**Six clubs agreed to be filmed for the project, representing the six area associations across Wales.**

The clubs documented are Caernarfon Town FC (supporters club, North Wales Coast FA), Ruthin Town FC (youth football, North East Wales FA), Aberystwyth Town Ladies FC (amateur women's team, Central Wales FA), Merthyr Town (club playing in English league system, Gwent County FA), Pontyclun FC (amateur men's team, South Wales FA), African Community Centre AFC (inclusion club, West Wales FA).



The films will be premiered individually at a number of events taking place across Wales over the summer. The films will also be made available to view for free online, following each premiere. Further details and launch dates are due to be announced shortly via Football Museum Wales channels – see details at the bottom of this article.



**'Football is still a community game in Wales'**

Accompanying the filming crew on their travels around Wales; were the Football Museum Wales Engagement Officers, Shôn Lewis and Delwyn Derrick.

Delwyn shared his experience of creating the films:



"This project has been an amazing experience. We went out to tell the stories of the origins of clubs from across all regions and all levels of football in Wales. We didn't have a massive production crew, we didn't



have a special effects budget, we didn't even have an umbrella between us one particular day of filming, but what we did have was a story.



“We spent time at clubs with over a hundred years of history and clubs who have only just started their Welsh football journey, but the story that I found fascinating, inspiring and surprising in equal measure, was that no matter the age of the club, the level of the club or the geography of the club, it seems that every football club in Wales



has that small group of hardworking, dedicated and passionate volunteers.

“I wasn't uninspired when we started these films, but I have come away from them even more inspired than ever before.

Football is still a community game in Wales and I think that's great, because if it's a community game, then that means that it's still our game, played for the love of the football. The last couple of months have been an absolute whirlwind of late nights, early mornings, cold wind, colder rain and literal hours of travel, but every second of it done with a smile.”

### **A platform for Welsh clubs to have voices heard**

Lead Member for Partnerships and Community Safety at Wrexham County Borough Council, Councillor Paul Roberts, said: “The new football museum may be being developed in Wrexham – the spiritual home of Welsh football – but it's mission will be to tell the story of football across the whole country, from grassroots community clubs, all the way up to the national teams.

“This project is a superb example of the engagement work the new museum will be carrying out. As well as documenting an important aspect of Welsh football heritage, the films have also given a platform for the communities who support these clubs to have their voices heard and to share some very thought provoking insights and experiences on what it's like to run a football team in Wales.

“The films make for compelling viewing and I'd encourage everyone to take a look as they are released online over the next few months.

\*\*\*\*\*

**PLEASE NOTE** that the time of this coffee morning has changed slightly from 10am to 12 noon to **10.30am-12.30pm.**

A promotional poster for 'Ruabon Coffee Morning'. The background is a light beige color. At the top right, several coffee beans are scattered. In the bottom left, more coffee beans are scattered. In the bottom right, a white coffee cup with a heart-shaped latte art is shown. The text is arranged as follows: a circular logo for 'The Rainbow Foundation' on the left; the title 'Ruabon Coffee Morning' in large, bold, white letters with a drop shadow; the schedule 'WEDNESDAYS • 10:30AM - 12:30PM' below the title; a dark brown rounded rectangle containing the location 'Bowling Club Pavilion, Maes Y Llan Lane, Ruabon'; a paragraph of text: 'Come and enjoy some tea, coffee, biscuits a chat each week in a warm and welcoming environment'; another paragraph: 'There is no charge and no need to book, just drop by.'; and the charity number '1100479' in the bottom right corner.

The Rainbow Foundation

# Ruabon Coffee Morning

WEDNESDAYS • 10:30AM - 12:30PM

**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

## North Wales

### New driving law changes in May that all drivers need to know UK drivers risk three penalty points and £100 fines

**Mysterious road signs across the UK could land drivers with hefty penalties if they are misunderstood.**

Motoring experts have identified seven strange road signs which could land drivers with points or a fine if ignored.

Although some of the little-known road signs could confuse even the most experienced motorists, drivers must understand them to keep them safe and reduce accidents. In most cases, failing to comply with signs is dealt with by a fixed penalty of three points and a fine of £100.

However, if a driver already has points on their licence, it could add up to disqualification or a fine of up to £1000 at a magistrate's discretion.

Unusual road signs include quiet lane signs, quayside signs, otter and toad crossings, and the blank 'no vehicles' sign.

