# Rumbon News Letter 485

14.08.2023

Letter from Dawn Hughes Lloyd:

"We are so pleased to announce that as from 9th August 2023 and online with



our continued commitment for improvement and implementation of change, we have upgraded our telephone system to allow patients to request a callback should they be held in a queue and want to keep their place but not hold on the phone.

There will be a confirmation message to notify you of this.

We have been assured by our Telephone Company Provider that no charge should be made to yourselves (patient/service user) as we are paying extra for this new facility and so all costs are paid by Ruabon Medical Centre.

Thank you all so much and we hope you find this new service much better and more beneficial. Have a great day.

ganiatáu i gleifion ofyn am alwad yn ôl os ydynt yn cael eu cadw mewn ciw ac yn dymuno gwneud hynny. i gadw eu lle ond nid dal ar y ffôn. Bydd neges cadarnhau i'ch hysbysu o hyn. Rydym wedi cael ein sicrhau gan ein Darparwr Cwmni Ffôn na ddylid codi tâl arnoch chi (claf/defnyddiwr gwasanaeth) gan ein bod yn talu'n ychwanegol am y cyfleuster newydd hwn ac felly mae'r holl gostau'n cael eu talu gan Ganolfan Feddygol Rhiwabon. Diolch yn fawr iawn i chi i gyd a gobeithiwn y byddwch yn gweld y gwasanaeth newydd hwn yn llawer gwell a mwy buddiol. Cael diwrnod gwych."

(I am assuming that the 'WE' who have brought this about is: Dawn Hughes Lloyd and Dr Jilani. The two people who took over the Ruabon Medical Centre at the beginning of the worst time, ever (<u>At the very start of Covid</u>!)

As I see it, they can only have managed to develope the now well run centre, by sheer hard work and gradually employing first class staff.

How lucky for those of us who attend the Ruabon Medical Centre, that this latest (GIFT) is a great relief for so many patients.



A new campaign is encouraging parents to get their children's eyes tested this summer at their local opticians.

First published: 4<sup>th</sup> August 2023 Last updated: 4<sup>th</sup> August 2023

'The Help Us Help You' optometry campaign is designed to help everyone in Wales – but especially children – to get their eyes checked to help prevent future problems. Research shows around 20% of school-aged children have an undiagnosed vision problem. Regular eye health checks, for both adults and children, can help prevent or detect a range of eye issues, including glaucoma, diabetes and myopia, earlier.

Optometrists are eye specialists and who can test children's eyesight and diagnose a range of eye issues and conditions early enough to ensure successful treatment. The NHS will provide glasses for children who need them to help with their vision and eye care treatment for free.

With demand for eye care services growing, the Welsh Government is changing how eye care is delivered in Wales. This includes a new optometry contract enabling optometrists on the high street to manage, monitor and treat an increased number of eye conditions. This means more people will be able to receive free eye care and treatments more quickly and closer to home. It will also help improve outcomes and reduce some of the pressures on GP practices and hospitals.

Minister for Health and Social Services Eluned Morgan said:

We recommend everyone visits their local opticians for regular preventative eye health checks. The younger you are when you start having eye tests the better, which is why I would encourage all parents and carers to get their child's eyes tested this summer ahead of the new school year. Optometrists are experts in eye health.

We are planning to transform the way optometry is provided in Wales, supporting hospital eye services through local high street optometry practices so people can receive high-quality eye care in their communities. By changing the way opticians are funded, optometrists can prioritise clinical eye health and care.

David O'Sullivan, Wales' Chief Optometric Adviser said:

"Good eyesight is critical in ensuring a child develops to their full potential. Eyes are still developing throughout early childhood so if problems are treated early, it can make a lasting difference, and it is never too early to have a sight test with your local optometrist.

Only 28% of children currently access regular eye tests with their high street optometrist. This could mean a significant number of children may have problems with their vision that

could be corrected. Free eye checks from a local optician are the best way for parents to get their children's eyes checked and encourage everyone to take up regular eye checks.

