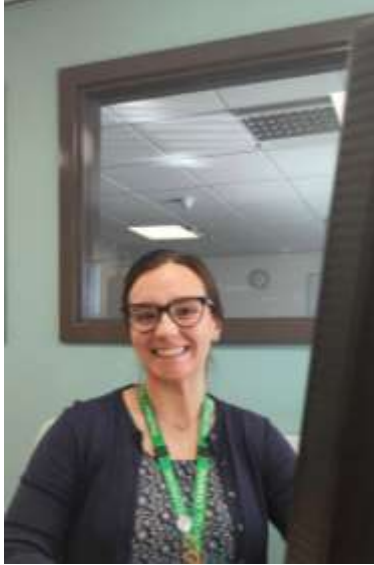


RUABON NEWS LETTER 481

13.07.2023

Canolfan Feddygol Rhiwabon Ruabon Medical Centre



Huge well done and congratulations to our amazing Pharmacy Technician Catherine Clayton. Not only has she secured a role with The Welsh Pharmaceutical Committee is a statutory advisory committee established to advise Welsh Ministers on matters related to the pharmacy profession and pharmacy practice. Members of the committee are appointed on the basis of their experience and technical expertise relevant to their area of professional practice. Also she has completed two assignments for her Level 4 Pharmacy Technician Course and both have been selected to be used as examples on

how to do things right. Huge well done and congratulations Catherine we are super, proud of you and the team and patients are so lucky to have you. The Ruabon Medical Centre.

Another 'thank-you' to Mrs Dawn Hughes Lloyd for recognising Catherine Clayton's hard work and achievement, also for the praise from members of staff.

I would also like to butt-in here to remark that both she and Dr Jilani's miracle working has transformed the Ruabon Medical Centre since their 'take-over' at the start of the pandemic when the timing could never have been more difficult.

Since then I am also aware that Dawn works hard with her colleagues to bring in others to put The Ruabon Medical Centre at the TOP OF THE TREE (even if it isn't happening already)!



Lowri's Story

"As an A&E nurse at the Maelor Hospital I see blood transfusions being given each day. The difference a unit of blood makes to my patients' lives is amazing.

Spending an hour three times a year is so easy but make such a big difference to someone else's life, why wouldn't I do it?"



Give blood | Save lives



PLAY - The Movie!



Tŷ Pawb's gallery is set to be transformed into an evolving film set this summer as part of a major new exhibition.

PLAY – The Movie! is the vision of artist Rachael Clerke, commissioned by Tŷ Pawb and working in partnership with playworker Penny Wilson of Assemble Play.

The project will see Tŷ Pawb's gallery one transformed into an evolving film set for eight weeks over the summer. During this time, children will work alongside artists Ella Jones, Harold Offeh, Noemi Santos, Sarah Ryder, Jamila Walker and Rhi Moxon, local playworkers and 73 Degrees films to collaboratively create an epic feature length film that explores play in Wrexham; how & where do we play now, how and where do we want to play in the future?

Tŷ Pawb traders and Wrexham playworkers star at major exhibition for Manchester International Festival

Local businesses and Wrexham Council's Play team have been featured in a major new exhibition, organised with Tŷ Pawb for this summer's Manchester International Exhibition.

Twenty five market traders from Tŷ Pawb's market and food court have products on show at *Economics the Blockbuster: It's not Business as Usual*, a ground-breaking exhibition that explores economics through contemporary art to find new ways of shaping a fairer world.

The exhibition is taking place at the Whitworth, a former winner of Art Fund's Museum of the Year, located in the heart of Manchester city centre.

Darganfod Science Festival - Full programme out now



23

**DARGANFOD
DISCOVER**

**GŴYL WYDDONIAETH WRECSAM
WREXHAM'S SCIENCE FESTIVAL**

5-6 AWST/AUGUST 2023

XPLORE! / TŶ PAWB STRYT CAER, WRECSAM / CHESTER ST, WREXHAM

WWW.DARGANFOD-DISCOVER.COM










The full activity programme for this summer's DARGANFOD//DISCOVER Science Festival is out now! 🚀

We're delighted to once again be teaming up with our neighbours Xplore Science Discovery Centre.

The two-day festival will include workshops and shows highlighting the science of Roald Dahl, the incredible world of chemistry, dinosaurs and much more.
August 5/6

Summer Holidays are nearly here!



Our full summer holiday family activity guide is nearly ready! Stay tuned!

Family Art Club returns this Saturday

Family Art Club takes place every Saturday, 10am-12pm (term time only).

😊 It's pay what you can and breakfast is included! 🍷

Our free lunchtime concerts are back!

Back by popular demand! Our FREE lunchtime concerts are returning!



Introducing Matinée: Classical and contemporary Concerts taking place every other Wednesday, 1pm-2pm, between May 10 – August 30.