### **Read more:**

Road users who disregard the signs and have a crash or risk the safety of other motorists could be prosecuted for numerous traffic offences and face an unlimited fine or even jail. Greg Wilson, CEO and founder of [Quotezone.co.uk](http://Quotezone.co.uk), said: "From tanks crossing to horse-drawn vehicle warnings, drivers should familiarise themselves with even the strangest signs to stay safe on the roads.

"The Highway Code does not cover all the road signs in the UK, so the onus is on the motorist to keep up to speed with the latest additions. Whether you have just started learning to drive or have held a licence for a long time, understanding traffic signs is vital to driving safely and could be costly if you find yourself unable to recognise their meaning."

### Here are seven strange road signs:

#### **1.No vehicles**



This empty red sign has left many drivers confused. The blank circle doesn't give many clues to confused drivers as it looks half-finished. According to the Highway Code, it means all vehicles are prohibited except for pedal cycles which pedestrians must push.

#### **2.Migratory**

This road sign warns motorists routes.



#### **toads crossing**

warns drivers to beware of toads crossing the road, so should proceed cautiously or may have to change

These signs are most common in early spring to help amphibians reach their spawning grounds.

#### **3.Horse-drawn vehicles**

Although this sign seems outdated for the 21<sup>st</sup> century, it is still used on roads around the UK. It means horse-drawn vehicles will likely be using the road ahead, which may make it slow and difficult to move past, so be extra cautious.





#### 4. Slow-moving military vehicles



This road sign informs motorists a slow-moving military vehicle is likely to be crossing or in the road ahead. If the military vehicle is large, it may take up more than one lane on the road, so be extra careful when overtaking. There are only eight of these signs around England, so one of the most unusual signs.



#### 5. Start of a designated quiet lane

The aim of quiet lanes is to maintain the character of minor rural roads by seeking to contain rising widespread traffic growth in rural areas. Requirements to be identified as a quiet lane and get a sign include having less than 1000 vehicles travel through a day and having a traffic speed of less than 35mph. The signs are usually on narrow single-track roads, so don't expect to see them in busy cities.

#### 6. Quayside or riverbank



It is very important to know the meaning of this sign as it could prevent a catastrophe for unknowing drivers.

It is a warning to motorists they are coming to the end of a road and approaching either a riverside or quayside and may not be able to see the edge.



#### 7. No Vehicles Carrying Explosives

This sign may be confusing because, at first glance, it looks like an exploding car, so it may send drivers into a panic. The sign means no explosives are allowed in the area, so it only applies to a few motorists carrying dangerous loads.

**Stay clear if you have a car full of fireworks.**



## Dee Valley Picturesque Bus

Llangollen - Llantysilio / Ponderosa / Dyfrbont Pontcysyllte Aqueduct Gwasanaeth Bws Darluniadwy / Picturesque Bus Service 199

Dydd Sadwrn yn Unig / Saturdays Only

Yn Gweithredu / Operates: 01/04/2023 - 04/11/2023

Corwen (Ymgyfnewidfa Bws / Bus Interchange)				
Llangollen (Parade Street)	08:35	10:05	12:35	14:05
Pafliwrn Llangollen / Llangollen Pavilion	08:37	10:07	12:37	14:07
Rhaeadr y Bedol / Horseshoe Falls	08:43	10:13	12:43	14:13
Llantysilio	08:45	10:15	12:45	14:15
Rhewl	08:48	10:18	12:48	14:18
Llantysilio	08:51	10:21	12:51	14:21
Rhaeadr y Bedol / Horseshoe Falls	08:53	10:23	12:53	14:23
Abaty Glyn y Groes / Valle Crucis Abbey	08:57	10:27	12:57	14:27
Britannia Inn	09:00	10:30	13:00	14:30
Pentredŵr	09:05	10:35	13:05	14:35
Ponderosa	09:10	10:40	13:10	14:40
Britannia Inn	09:17	10:47	13:17	14:47
Abaty Glyn y Groes / Valle Crucis Abbey	09:23	10:53	13:23	14:53
Pafliwrn Llangollen / Llangollen Pavilion	09:27	10:57	13:27	14:57
Llangollen (Parade Street)	09:30	11:00	13:30	15:00
Plas Newydd (Amgueddfa / Museum)	-	11:05	-	15:05
Llangollen (Parade Street)	09:30	11:10	13:30	15:10
Wenffirwd (Gwarchodfa Natur / Nature Reserve)	09:33	11:13	13:33	15:13
Trefor / Trevor	09:37	11:17	13:37	15:17
Dyfrbont Pontcysyllte / Pontcysyllte Aqueduct *	09:40	11:20	13:40	15:20
Trefor / Trevor	09:43	11:23	13:43	15:23
Wenffirwd (Gwarchodfa Natur / Nature Reserve)	09:47	11:27	13:47	15:27
Llangollen (Parade Street)	09:50	11:30	13:50	15:30
Corwen (Ymgyfnewidfa Bws / Bus Interchange)				

