

# RUABON NEWS LETTER 482



## Ysgol Rhiwabon

### **Welcome to Ysgol Rhiwabon from our Headteacher, Mrs. Melanie Ferron-Evans**

Ysgol Rhiwabon is a warm and vibrant learning community for our 11-16 year olds and I am proud to introduce you to our school.

We are based at the heart of our local community, enjoying excellent links with our feeder primary schools. Our transition planning ensures a smooth and happy start for our Year 7 students and their families.

As our learners progress through the school, we are committed to ensuring that every individual achieves the very best they can.

It is important to us that our young people leave school in Year 11, confident, happy and equipped with the skills for lifelong learning.

Ysgol Rhiwabon has a proud history with values based on tradition and the school motto 'Nothing Without Labour'. At the same time, we are an innovative and forward-facing school linked to the best educational practice locally, nationally and internationally.

However, we very much see excellent examination results as the foundations for future success. We are not complacent and have set ourselves ever more challenging targets for the years ahead..

It goes without saying that we want our students to be successful academically but of equal importance is that they become well rounded young adults who can go on to make a success of themselves in whatever they choose to do.

Currently we are one of a handful of schools in Wales to be a member of the Prince's Teaching Institute which has at its heart the aim of developing "inspiring teachers who are knowledgeable and passionate about their subjects".

We are delighted to have met the very exacting criteria set by the Prince's Teaching Institute which accurately reflects the vibrant, engaging and challenging teaching and learning that is apparent every day of the week here at Ysgol Rhiwabon.



Often the best way of understanding how a school operates is to ask the parents. Below is a small selection of comments from parents of our current Year 7. I think they speak for themselves:

- *“The school uniform looks fantastic, nice to know that students have had input to style and choice.”*
- *“After School Clubs – fantastic range of activities on offer. My daughter attends netball and has represented the school in matches – she thoroughly enjoys this!”*
- *“The Lead Learner gave me a phone call to let me know how my son was settling in – it really put my mind at rest.”*
- *“The transfer to Ysgol Rhiwabon has gone extremely well, with the support and organisation of all the staff. Our daughter has quickly and comfortably adapted to the different way of life at high school and comes home happy every day.”*

A website only gives a flavour of what a school is about. Whether you are a prospective parent or a member of the local community please do feel free to get in touch with us to have a tour of the school or to meet with key members of staff for an informal chat. I am confident that you will be impressed by what you see.

*Mrs Melanie Ferron-Evans*  
Headteacher

## Eisteddfod '23

Wednesday, 12th July 2023

On Monday 10th July 2023, Ysgol Rhiwabon held their Eisteddfod. A celebration of Welsh culture through music, song, poetry & language.

The four competing houses, Wynnstay, Madoc, Offa & Glyndwr, entered both offstage & onstage competitions to win points to secure the house cup.

Competitors took part in competitions as varied as Welsh poetry recital, challenge solo, Piano solo, designing their own castles and recital of mathematics Pi!

The event was a display of the school's diverse range of talents, and a celebration of the hard work put in by all students this year.

The day culminated in the chairing of the school BARD. The historic ceremony was undertaken with the school sword & chair, which date back well over 100 years, keeping school traditions alive.

Jemima Edwards, Year 7 of Offa house, won the Chair with a rousing poem created under the Eisteddfod theme 'Cynefin'.

The house cup was secured by Wynnstay, and the event was closed with a rousing 'Hen Wlad Fy Nhadau'.

The Curriculum Leader for Welsh, Miss R Williams said,

*“The Eisteddfod was a fantastic experience for younger learners at the school who really embraced the Welsh language and the longstanding Eisteddfod traditions. It's important we grow these school cultural events and we look forward to building on the success of this year's Eisteddfod”.*

The Winners:-



Jemima  
(Offa House)

House)  
–Eisteddfod Chair Winner



Edwards  
Jonah Jones (Offa

–Y8 Welsh learner of the year



Coby  
Jones

(Offa House)  
–Piano Solo Winner



Emily Stephenson (Wynnstay House)-  
Challenge Solo Winner, Solo Winner



Noah  
Evans (Glyndŵr House)–  
Y7 Welsh learner of the year  
Winner.