# LIMB-art (now part of the NHS) was founded in 2018 by former Paralympic swimmer and medallist, Mark Williams with his wife Rachael.

Mark lost his lower leg at a young age after an accident whilst riding his bike home from school. His determination to succeed saw him go on to become an elite athlete, winning medals in the pool at the 1988 Seoul Paralympics and 1989 Miami World Championships. Mark's overwhelming desire to support prosthetic users, and raise their self-confidence saw LIMB-art established in Bylchau, Conwy.

The prosthetic leg covers are designed and developed using the latest digital processes and are made from a robust high-grade nylon, which can be recycled.

The company has received support from the Welsh Government including help to identify potential distributors and sales in Europe and the United States of America.

Mark was also a panellist at the Welsh Government's Explore Export Wales, North Wales conference earlier this year.

North Wales Minister Lesley Griffiths said:

This is truly an inspiring story which has led to Mark, Rachael and the team at LIMB-art being able to support prosthetic users and help build their confidence.

The work which takes place at the company in Bylchau is very impressive and their dedication and desire to produce the best products for their customers is fantastic to see. It's also great to see the business thriving in a rural part of Wales and boosting the economy.

I am pleased the Welsh Government has been able to support LIMB-art, especially in looking to access markets abroad, and I wish them the very best in their future aspirations to see the business continue to grow.

Mark Williams said:

"At LIMB-art, we're not just creating prosthetics; we're crafting a brighter future for

amputees. Every leg cover we design is a testament to resilience, an ode to possibilities, and a bold statement of self-expression. It's not about what you lose, it's about what you find within you that truly defines who you are."

First published: 9<sup>th</sup> August 2023. Last updated: 9<sup>th</sup> August 2023





Thank you to Anabelle

Bailey for sending in these illustrations.

## Newyddion Llyfrgelloedd Library News

### **Author of the Month**

Born in March 1962, the young Richard Coles grew up in Northamptonshire and attended



Wellingborough public school where he was a chorister. He subsequently moved to London to work as a session musician in theatre. After his difficult teenage years in 1983, Richard joined pop group Bronski Beat as a sax player where he met Jimmy Somerville. The following year, Jimmy and Richard left to form The Communards. Coles frequently appears on radio and television as well as in newspapers. His dalliance with Strictly Come Dancing and Celebrity Masterchef also brought him to a new audience.

In June 2022 Richard published his first mystery novel about Canon Daniel Clement. They both have a love of dachshunds but personality wise Richard sees himself more like the brother. Richard certainly draws on his own experiences of parishional life (without the murders) but also some of the gentry life too which he found solace in when mourning the death of his partner and hiding from the press.

Not all in the series will be set in the local parish—one may be set on a cruise!

### **Sports Hire Equipment at Wrexham Library**

To coincide with this year's Summer Reading Challenge – 'Ready, Set, Read!' Wrexham library has teamed up with Active Wrexham to lend out sports equipment to young children over the summer school holidays. Children can borrow equipment such as mini tennis rackets, sponge balls, easy catch faces, bean bags and more. You can borrow them for up to three weeks free of charge but you must be a library member. Come along and have a look at what's on offer!

Website: <a href="http://bit.ly/2btcIRt">www.wrexham.gov.uk/libraries</a> Online catalogue: <a href="http://bit.ly/2btcIRt">http://bit.ly/2btcIRt</a> Tel: Wrexham Library 01978 292090.

### The Summer Reading Challenge is here!

Ready, Set, Read! is the name of the game and this year, you guessed it, the theme is sports and games – put simply, we're all ready to have fun and keep active. Are you up for the Challenge?



The Summer Reading Challenge takes place every year during the summer school holidays.

You can sign up at your local library, then all you have to do is read six library books of your choice over three visits to complete the Challenge.