FREE entry!



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



Circular Economy
Innovation Communities

[Circular Economy Implementation in South Wales](#)

[Lessons learnt from the Circular Economy Innovation Communities Project \(CEIC\)](#)

20/07/2023 | 10:00 – 12:00



CEIC enabled participants from the Public and Third sector to work on circular economy challenges by applying design thinking and using an open innovation approach.

CEIC was a collaborative project between Cardiff Metropolitan University and Swansea University covering Cardiff Capital Region and Swansea Bay Region. 191 professionals from 80 organisations worked together in 34 Inter organisational Challenge groups. They developed innovative solutions that implement CE principles. Learn how the participants developed their innovation knowledge and skills by Co-producing CE new service solutions.

This Learn and Share webinar will feature case studies from the challenge groups that have developed new CE service solutions. It will outline the challenges of circular economy innovation and the individual learning.

Please note that this is an online session and will be recorded.

Why Discuss the Menopause at Work?

18/07/2023 | 10:30 - 11:30

Women over the age of 50 are the fastest growing group in the UK workforce. Most women will experience menopausal symptoms. Some of these can be quite severe and have a significant impact on everyday activities.

Making pre-menopausal women aware of possible symptoms and offer signposting for help could help women cope better and mean the menopausal impact might not be so great for them personally or professionally.

Benefits to the delegates for engaging:

- Understand the impact of the menopause and potentially reduce menopause related issues;
- Maintain productivity, retain talent, understand and increase loyalty;
- Understand how to help women of menopause age;
- Keep on the right side of UK employment law;
- Team Leader/Manager menopause conversations; and
- Signposting.

Menopause - for Men Supporting Women

09/08/2023 | 14:00 - 15:00

Men and women do not live and work in isolation – this menopause session will help you support those you love, care about and work with.

Menopause may not directly affect you, but it is very likely to indirectly affect you.

CIPD research carried out in 2021 established that 6 in 10 working women who were experiencing the menopause said that it currently had a negative impact on them at work.

One in ten women in the UK leave their jobs completely because of menopausal symptoms, one in five women do not seek the promotions they deserve – this could be your colleague or someone who is close to you personally.

Session Contents:

- Facts and figures which illustrate the current menopause situation.
- Explanation of the menopause, the related symptoms and potential solutions.
- Case studies.
- How to have positive menopause conversations.
- What you can do to support those you love and care about: practical

tips.

Moving towards mid-life and beyond...

05/09/2023 | 10:30 - 11:30

Find out about what happens to men and women in mid-life. Become informed as evidence based knowledge is key.



- **Expand** your knowledge in relation to mid-life health for women and men.
- **Encourage** you to consider who you would like to be in mid-life, what your purpose will be and what you would like to contribute.
- **Help** you consider how you will carve out time for your own joy and adventure.

The investment you make in yourself will create benefits now and also in later life.

ABOUT

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gov.wales/academiwales

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Update your subscriptions, modify your password or email address, or stop subscriptions at any time by logging in to your [account](#).

This email was sent to bremner.millhouse@btinternet.com using GovDelivery Communications Cloud on behalf of: Welsh Government



Current vacancies

Hydrologist x2

£28,403-£32,088 | Flexible, within or close to North Wales | Closing: 6 August 2023

Waste Permitting Officer

£32,876-£36,229 | Flexible | Closing: 30 July 2023

Flood Warning & Informing Advisor

£28,403 - £32,088 | Bangor, Buckley or Welshpool | Closing: 23 July 2023

Development Planning Advisor

£32,876 - £36,229 | Flexible within North Wales | Closing: 23 July 2023

Data Analyst

£37,308-£40,806 | Flexible | Closing: 23 July 2023

Specialist Advisor – Climate Change and Decarbonisation

£37,308-£40,806 | Flexible | Closing: 23 July 2023

Species Advisor

£32,876-£36,229 | Preference for Cardiff | Cau: 20 July 2023

Team Member, Integrated Workforce x 2

£25,326-£28,077 | Tregaron and Talybont | Closing: 16 July 2023

Incident Communication Centre Officer

£28,403-£32,088 | Cardiff | Closing: 16 July 2023

Senior Project Manager - Coal Tip and Hazard Site Management

£37,308-£40,806 | Resolven | Closing: 16 July 2023

Food and Hospitality Coordinator

£25,326-£28,077 | Coed y Brenin | Closing: 13 July 2023

Senior Specialist Advisor Cloud Configuration

£47,408-£52,359 | Flexible | Closing: 12 July 2023

Forest Operations Technical Support

£28,403 - £32,088 | Southwest Area - Resolven | Closing: 12 July 2023



Ysgol Rhiwabon

Sports Leaders Course.