Noah  
Thomas (Wynnstay House)– Summer

Welsh Script recital winner,  
and Drama Script

Lots more pictures in our school gallery,  
[Sports Leaders Course.](#)

Eisteddfod '23 – Competition Pictures  
<https://www.ysgolrhiwabon.co.uk/>

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### **Picnic in the Park** **Wrexham CBC Annual Tenant Event**

The annual tenant event will be held in Bellevue Park on Wednesday 26th July, 11am – 2pm.

The event is a family fun day, with free fairground rides and face painting for children.

There will be a live band providing music and a fun dog show.

The event is a chance for the Wrexham CBC Housing Department to engage with tenants in an informal and relaxed environment, and is open to all 11,000 tenants, prospective tenants, and anyone wishing to find out more information on housing in the area.

There will be information stalls from a wide variety of organisations which could impact on tenants' lives, or those of their children.



Wrexham Council Tenants

# Picnic in the Park

Bellevue Park  
26<sup>th</sup> July 2023  
11am – 2pm

- CHILDREN'S FUNFAIR RIDES**  
Free tickets available on the day
- FUN DOG SHOW • GLITTER TATTOOS**
- SPORTING ACTIVITIES**
- TENANTS vs COUNCIL TUG OF WAR**

For more information see our social media pages




 @WCBCHousing

Contact us:

Email: [getinvolvedinhousing@wrexham.gov.uk](mailto:getinvolvedinhousing@wrexham.gov.uk)

Phone: 01978 298993



**Wates**



Cyngor Wrecsam Tenantiaid

# Picnic yn y Parc

Parc Bellevue  
26<sup>ain</sup> Gorffennaf 2023  
11am – 2pm

**REIDIAU FFAIR PLANT**  
Tocynnau am ddim ar gael ar y diwrnod

**SIOE GŴN HWYLIOG • TATŴS LLEWYRCH**  
**GWEITHGAREDDAU CHWARAEON**  
**TENANTIAID vs CYNGOR TUG OF WAR**

Am fwy o wybodaeth cadwch eich lygad  
ar ein tudalen cyfryngau cymdeithasol

   @CBSWTai

Cysylltwch â ni:

Ebost: [getinvolvedinhousing@wrexham.gov.uk](mailto:getinvolvedinhousing@wrexham.gov.uk)

Ffôn: 01978 298993

 Wates



School Essentials Grant Available  
to Support Families for Next School Year

The following information has been sent in by  
[Karen Long \(Karen.Long@wrexham.gov.uk\)](mailto:Karen.Long@wrexham.gov.uk)

# Barista Course

WANT TO LEARN TO MAKE COFFEE LIKE A PRO? WHY NOT COME ALONG TO ONE OF OUR FREE BARISTA TRAINING COURSES WHERE YOU WILL LEARN BARISTA SKILLS FROM AN EXPERT IN ALL THINGS COFFEE.

13TH JULY - 9AM-12PM - PLAS MADOC OPPORTUNITIES CENTRE

OR

26TH JULY - 9AM-12PM - CAIA PARK PARTNERSHIP

BOOKING IS ESSENTIAL  
 MUST LIVE IN WREXHAM AND BE AGED 16+

TO BOOK, PLEASE CONTACT 01978 318853/820520



## SIMULATOR SESSIONS



**CONSTRUCTION - TRANSPORT - AGRICULTURE**

Broaden your training horizons at one of our interactive simulator sessions.

With realistic machine behaviour and life-like graphics, these sessions are guaranteed to give you a fully immersive experience as you navigate through sets of exercises that range from basic to advanced manoeuvring.



