

RUABON NEWS LETTER 479

26.06.2023



Lego Make & Take at Wrexham Libraries



Free family Lego building sessions with Steve Guinness,
the Brick Consultant and Channel 4's

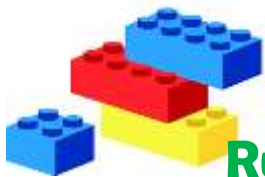
LEGOMASTER Champion

Have fun building with Lego and get a small kit to
take home

One-hour sessions at 9.30, 11, 1.00 and 2.30

Age 4+, booking essential as places are limited

Call today to book your place!



Ruabon Library

July 24th

01978 822002

Wrexham Library

July 26th

01978 292090

Llay Library

July 27th

01978 855100

Cefn Mawr Library

July 28th

01978 820938



Please see below a short press release offering constituents the opportunity to take part in

A Free Defibrillator Awareness Session

with St John Ambulance.

Members of the public are being invited to take part in a defibrillator awareness event which could help them save a life.

The session at Plas Madoc Leisure Centre has been organised by **Member of the Senedd: Ken Skates and St John Ambulance.**

It will take place from 1-3pm on 16th August, and Mr Skates is asking his constituents to book their place early.



The Clwyd South MS said: “St John Ambulance offers free first aid-related courses to community groups, youth groups and schools as part of its goal to put a first aider on every street in Wales. This is a great opportunity for me to work with them to offer my constituents the lifesaving skills of using a defibrillator and performing CPR.

“We will be limited on numbers, so I’d urge any of my constituents who are interested to book their place as soon as possible.”

A spokesperson for St John Ambulance said: “These skills really make a difference in saving lives and the support of our politicians is vital to this important work.”

Spaces are limited, so to book your place by email to:

ken.skates@senedd.wales or call 01978 869058.



Where is your nearest defibrillator?



Llywodraeth Cymru
Welsh Government



A Healthier Wales Health and social services news

NHS '111 press 2' a big step forward for access to Urgent Mental Health Support

A new national phone line for people who require urgent mental health support is being launched today across Wales, the Deputy Minister for Mental Health and Wellbeing, Lynne Neagle, has announced today.

Organisations:

Welsh Ambulance Services NHS Trust and
Aneurin Bevan University Health Board

First published: 20 June 2023 Last updated: 20 June 2023



The NHS '111 press option 2' for mental health is available 24 hours a day, 7 days a week for all ages. People can use this number if they have an urgent mental health concern themselves or about someone they know.

By providing access to a mental health professional, without the need for a GP referral, it can help support people to manage a mental health crisis and in many cases be an alternative to attending emergency departments or calling the police.

The service can be accessed by calling NHS 111 and selecting 'option 2'. Callers will be transferred to a dedicated member of a mental health team in their local health board area.

It includes an assessment of needs and telephoned based intervention to reduce distress. Where appropriate individuals can be referred to mental health services, given self-care advice or signposted to other support.

The service has been rolled out across Wales since November last year and has so far received more than 15,000 calls. The majority of callers have had their problems resolved through advice on self-management or been referred to local third sector groups, with a minority of callers referred to urgent mental health care services.

Last Week the Deputy Minister for Mental Health and Wellbeing, Lynne Neagle, visited St Cadoc's Hospital in Caerleon to meet the team working on the service for Aneurin Bevan University Health Board.

Lynne Neagle said:

'We are committed to improve mental health and access to mental health services.

The implementation of the '111 press 2' service across Wales will transform the way the NHS responds to urgent mental health issues - and it can accessed by anyone, at any time and from any part of Wales.

We know that sometimes people need to speak to a mental health professional so they can talk through their issues and get the right support whether this be NHS Mental health services, primary care, local voluntary services or self-care advice.

The Welsh Government wants to make access to mental health services easier and this service is part of a wider package that includes self-referral to online Cognitive Behavioural Therapy.

Dr Chris O'Connor, Divisional Director of Mental Health and Learning Disabilities at Aneurin Bevan University Health Board, said:

“We have now been providing the service 24 hours a day, 7 days a week in Gwent since March and local people have told us how much they have valued being able to pick up the phone and speak to a trained mental health practitioner in times of need.

I would urge anyone who needs urgent assistance for a mental health issue, or anyone who is concerned about a friend or family member, to call 111 (Press 2) and speak to someone who is there to listen, understand the situation, and help you access the right help and support.