Monday, 10th July

2023

Message sent through on Twitter today following the Sports Leader session held at Ysgol Rhiwabon today, from Ian Martin, Cricket Wales Coach Education Lead – CWN

Club Development Officer. "Fantastic group of young leaders

@YsgolRhiwabonPE

👏👏 They're eager to run some cricket sessions now

🍀🍀🍀 good luck 👍

Thanks to

@ActiveWrexham & @CoachWrexham for a great session"



Some students had a trip to the zoo on the 10th of July and seem to be having a lovely time.



PRESS RELEASE

Ken Skates MS | Clwyd South

11/07/23

for immediate publication



**Senedd Cymru
Welsh Parliament**

“Wales won’t follow England in closing Station Ticket Offices”, Senedd told

Former Transport Minister Ken Skates has welcomed confirmation that ticket offices at Welsh train stations will not close, as is happening in England.

The Clwyd South MS raised the issue in the Senedd today after Plaid MS Sioned Williams asked how the Welsh Government is ensuring people with learning disabilities have access to public transport.

Train operators 2 weeks ago confirmed the Conservative UK Government’s proposals to shut down almost all of the 1,007 remaining ticket offices in England within three years – even leading to criticism from some of their own Tory MPs.

First Minister Mark Drakeford said the move was a “retaliatory measure in the ongoing industrial dispute that the UK Government fails to settle”. And rail union RMT claimed the closures “will restrict passengers’ access to the best value tickets, worsen passenger service, accessibility, safety and security and lead to a de-staffing of stations”.

Mr Skates said: “First Minister, we know that people with learning difficulties and other people who face disabling barriers in life hugely value the presence and assistance of staff at railway stations.

“Would you agree that it’ll be a source of reassurance to them to hear that Transport for Wales have no plans whatsoever to reduce the number of staff at stations that they manage here in Wales and, indeed, where they manage them in England? In stark contrast, the Department for Transport in England have announced the wholesale closure of ticket offices at stations managed by them.”

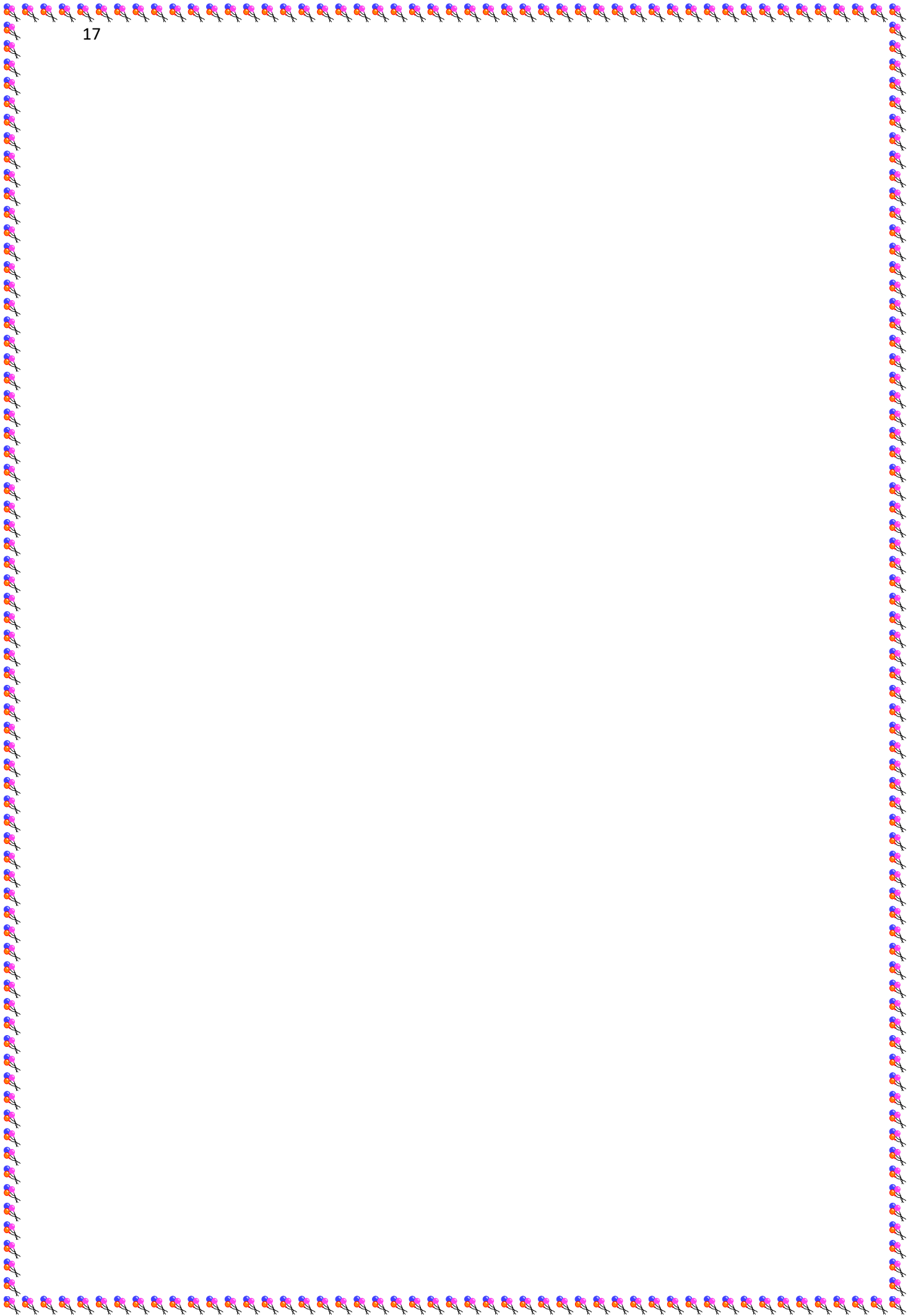
The First Minister said: “I absolutely do agree with what Ken Skates has said. Almost 900 ticket offices in England are affected by the announcement of the Department for Transport in what many people regard as simply a retaliatory measure in the ongoing industrial dispute that the UK Government fails to settle in the transport industry.