20 July - 17 August - 20 September



1pm - 3pm



Xplore, Henblas Street, Wrexham

AVAILABLE TO ALL WHO LIVE IN WREXHAM, AGE 16+

**BOOKING IS ESSENTIAL**

**CALL - 01978 318853/820520**



## EMERGENCY FIRST AID 1 DAY COURSE



Wrexham Communities for Work Plus are running a fully funded accredited Emergency First Aid Course to those living in Wrexham over the age of 16

This one day course will provide you with the essential skills to deal with a variety of medical emergencies.

17 August  
9am - 4.30pm  
Plas Madoc  
Opportunities  
centre

Or

7  
September  
9am - 4.30pm  
Caia Park  
Partnership

**BOOKING IS ESSENTIAL**

CALL 01978  
318853/820520



## FUNDED CSCS COURSE FOR SCHOOL/COLLEGE LEAVERS



Have you just left school or college and thinking of a career in construction? Wrexham Communities for Work Plus have 8 spaces available on a fully funded CSCS course.

### YOU MUST

- Live in wrexham
- Have photo ID
- Be unemployed
- Be a school or college leaver
- Not worked in the industry before.
- Attend all sessions



29 August -  
4th September



9:15am - 4.30pm



Wynstay Arms Hotel,  
LL13 8LP

**BOOKING IS ESSENTIAL**

FOR MORE INFORMATION  
CALL 01978 318853



# MAKE & TAKE (OR DONATE)



FANCY GETTING CRAFTY AND MAKING A DIFFERENCE TO THE LOCAL ENVIRONMENT? WREXHAM COMMUNITIES FOR WORK PLUS IN PARTNERSHIP WITH GROUNDWORK ARE RUNNING THE FOLLOWING **FREE** SHORT COURSES FOR THOSE IN WREXHAM OVER THE AGE OF 19.

## MAKE & TAKE - BIRD BOX

20 JULY  
PLAS MADOC  
OPPORTUNITIES CENTRE  
9.30am - 11.30am  
OR

20 JULY  
CAIA PARK PARTNERSHIP  
12.30pm - 2.30pm

## MAKE & TAKE - PLANTER

27 JULY  
PLAS MADOC  
OPPORTUNITIES CENTRE  
9.30am - 11.30am

OR

27 JULY  
CAIA PARK PARTNERSHIP  
12.30pm - 2.30pm

BOOKING IS ESSENTIAL  
MUST BE 19 OR OVER  
CALL 01978 318853/820520



# GET YOUR ZEN ON



WREXHAM COMMUNITIES FOR WORK PLUS IN PARTNERSHIP WITH THE HEALTH IMPROVEMENT TEAM ARE PLEASED TO OFFER THIS **FREE** ONE OFF GUIDED RELAXATION CLASS TO HELP IMPROVE MENTAL HEALTH & WELLBEING.


**10 AUGUST - 9AM - 12PM**

**PLAS MADOC OPPORTUNITIES CENTRE**

AGED 16+ \_

BOOKING IS ESSENTIAL.  
CALL 01978 318853/820520





**TRAINING TUESDAYS**

Cymunedau am Waith  
Communities for Work



LIVE IN WREXHAM AGED 16+ AND LOOKING TO UPSKILL? WHY NOT BOOK ONTO ONE (OR MORE) OF OUR FREE SUMMER SESSIONS AT WREXHAM LIBRARY?

18 July	9.30 - 12pm	Budgeting course
01 August	9am - 12pm	Manual Handling
08 August	9am - 12pm	Food Hygiene Part 1
15 August	9am - 12pm	Food Hygiene Part 2
22 August	9am - 12pm	Interview Techniques
29 August	9am - 12pm	CV Workshop
19 September	9am - 12pm	Health & Safety Part 1
26 September	9am - 12pm	Health & Safety Part 2

Sessions carried out upstairs in Wrexham Library.

**BOOKING IS ESSENTIAL**

Call 01978 318853 / 820520

Please find attached a booklet with some of the courses we are running in Wrexham this summer.

Please share amongst your teams, booking information is on the leaflet.