There are exclusive rewards to collect along the way, and it's FREE to take part! You can also keep track of your reading by visiting the Summer Reading Challenge website <a href="www.summerreadingchallenge.org.uk">www.summerreadingchallenge.org.uk</a> where you can find new books to read, take part in competitions and mini challenges, and play games. Don't delay – join today!



## RECRUITMENT EVENT

**HOSPITALITY - LEISURE - TOURISM** 



Wrexham Communities for Work Plus in partnership with DWP

& Wrexham County Borough Councils Regeneration Department are holding a sector specific recruitment event in Ty Pawb on Monday 25th September between 10am - 2pm.

This event will host various employers from across Wrexham City who currently have some exciting career opportunities within the local Hospitality, Leisure & Recruitment sectors.

All welcome, please bring along copies of your CV if you have one.

Keep a look out on our social media for more news & information about this event.





If you are currently recruiting in this sector and would like to book a FREE stand please contact Chioe Farr on -07824 320529 or chloe.farr@wrexham.gov.uk

Not able to attend? You can send details of vacancies and we will advertise them on our job board for you











# Wrexham's proposed exemptions to the default 20mph speed limit

### Why are we doing this?:

With just over a month to go until the default 20mph speed limit for Wales is adopted, Wrexham Council is at the next key stage - when you can have your say on the proposed roads that will be exempt from the default 20mph, and also roads that are proposed to drop to 20mph by Traffic Regulation Order.

Welsh Government has approved the default 20mph speed limit to come into effect across Wales on September 17, 2023. All councils in Wales must therefore implement this initiative, which will result in most of the current default 30mph roads being reduced to 20mph later this year. As a general rule, it will apply to roads where street lighting is currently in place.

The consultation only relates to roads where a Traffic Regulation Order is required to change the speed to 20mph, or retain the speed at 30mph. All other roads that are currently at 30mph, will automatically drop to 20mph by default on September 17<sup>th</sup> 2023.

 As part of the process of adopting the default 20mph speed limit for Wales this September, Wrexham Council has identified current 30mph roads that are proposed to be exempt from the changes as they do not meet the relevant criteria set by Welsh Government.

In total, 10 roads have been identified and, if agreed, these roads would retain a 30mph speed limit after September 17. These are primarily buffer zones, where there is a drop in speed from national speed limit to 20mph.

 Also, as part of the process of adopting the default 20mph speed limit for Wales this September, Wrexham Council has identified current 30mph roads that meet the relevant criteria set by Welsh Government, and are required to drop to 20mph by means of a Traffic Regulation Order.

In total, 28 roads have been identified and, if agreed, these roads would drop to a 20mph speed limit after 17<sup>th</sup> September. These are residential areas and locations with street lighting.

The consultation period is open now and will close on the 1<sup>st</sup> September, 2023, therefore please ensure any representations are made by this date. To find out where the proposed exemptions are, and have your say, please visit the <u>survey</u>.

Cllr Hugh Jones, lead member for environment, said: "Welsh Government's introduction of the default 20mph speed limit it a big change for Wrexham, and for Wales, and it is important that residents are able to have their say when it comes to these exemptions. I encourage as many residents as possible to take a look at the exemptions Wrexham Council are proposing and to let us know their thoughts."

If you would like to provide the feedback to the proposed Order in writing, stating the reasons for your views or objections, email for the attention of: <a href="mailto:traffic@wrexham.gov.uk">traffic@wrexham.gov.uk</a> or by post to The Chief Officer Environment and Technical Department, Wrexham County Borough Council, Abbey Road South, Wrexham Industrial Estate, Wrexham LL13 9PW.

If you want to find out more about the default 20mph speed limit, you can take a look at the following links to the Welsh Government website:

- Introducing default 20mph speed limits
- Introducing 20mph speed limits: frequently asked questions
- 20mph public attitudes research

### Data Protection

- The information you provide will be treated confidentially, in accordance with the requirements of the Data Protection Act 2018 and the UK General Data Protection Regulation. Any data provided by you will be processed in accordance with the requirements of the Data Protection Act and in its provision, you consent to the Council processing the data for the purpose for which it is obtained.
- Any personal information will be treated in the strictest confidence and will only be used by the Council or disclosed to others for a

legally permissible purpose.