Gwasanaethau Cysylltiedig /  
Connecting Services

64 - Tinas Valley Coaches  
Llanarmon Dyffryn Ceiriog -  
Ceiriog - Llangollen  
(i mewn / inbound)

64 - Tinas Valley Coaches  
Llangollen - Ceiriog -  
Llanarmon Dyffryn Ceiriog  
(allan / outbound)

T3 - Lloyds Coaches  
Berri/Barmouth - Dolgellau  
- Corwen - Llangollen -  
Wrexham/Wrexham  
(i mewn / inbound)

T3 - Lloyds Coaches  
Wrexham/Wrexham -  
Llangollen - Corwen - Dolgellau  
- Berri/Barmouth  
(allan / outbound)

5 - Arriva  
Wrexham/Wrexham -  
Llangollen  
(i mewn / inbound)

5 - Arriva  
Llangollen - Wrexham/  
Wrexham  
(allan / outbound)

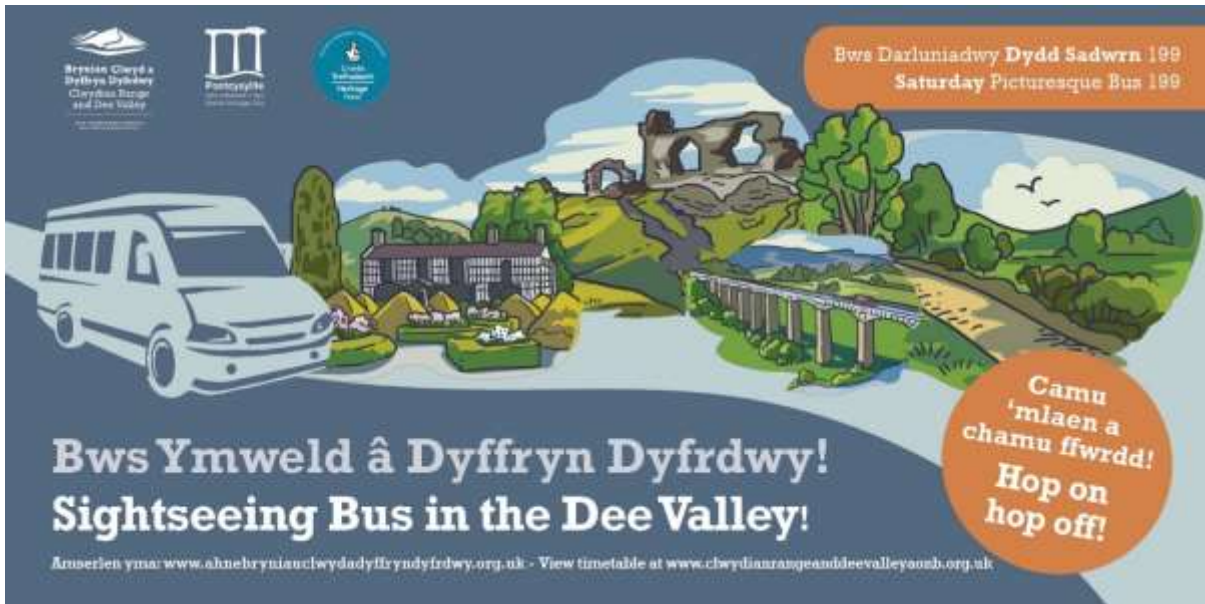
\* (Maes Parcio Stryd y Frenhines / Queen St. Car Park)

### Hop on – hop off sightseeing bus of the Dee Valley!

We are delighted to launch the third season of the Dee Valley Picturesque Bus to provide access to some of the key destinations in this beautiful and historic landscape.

The Dee Valley Picturesque Bus service is a circular route running every Saturday from April 1<sup>st</sup> to November 4<sup>th</sup> 2023, linking Llangollen and the surrounding villages to popular local attractions including Pontcysyllte

Aqueduct, Wenffrwd Nature Reserve, Horseshoe Falls, Valle Crucis Abbey, Plas Newydd Historic House and the Horseshoe Pass.