Kind Regards

Karen

**Karen Long**

# YOUR RUABON COMMUNITY AGENT



The Rainbow  
Foundation

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  
income maximisation  
(benefit & debt support)



connecting with others  
using digital technology



signposting to  
appropriate services



establishing local  
clubs & activities

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## The things that will be banned in Wales in the next 18 months

### From driving speeds to healthy eating Welsh Government has been busy legislating

• **Bookmark**  
**NEWS** BY **Owen Hughes** Business correspondent



#### **'Unhealthy' meal deals face a ban in Wales -**

Welsh Government has been busy legislating since the 2021 election - with many of their moves dividing opinion in Wales. Some of the proposed new laws coming into place will see some items and

practices banned in Wales in the coming months and years.

Some of these steps are fairly well supported but others have attracted a fair degree of criticism from opposition, politicians, the media and general public.

#### **The working-from-home illusion fades**

Here we look at what could be banned in Wales in this Senedd term and how those planned changes have gone down so far.

#### **Plastics**



**The Welsh Government aims to ban or restrict the sale of some of the most commonly littered single-use plastics in Wales.**



This one is fairly un-controversial with most behind the bid to remove more plastics from our daily lives given the blight they cause - both locally and globally.

Wales's Environmental Protection (Single-use Plastic Products) (Wales) Bill will make it a criminal offence to supply or offer to supply (including for free) specific single-use plastic products to consumers in Wales.

This law will stop the sale or supply of these products in Wales, unless there is an exemption. The bans will be introduced in "phases". This is to allow businesses time to use up existing stock and to buy or make alternatives.

Phase one of the bill will come in from Autumn 2023.

Using a guide sent out by [Conwy Council](#) this will see the following plastic items banned unless there is an exemption.

- **Plates** – this includes paper plates with a laminated plastic surface
- **Cutlery** – for example forks, spoons, knives
- **Drinks stirrers** – those designed for stirring drinks or liquid food
- **Cups made of expanded or foamed extruded polystyrene**
- **Takeaway food containers** made of expanded or foamed extruded **polystyrene balloons**
- **Plastic-stemmed cotton buds**
- **Drinking straws**
- **Sticks for**
  - with exemptions so people who need them to eat and drink safely and independently can continue to have them

Phase 2 – will begin to come into force from 2024 onwards. This will see the following items banned from sale unless there is an exemption.

- Plastic single-use carrier bags
- Polystyrene lids for cups and takeaway food containers
- Oxo-degradable plastic products

Unhealthy meal deals and BOGOFs. **Some meal deals face being banned**

This one is a bit more controversial. Governments across the UK are looking at how they can tackle a growing obesity and health crisis which threatens to overwhelm the [NHS](#) in future years.

Over 60% of adults in Wales are above a healthy weight and over a quarter of children are overweight or obese by the time they start school.

The hope is that by preventing and reducing obesity it will help reduce the levels of type 2 diabetes, various types of cancer and other conditions such as cardiovascular (heart) disease in Wales.

Governments are looking to act but face opposition due to fears about increasing costs for families on already stretched budgets. They also face accusations of acting like a 'nanny state'.

Last month Welsh Government revealed a proposed new law to ban certain foods from meal deals in a bid to tackle obesity. The new legislation is set to be introduced in the Senedd next year and is expected to become law in 2025.

The legislation will also prevent certain foods from being placed in certain parts of a supermarket, like at the end of aisles, near checkouts and in aisle bins. Part of the plans, which include preventing 3 for 2 and buy-one-get-one-free (BOGOF) deals on

some foods, will align with plans in England, however Wales will take things further in relation to meal deals and preventing temporary price reductions in certain foods. It won't mean meal deals will be banned but will stop 'unhealthy' options being part of the deal.

Public Health Wales published research that showed there was strong support for government intervention in relation to "meal deal culture" and placing taxes on high sugar food.