Following the completion of the national roll out of NHS 111 Wales in May 2022, a national campaign was delivered to increase awareness, understanding and trust in the service and help patients with urgent care needs to get the right care, in the right place, first time. The NHS ‘111 press option 2’ service is a significant transformation to improve access to mental health support.

The Welsh Government has provided £6m to support health boards to implement this service and achieve 24/7 coverage.

Shane Mills, a Clinical Director of the NHS National Commissioning Unit and the national lead for the ‘111 press 2’ service said:

When people contact ‘111 press 2’ for support they will be listened to and supported by compassionate professionals. The local knowledge of these professionals will allow them to provide support to the person that is tailored to their need and local area. Health boards in Wales have worked extremely hard to set up and deliver this service in two years.

Pete Brown, Head of Service for NHS 111 Wales at the Welsh Ambulance Service, which hosts the 111 service, said:

“It can be hard knowing where to turn for the right healthcare advice, especially when you or your loved one is experiencing a mental health crisis. Calling 111 and pressing option two will simplify all of that and connect you straight to a dedicated member of a mental health team in your local area. The number is free to call from a landline or mobile, even if you have no credit left.

Calling 111 for mental health support will hopefully help people to manage their crisis before it escalates and requires emergency intervention.

NHS 111 Wales Press Two – Organic Social Text

Channel	English	Welsh
Facebook	<p>For urgent mental health support call 111 and press OPTION 2.</p> <p>For advice and support from a mental health professional in your area 24 hrs a day, 7 days a week.</p> <p>Healthcare advice you can trust.</p> <p>LINK*</p>	<p>I gael cymorth iechyd meddwl ar frys ffoniwch 111 a phwyso RHIF 2.</p> <p>Cyngor a chymorth gan weithwr iechyd meddwl proffesiynol yn eich ardal 24 awr y dydd, 7 diwmod yr wythnos.</p> <p>Cyngor gofal iechyd y gallwch ymddiried ynddo.</p> <p>LINK*</p>
Twitter	<p>For urgent mental health support call 111 and press OPTION 2.</p> <p>For advice and support from a mental health professional in your area 24 hrs a day, 7 days a week.</p> <p>Healthcare advice you can trust.</p> <p>LINK*</p>	<p>I gael cymorth iechyd meddwl ar frys ffoniwch 111 a phwyso RHIF 2.</p> <p>Cyngor a chymorth gan weithwr iechyd meddwl proffesiynol yn eich ardal 24 awr y dydd, 7 diwmod yr wythnos.</p> <p>Cyngor gofal iechyd y gallwch ymddiried ynddo.</p> <p>LINK*</p>

*This text is a guideline only. Please utilise the assets with your own localised text.

Where LINK is stated you have the choice to insert a link to 111 Wales Press 2 content on your own pages, or you can direct to our campaign page, the links for that are:

[NHS 111 Press 2 | GOV.WALES](#)

[GIG 111 Pwyso dau | LLYW.CYMRU](#)



Job of the Week

Business Analysis Specialist



With over 100 web applications, associated databases and API's, real-time environmental modelling, public alerting and reporting and IOT data collection of over 650 remote locations – interesting and exciting work with purpose is never far away.

The ICT Department in NRW is divided into sub-teams which cover the support and maintenance of existing services and the creation and rollout of new or changing services.

Within the ICT sub-teams we have Service Operations and Delivery which is the management, security and governance of keeping our current ICT services and applications working and ensuring staff can access and use them.

[Apply Now](#)

Student work experience

If you're a student aged 15 or above, you can apply for a placement to gain work experience.

Student work experience placements can range from a few days, up to 6 weeks.



- [Visitor Centre Assistant | Start Date: 24 July 2023 | Location: Bwlch Nant yr Arian](#)
- [Visitor Centre Assistant \(2\) | Start Date: 24 July 2023 | Location: Bwlch Nant yr Arian](#)
- [Hydrometry and Telemetry Assistant | Start Date: 12 July 2023 | Location: Trem Treweryn Office, Gwynedd](#)
- [Visitor Centre Assistant | Start Date: 21 August 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre Assistant \(2\) | Start Date: 21 August 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre Assistant \(3\) | Start Date: 24 July 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre Assistant \(4\) | Start Date: 31 July 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre Assistant \(5\) | Start Date: 7 August 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre Assistant \(6\) | Start Date: 14 August 2023 | Location: Ynyslas Visitor Centre and Nature Reserve, Borth](#)
- [Visitor Centre and Land Management Assistant | Start Date: 17 July 2023 | Location: Coed y Brenin Visitor Centre](#)

Volunteering opportunities

[NRW Gower Volunteer](#)

We have a range of placement opportunities to enable you to promote the sustainable management, benefits and value of natural resources and ecosystems.