- We use consultation and engagement activities to ask to you have your say on a range of topics. We want everyone in our community to have the chance to join the discussion about the services we design and deliver; and to help shape the future of Wrexham County Borough.
- The thoughts you share with us will be used to inform this
  consultation. We may also share anonymous feedback in the future
  to help shape other Council and partner consultations and services,
  to inform work we deliver together. This may help us avoid asking
  the same or similar questions many times. We hope by taking this
  approach the future of services in Wrexham will be more focussed
  on what matters most to the people of Wrexham.
  - Consultation start date: 10<sup>th</sup> August 2023
  - Consultation end date 1<sup>st</sup> September 2023



# Renewal of the Dog Control and Dog Fouling Public Spaces Protection Order (PSPO) 2023

### Why are we doing this?:

Wrexham Council currently has a dog control and dog fouling Public Space Protection Order (PSPO) which cover the entire County Borough. It is due for renewal as it ends on 30th September 2023. The intention is to renew and update the current PSPO covering the County Borough.

The existing dog fouling requirements for owners to remove their dog's faeces forthwith from public areas, the exclusion zones for dogs on bowling greens, marked sports pitches and play areas (apart from owners with assisted dogs), the dogs on a lead by direction which allows an Authorised Officer to instruct

owners to place and keep a dog on a lead when necessary, dogs to be on a lead on public roads and pavements and to be kept on a lead around defined areas of parks such as visitor centres and car parks and for the person who is in control of a dog, to be carrying an appropriate receptacle or bag to remove their dog's faeces forthwith will continue.

We are therefore contacting you as part of the required consultation process, we encourage you to look at the prohibitions suggested in the enclosed order and would be interested in your views on the matter.

The consultation period will be open on the 4<sup>th</sup> August 2023 and will close on the 28<sup>th</sup> August 2023, therefore please ensure any representations are made by this date.

If you would like to provide the feedback to the proposed Order in writing, stating the reasons for your views or objections, email for the attention of: joanne.rodgers@wrexham.gov.uk or by post to The Chief Officer Environment and Technical Department, Wrexham County Borough Council, The Guildhall, Wrexham, LL11 1RA

Alternatively, If you have any comments regarding the proposed Dog Control and Dog Fouling PSPO then please contact us.

Tourism projects in Wales win share of £5 million to help get the basics right for visitors.

Tourism projects across Wales have won a share of the Welsh Government's £5 million Brilliant Basics Fund to help deliver a first-class holiday experience, Deputy Minister for Arts, Sport and Tourism Dawn Bowden has confirmed today.

First published: 3 August 2023 Last updated: 3 August 2023

29 tourism infrastructure projects in north, mid and south west and south east Wales have received investment from the fund, which helps deliver small-scale tourism infrastructure improvements.

The fund, which is open to local authorities and national park authorities, also supports projects that improve accessibility and those that make their destinations more environmentally sustainable.

2023 is Wales' Year of Trails which presents the tourism sector with an opportunity to showcase attractions, landscapes and coastline through routes

and trails. The approved projects show how local authorities and national parks have considered the entire visitor experience and the essential infrastructure that makes a trail experience complete, from pathways, to parking to making facilities accessible for all.

Deputy Minister for Arts, Sport and Tourism, Dawn Bowden said:

"I'm delighted we have been able to invest £5 million in a range of new projects that will help deliver a first-class holiday experience for people across Wales.

The projects supported through the Welsh Government's Brilliant Basics fund make a real difference. Local tourism amenities have a big part to play in making a trip a memorable one. These facilities often go unnoticed, but they are an important part of a visitor's experience and also benefit those who live in the area."