**But** there has been a kick back over adding extra costs for those who want those options.

Welsh **Conservatives** said they believe the role of government is to educate, advise and to encourage better eating behaviours. Welsh Conservative Shadow Minister for Mental Health, James Evans MS said: "However, during the cost of living pressures we are all facing, we need cast iron assurances from the Welsh **Labour** Government that they do not intend to ban meal deals and that any new regulations will not increase the average weekly cost for shoppers. It is very disappointing that due to Labour mismanagement drastic steps now need to be taken to reduce obesity in Wales."

### **“Driving 30mph-Speed limits will soon be changing in Wales.**

**There won't be a complete ban on driving 30mph in Wales.** But the default limit on restricted roads will change from 30mph to 20mph.



These are usually located in residential and built-up areas like town centres.

While the default has changed the Welsh Government - which manages the trunk road system - and local authorities can bring in 'exceptions' where they believe the limit should remain at 30mph for road, or least part/s of it.

### **Maps of North Wales roads - including the A55 - that will be exempt from 20mph limit**

But it will be one of the biggest ever changes to driving in Wales and it's fair to say it has divided opinion.

Ministers **say it will save lives** and it has been backed by road safety campaigners.

But opponents warn that slowing down travel will impact the economy of Wales and will leave drivers constantly checking their speedometer.

### **Report on why not enough international visitors come to Wales - and what to do about it.**

**\*Welsh Government pushes ahead with plans to end the long school summer holiday,**

**\*The Welsh Government's Agriculture (Wales) Bill is set to introduce bans on the use of snares and glue traps in Wales. The bill was voted through at the Senedd on Tuesday, 27<sup>th</sup> June .**

A snare is a wire noose, usually attached to a stake, tree or another heavy object acting as an anchor. They are usually set to catch foxes or rabbits, but cannot distinguish between different species of animals - so are indiscriminate in what they catch. Since 2020, RSPCA officers have been called to attend 12 instances involving snares in Wales which had caught protected species such as badgers and in some cases, much-loved pets.

While self-locking snares are already illegal in Wales, others are not - but this legislation will prohibit the use of all snares, or any other cable restraint, for the purpose of killing or trapping a wild animal, or in any other way that is likely to injure a wild animal.

This law will stop the sale or supply of these products in Wales, unless there is an exemption. The bans will be introduced in “phases”. This is to allow businesses time to use up existing stock and to buy or make alternatives.

\*Over 60% of adults in Wales are above a healthy weight and over a quarter of children are overweight or obese by the time they start **school**. The hope is that by preventing and reducing obesity it will help reduce the levels of type 2 diabetes, various types of cancer and other conditions such as cardiovascular (heart) disease in Wales. Governments are looking to act but face opposition due to fears about increasing costs for families on already stretched budgets. They also face accusations of acting like a 'nanny state'.

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#### "Driving 30mph

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While the default has changed the Welsh Government - which manages the trunk road system - and local authorities can bring in 'exceptions' where they believe the limit should remain at 30mph for road, or least part/s of it there will be maps of North Wales roads - including the A55 - that will be exempt from 20mph limit.

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has been backed by road safety campaigners. But opponents warn that slowing down travel will impact the economy of Wales and will leave drivers constantly checking their speedometer. New 20mph speed default in Wales will 'take time' before it is accepted by drivers.





Third Menai crossing is a 'golden opportunity' to reverse Anglesey's decline and loss of residents

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## There are 450 acres to explore at Llanelli Wetland Centre

Bejewelled dragonflies and damselflies of all colours zoom across the paths and glistening ponds. Brilliant butterflies flutter from one beautiful wildflower to another. On the islands, this year's adorable fledged birds continue to grow and make their way in life.

On warm days, lizards and slow worms bask in the sun, soaking up the heat and taking advantage of the buffet of insects that thrive at this time of year.

Get closer to nature with daily nature activities such as pond dipping, Feeding Frenzy, moth traps and minibeast hunts -

there's  
to try on every



something new  
visit.

**You could enjoy family paddling on a canoe safari (Image: WWT)**

### **Go on a Canoe Safari and ride the all-new electric taxi!**

Feel the breeze on your face and cover more of the 450-acre nature reserve with its handy new taxi service before heading out in a canoe to spot wildlife as you paddle along.