You'll be assigned a placement manager who will oversee your work programme. They'll also carry out risk assessments to protect your health and safety. You'll receive an induction and training, and ongoing support.



Current vacancies

Waste Regulation Officer

[£32,876 - £36,229 | Mid Wales | Closing: 10 July 2023](#)

Land Management Officer

[£32,876 - £36,229 | Brecon or Llandovery | Closing: 9 July 2023](#)

Senior Internal Auditor

[£41,150-£46,147 | Flexible | Closing: 9 July 2023](#)

Evaluation Specialist

[£37,308 - £40,806 | Flexible | Closing: 9 July 2023](#)

River Wye Restoration Team Leader

[£41,150-£46,147 | Flexible | Closing: 9 July 2023](#)

Trainee Solicitor

[£21,655-£24,408 | Cardiff | Closing: 9 July 2023](#)

Senior Regulatory Advisor x 2

[£37,308 - £40,806 | Flexible | Closing: 9 July 2023](#)

Manager, Programme Management Office

[£54,011 - £58,961 | Flexible | Closing: 9 July 2023](#)

Project Manager

£37,308 - £40,806 | Flexible | Closing: 9 July 2023

Development Planning Team Leader

£41,150 - £46,147 | Aberystwyth | Closing: 9 July 2023

People Engagement Co-ordinator – Natur am Byth

£32,876 - £36,229 | Flexible | Closing: 6 July 2023

Communications Officer – Natur am Byth

£32,876 - £36,229 | Flexible | Closing: 6 July 2023

Project Officer – Natur am Byth (Welsh Marches)

£32,876 - £36,229 | Powys / Mid Wales | Closing: 5 July 2023

Lead Statistician

£41,150-£46,147 | Flexible | Closing: 3 July 2023

Site Supervisor

£28,403-£32,088 | Tregaron | Closing: 3 July 2023

Water Resources Permitting, Team Leader

£41,150 - £46,147 | Flexible | Closing: 3 July 2023

Project Support Officer

£28,403 - £32,088 | Cardiff | Closing: 3 July 2023

Noise Specialist

£41,150-£46,147 | Flexible | Closing: 2 July 2023

Specialist Land Stewardship Advisor

£37,308-£40,806 | Flexible | Closing: 29 June 2023

Food and Hospitality Coordinator

£25,326-£28,077 | Coed y Brenin | Closing: 29 June 2023

Environmental Regulation Officer

£32,876-£36,229 | Buckley, North East Wales | Closing: 28 June 2023

Development Planning Advisor

[£28,403 - £32,088 | Flexible in South Wales | Closing: 27 June 2023](#)

Senior Specialist Advisor Cloud Configuration

[£47,408-£52,359 | Flexible | Closing: 26 June 2023](#)

Project & Monitoring Officer, Sands of LIFE x2

[£32,876 - £36,229 | Cross Hands or Bangor | Closing: 25 June 2023](#)

Senior Strategic Finance Specialist

[£47,408 - £52,359 | Flexible | Closing: 25 June 2023](#)

Senior Officer Forest Operations

[£37,308 - £40,806 | Mid Wales | Closing: 25 June 2023](#)

Environment Officer - Agriculture x 16

[£32,876 - £36,229 | Various locations across Wales | Closing: 25 June 2023](#)

You can also keep up to date with the latest vacancies over on [the jobs page on our website](#) and via our job Twitter page [@NRWJobs](#).

If you have any questions about our current vacancies or would like to provide feedback on the newsletter we would love to hear from you. You can get in touch with us at recruitment@cyfoethnaturiolcymru.gov.uk



Cyfoeth Naturiol Cymru
Natural Resources Wales

Fforwm Ymarferwyr Ymgysylltu
Ardal y Dwyrain
29 Mehefin 2023 10:00 – 1:00
Hwb Lles Wrexham

East Area Engagement
Practitioners Forum
29th June 2023 10:00- 1:00
Wellbeing Hub Wrexham