The service will enable people to visit these key locations without the need of a car and reduce the need for parking spaces, making it easier for those without their own vehicle to access these places, and helping to reduce congestion at some of the busiest sites in the Dee Valley. The service will provide both visitors and local residents the opportunity to explore the wider area.



The bus offers a hop on/ hop off facility with a 1Bws ticket price allowing unlimited travel on the service through the day, making it ideal for getting off to visit a site and then back on the bus later. The service also provides free travel for Welsh Bus Pass Holders through Transport for Wales!

The Dee Valley Picturesque Bus Service 199 will operate Saturdays only from Saturday April 1st – Saturday November 4th 2023.

For the full timetable and ticket prices for the Picturesque Bus service please see [Denbighshire timetables](#) and [1Bws](#) webpage, or pick up a leaflet from Llangollen Tourist Information Centre.

\*\*\*\*\*

Our next panel will be held on the 29th of June 2023.

The Application Form, Guidance Document, Cash Flow Spreadsheet and Resources Spreadsheet will be available imminently. Applications will close on Tuesday 30th May at 12pm.



If you are planning on making an application, and are wanting building work, flooring, painting and decorating etc. we advise you to start getting those quotes ready for the panel in June.

If you require any support with your application please email: [childcareteam@wrexham.gov.uk](mailto:childcareteam@wrexham.gov.uk)



CHOIRS FOR GOOD  
PRESENTS



Elusen  
Ambywlans Awyr  
**CYMRU**  
**WALES**  
Air Ambulance  
Charity

# ***DOWNTOWN***

A MUSICAL EVENING IN AID OF

# ***WALES AIR AMBULANCE***

FEATURING



THE LITTLE BIG BAND



JOHN DURHAM  
SINGER



BOBBIE-JO PRITCHARD  
SINGER



CHOIRS FOR GOOD  
WREXHAM

**FRIDAY 26 MAY**  
**WREXHAM MEMORIAL HALL**  
**BODHYFRYD, LL12 7AG**

Tickets £7

Starts 7:30pm

BOOK YOUR TICKETS AT  
**[WWW.CHOIRSFORGOD.COM/EVENTS](http://WWW.CHOIRSFORGOD.COM/EVENTS)**  
CALL GAYNOR ON 07855 330632  
OR CASH ON THE DOOR

FIND OUT MORE



ALL PROCEEDS FROM THE PERFORMANCE WILL BE DONATED TO  
OUR CHARITY OF THE YEAR "WALES AIR AMBULANCE"

[WWW.CHOIRSFORGOD.COM](http://WWW.CHOIRSFORGOD.COM)

SUPPORTED BY



# 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](mailto:stewards@llangollen.net)

or

visit the Eisteddfod website

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

or telephone 01978 862000



## Friends of Ruabon What's On 2023

### Friends of Ruabon Litter Pick Saturdays

Saturday February 18<sup>th</sup>  
 Saturday March 18<sup>th</sup>  
 Saturday April 15<sup>th</sup>  
 Saturday May 20<sup>th</sup>  
 Saturday June 17<sup>th</sup>

Saturday July 15<sup>th</sup>  
 Saturday August 19<sup>th</sup>  
 Saturday September 16<sup>th</sup>  
 Saturday October 21<sup>st</sup>  
 Saturday November 18<sup>th</sup>

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

### Friends of Ruabon Community Events 2023

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

# Ruabon W.I Annual Quiz Night

**Where :** Ysgol Rhiwabon

**When:** Friday 26<sup>th</sup> May 2023

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

**Entry:** £3 each (includes refreshment)

**Raffle tickets:** for sale at £1 each.

\*\*\*\*\*

**How to support  
someone with  
depression**

## **Mind**

Looking for advice on how to support someone with depression?

We're here to help.

For tips, advice and support, visit our website:

If you're struggling yourself, reach out to us.

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





### [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](mailto:jo_overleigh@yahoo.co.uk)

\*\*\*\*\*

# 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](http://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>



Andromeda Galaxy and the Milky Way from the back garden. Andromeda is 2.5 million light years away. Voyager 1 has

been travelling in space since 1977. So far it has travelled less than 1 light day always from earth.

\*\*\*\*\*



### The Adventures of Mr Brodie

C'mon dad I can't stand here all day waiting for you.  
Just be careful Brodie and step back you're making me nervous !

\*\*\*\*\*

I hope all is well with you all  
now that the Summer is finally here.  
Take care,  
Sybil (Bremner)