Here in Wales, we proceed, as the Member knows, through social partnership, working closely with our trade union colleagues. We achieve far more by working together than forcing through changes as part of ongoing industrial disputes.

“I’m able to confirm exactly what Ken Skates said. Transport for Wales does not plan to make similar changes to ticket offices in Wales, or indeed to the ticket offices that they manage in England – in Chester, Hereford and Shrewsbury, for example.

“We know that, particularly for those people who may struggle to access services, then the presence of staff on the station able to respond directly to their requirements is a very important part of how they are able to access services.”

-Ends-





WE ARE

HIRING



COMMUNITY AGENTS

£10.95 per hour (+ expenses)

Do you live in Brymbo, New Broughton, Acton, Llay or Gwersyllt? Or perhaps you know one or more of these areas well? We are looking for people to join our award-winning Community Agent team covering these areas and have a choice of shift patterns available including both full time and part time hours.

Community Agents provide FREE information, advice and support to people over the age of 50 from within our local communities. This ranges from connecting people with key services, to supporting them as they broaden their social circle. The Community Agent service is designed to maintain our clients wellbeing and support their quality of life by delivering solutions which meet their individual needs.

So, if you are committed to supporting vulnerable and isolated people, then why not apply today to join a successful community wellbeing service.

For the full job description, please visit our website at:

www.therainbowfoundation.org.uk/vacancies/

To apply, please email your CV and covering letter to us at:

careers@therainbowfoundation.org.uk

Vacancy closes: **Monday 24th July 2023**

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

Charity number: 1100479



Lego Make & Take at Wrexham Libraries

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

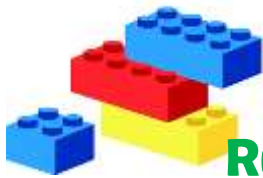
LEGOMASTER Champion

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

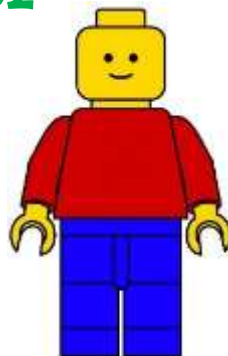
July 26th

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

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 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

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
Creffttau 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
Creffttau 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



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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Community Falls Prevention Service
FOR 65 AND OVER

Do you have support at home?

Did you know you can be assessed for any equipment needed at home? By the NHS Falls prevention service service?...

Have you had your eyesight and hearing checked recently?



Have you lost confidence recently?

Are you experiencing strength and balance issues?
WE CAN HELP...

WE ARE HERE
TO HELP!

Are you on 3 or more culprit medications?
(WE CAN CHECK FOR YOU)



Falls Prevention Service at Chirk Community Hospital
Contact Number; 03000 859942





July's Art Exhibition Ruabon Library

This month's exhibition is a display of mixed media paintings and drawings by local artist Malcom Hughes.

The exhibition is a vibrant and dramatic collection of artwork depicting a variety of themes such as war, nature and local interest.

Described by viewers as in the "style of Kyffin Williams".

This striking and distinctive exhibition is on until the end of the month.



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I would also mark this person as :-

“A KIND AND

CONSIDERATE GENTLEMAN"



Vaonis Vespera: M31 Andromeda Galaxy

An image of our nearest major galactic neighbour, M31, the Andromeda Galaxy destined to collide with our own galaxy at some point in the future.....

The adventures of Mr Brodie

Evening sniffy walk....

"C'mon dad , nearly at the top of the hill and it's an easy walk home from here"



It has taken rather a long time this week to get everything together, Sybil (Bremner)