Agenda

Amser / Time	Eitem / Item	Pwy fydd yn siarad / Who
10:00	Croeso a Chyflwyniad / Welcome and Introduction	Anna Kepinska Swyddog Ymgysylltu / Engagement Officer
10:10	Gwelliannau orthopaedeg Llandudno a'u heffaith ar ardal y Dwyrain / The Llandudno orthopaedics improvements and their impact on East area	Neil Windsor Cyfarwyddwr y Rhaglen Orthopaedeg / Programme Director for Orthopaedics
10:35	Trosolwg o'r gwasanaeth a gynigir gan 111 opt 2 / Overview of the service offered by 111 opt 2	Becky Sands Spoc Rheolwr Tim /Spoc Team Manager(BETSI)
11:00	Diweddariad gan y Hwb Lles / Wellbeing Hub update	Stacey Deere Rheolwr Hwb Lles / Wellbeing Hub Manager
	Egwyl / Break	11:25-11:45
11:45	Trosolwg o'r Porth Llesiant – gwasanaethau ataliol a chymorth cynnar i blant, pobl ifanc a'u teuluoedd yn Wrexham / The Wellbeing Portal overview - preventative and early help services for children, young people and their families in Wrexham	Lisa Atherton Rheolwr Tîm Cynorthwyol Assistant Team Manager (WCBC)
12:15	Trosolwg o'r newidiadau diweddar ar sut mae cleifion yn cael eu gweld yn yr adran damweiniau ac achosion brys yn Ysbyty Maelor yn Wrexham /Overview of the recent changes on how patients are being seen at A&E at Maelor Hospital in Wrexham	Rob Fenwick Consultant Nurse Emergency Medicine Wrexham Maelor Hospital (BETSI)
12:40	Unrhyw ddiweddariadau eraill / Any other updates Dyddiad y cyfarfod nesaf – Fforwm	Anna Kepinska Swyddog Ymgysylltu / Engagement

	<p>Ymarferwyr Ardal Dwyrain /Date of next meeting – East Area Engagement Practitioner Forum :</p> <ul style="list-style-type: none"> • 12 Hydref 2023/12th October 2023 	<p>Officer (BETSI) anna.kepinska@wales.nhs.uk</p>
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Dear all,
Please find attached agenda for the upcoming Forum. I look forward to seeing you all there .
The full address is : Wellbeing Hub, Crown Buildings, 31 Chester Street, Wrexham, LL13 8BG
Thank you

Cofion /Regards

Anna Kepinska

Swyddog Ymgysylltu / Engagement Officer



rhif ffôn • phone 07732415679 e-bost • e-mail: Anna.Kepinska@wales.nhs.uk



Bordd gwybodaeth rhithiol ein Fforwm / Forum virtual information board:

[Fforwm Ymarferwyr Ymgysylltu Sir Y Fflint a Wrecsam / Flintshire & Wrexham Engagement Practitioners Forum - Padlet](#)



TASHI LHUNPO MONKS

ལྷོ་མ་གདན་ས་བཀྲ་ཤིས་ལྷུན་པོ།

Tibetan Monks from Tashi Lhunpo Monastery

Masked dance and sacred chant
from a Tibetan Monastery.

*"A psychedelic whirl of chanting,
dancing, drums, cymbals and processions"*
THE TIMES

*"A window of time onto a magical universe
of reincarnation and release"*
THE INDEPENDENT

"majestic and atmospheric"

SONGLINES
MAGAZINE

SUNDAY 9TH JULY

2.00 – 6.00 pm

EYARTH HOUSE, LLANFAIR D.C. RUTHIN LL15 2EG

SACRED DANCE AND MUSIC PERFORMED BY TIBETAN MONKS

First Dance Performance 3.00 pm

TEAS / STALLS / ACTIVITIES / WORKSHOPS / TEAS / STALLS

Entrance on Link Road Pwllglas to Llanfair DC

Info: 01824 705429 / 07831 086841 zf@eyarth.co.uk

ADMISSION £8 / Children £2.00

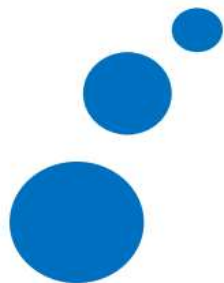
Please bring cash for Entry and Teas

Supporting Tashi Lhunpo Charitable Trust and other Tibetan Charities

Regd. Charity 1100175

www.tashi-lhunpo.org.uk

Tashi Lhunpo Monastery UK Trust



Meet your Ruabon Community Agent

Our Community Agents can directly support you with:



improving your
health and wellbeing



reconnecting you with
your local community



signposting to
appropriate services



applications and claims
to access services



connecting with others
using digital technology



establishing local
clubs & activities

income maximisation
(benefit & debt support)