Look out for majestic swan parents leading their growing cygnets, a flash of blue from a kingfisher, and, if you're lucky - maybe even a water vole!

Canoe hire and taxi are not included in admission; see website for full information.

To find the site follow the brown duck signs off [the M4](#) at junction 47 or 48, or pop SA14 9SH into your device.

**Become a WWT member and visit for free all-year round. For full details and to plan your summer adventures, visit the [Llanelli Wetland Centre website](#)**

**READ NEXT:**

- [Unlock your adventure this summer with an exhilarating trip to Zip World](#)
  - [Luminate's spectacular light trails are back for 2023 - book your tickets now](#)
  - [I asked for Ellen at a Morrisons cafe and this is what happened](#)
  - [Huge dinosaurs will be taking over Cardiff's Bute Park again this summer](#)
  - [7 reasons Treetop Adventure Golf will keep the kids happy this summer](#)
- \*\*\*\*\*



## Lowri's Story

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"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?"





Appointments still available  
in your area




Give blood | Save lives

\*\*\*\*\*



# **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 24<sup>th</sup>**

**01978 822002**

**Wrexham Library**

**July 26<sup>th</sup>**

**01978 292090**

**Llay Library**

**July 27<sup>th</sup>**

**01978 855100**



**Cefn Mawr Library**

**July 28<sup>th</sup>**

**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.

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## 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



## Hwyl yr Haf yn Llyfrgell Rhiwabon Summer Fun at Ruabon Library

01978 822002

ruabon.library@wrexham.gov.uk



### Dydd Llun/Mondays

- Stori a Chân/Story and Rhyme 1.15
- Clwb Teulu Lego/ Family Lego 3.30 - 4.30

### Dydd Mercher/Wednesdays

- Clwb Teulu Lego/Family Lego 2-3 (Awst/Aug 2, 9, 16, 30)
- Gemau Bwrdd/Boardgames 2-3 (Awst/Aug 2, 9, 16, 30)

### Dydd Llun 31 Gorffennaf/ Monday 31 July

- Seren a Sbarc Stori a Chân/ Seren a Sbarc Story and Songs 1.30

### Dydd Iau 17 Awst /Thursday 17 August

- Gwyddoniaeth Chwaraeon Xplore! i'r teulu/ Sports Science sessions with Xplore! for the family 11-12

### Dydd Mercher 23 Awst/Wednesday 23 August

- Cut and Paste Your Story (Free Workshop) 2-4 (Ffoniwch i archebu eich lle/ Call to book your place)
- Sialens Ddarllen yr Haf Helfa Drysor - Oriau agor y llyfrgell (gofyn i staff)  
Summer Reading Challenge Treasure hunt - Library opening hours (ask staff)
- Sialens Ddarllen yr Haf Pecyn Crefft i fynd i ffrwdd  
Summer Reading Challenge Craft Pack to take away

**Ar agor - Dydd Llun, Dydd Mercher, Dydd Gwener 12 - 5, Dydd Iau 9 - 1.15**

**Open – Monday, Wednesday, Friday 12 - 5, Thursday 9 – 1.15**



**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?

**WE ARE HERE**  
**TO HELP!**

Have you lost  
confidence  
recently?

Are you  
experiencing  
strength and  
balance issues?  
**WE CAN  
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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**C.W. COMPUTER SERVICES**

**CHRIS WILLIAMS**  
I. T. Consultant & Support

- 01978 846 967
- 07815 478 664
- chris@cw-cs.co.uk
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I would also mark this person as :-

**“A KIND AND**



# CONSIDERATE GENTLEMAN"

**John Short**

20.07.2023 **July at 11:33 PM** ·

Vaonis Vespera.

Another view of the Elephants Trunk Nebula, 3,000 light years from earth.



**John Short**

The adventures of Mr Brodie  
Our adventure today was a  
visit to the north side  
of the river !

\*\*\*\*\*

Just a few 'hold ups' this month!

Sybil (Bremner)