**Angie will be holding a drop-in
session at Ruabon Library on
Wed 28th June from
1.30 until 3.00pm**

Rainbow Centre Penley, Whitchurch Road, Penley, Wrexham,
Tel: 01948 830730 -

Charity number:



THE DARLING BUDS OF MAY

BY H.E. BATES
04–08 JULY 2023



This amateur production of The Darling Buds of May is presented
by special arrangement with Samuel French Ltd

groveparktheatre.co.uk

Box office 01978 351 091

Room Hire



Are you struggling to find a venue for your meeting? Wrexham Library has two rooms which they can hire out to members of the public at a reasonable rate. There is a small meeting room which holds a maximum of eight people and a larger meeting room which will hold up to 25 people.

The large room also has a projector and screen for presentation use. Charges are based on the number of sessions booked, for example, morning or afternoon. If you would like to hire one of these rooms please call the library on 01978 292090.



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

Ruabon Library

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

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

SATURDAY
29
JULY

10AM
UNTIL
4PM

FREE
ENTRY

PENYLLAN FARM
WREXHAM ROAD
MARCHWIEL
LL13 0PF



W R E X H A M
MOTORFEST

NIGHTINGALEHOUSE.CO.UK

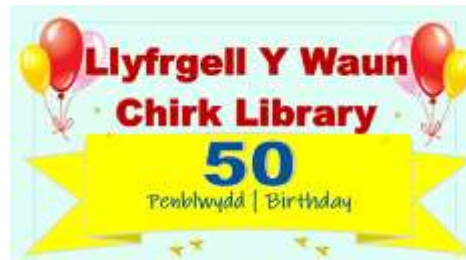
Nightingale House Hospice, Registered Charity Number: 1035600 (Registered in England and Wales)



Nightingale House Hospice
Hospis Tŷ'r Eos



Ruabon Community Group





Amserlen Wythnosol Sesiynau Cymorth Digidol



Bob Dydd Llun 9:30-11:30	Y GANOLFAN CYFLEOEDD PLAS MADOC
Bob Dydd Llun 1pm -3pm	PARTNERIAETH PARC CAIA
Bob Dydd Mawrth 9:30 -11:30	LLYFRGELL WRECSAM
<div style="background-color: #00bfff; border-radius: 50%; padding: 5px; display: inline-block;"> Yn dechrau 16 Mai </div>	
Bob Dydd Iau 12:30 -2:30	CANOLFAN ADNODDAU CYMUNEDOL GWERSYLLT
Bob Dydd Gwener 9.30 -11.30	HWB LLES WRECSAM

Oes arnoch chi angen mynediad at offer TG i'ch helpu wrth chwilio am waith, gwneud ceisiadau, cyrsiau ar-lein a chwblhau eich siwrnal ar-lein? Beth am ddod i'n sesiynau Galw Heibio Digidol.

Bydd aelod o dîm Cymunedau am Waith a Mwy wrth law i gynnig cefnogaeth i chi.





Weekly Timetable

Digital Support sessions



Every
Monday
9:30-11:30

**OPPORTUNITIES CENTRE
PLAS MADOC**

Every
Monday
1pm - 3pm

CAIA PARK PARTNERSHIP

Every
Tuesday
9:30-11:30

WREXHAM LIBRARY

Starts
16th May

Every
Thursday
12:30 - 2:30

**GWERSYLLT COMMUNITY
RESOURCE CENTRE**

Every
Friday
9.30 - 11.30

WREXHAM WELLBEING HUB

Do you need access to IT equipment to help with your job search, applications, online courses & completing your online journal?

Why not come along to our Digital Drop in sessions. A member of the Communities for Work Plus team will be on hand to offer you support.





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

Little Sunflowers – Child Care



Keeping Fit and Happy



Sent in by John Short

A trio of Bee Orchids in the fields at Souter Lighthouse.

The bee orchid is a sneaky mimic - the flower's velvety lip looks like a female bee. Males fly in to try to mate with it and end up pollinating the flower.

Sadly, the right bee species doesn't live here, so this orchid is self-pollinated in the UK.



Also sent in by John Short

Vaonis Vespera: Flame and Horsehea Nebula
A total of 3 1/2 hrs exposure over 8 nights.
Stracked is Astropixel Processor, processed in Pixinsight and Photoshop.

Very best wishes to you all,

Sybil (Bremner)