The Brilliant Basics fund for 2023 to 2025 was launched in February 2023, and 29 projects across Wales have been approved for funding. These include:

### **North Wales**

- Ynys Mon Council- £250,000 for Mon Agored to deliver refurbished toilets at Beaumaris, Rhosneigr, Traeth Bychan & Moelfre including shower facilities, bike storage and EV points where applicable.
- Cyngor Gwynedd £300,000 for a plan to upgrade visitor infrastructure in Dinas Dinlle near Caernarfon includes car park resurfacing, EV charging, cycle shelters, bus shelter and accessible picnic area.
- Conwy County Borough Council £300,000 for Llandudno shelters and colonnades – replacing 3 shelters along Llandudno's North Shore Promenade and resurfacing of walls and floors and installation of new benches at Llandudno Colonnades.
- Flintshire County Council £160,000 for Discover Flintshire by Trails improvements to signage, interpretation and route enhancements to various routes and trails around Flintshire.

#### **Mid Wales**

- Powys County Council £300,000 for Powys Visitor Amenity Project includes elements of access and car park improvements, trails, EV charging points, signage and interpretation and toilet upgrades at various locations.
- Bannau Brycheiniog National Park Authority £298,739 for Visitor Facilities
   Craig y Nos Country Park and Cwm Porth Waterfalls Car Park to include
   Changing Facilities at Cwm Porth toilet and Craig y Nos Country Park access
   and car park improvements.

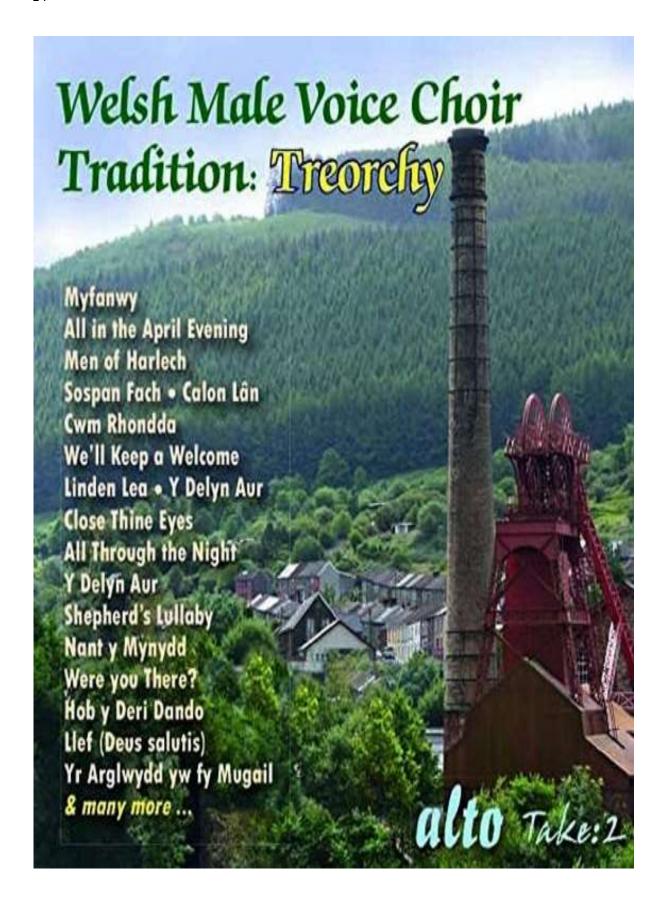
### **South West Wales**

- Swansea Council £180,000 for the Swansea Amphitheatre Re-Development project to refurbish and enhance the Amphitheatre to include a sail-type roof, site and architectural lighting, mains electricity supply including a number of electrical points, recycled rubber tyre flooring, water fountain and venue dressing, branding, signage and art.
- Neath Port Talbot County Borough Council £300,000 for Neath Abbey
   Visitor Parking Scheme to create between 25 and 40 car parking spaces, a
   coach drop off point and parking if feasible, and bilingual interpretation /
   orientation panel.
- Carmarthenshire County Council £264,000 for Carmarthenshire County Museum Car Parking Improvements – includes landscaping, lighting, signage and interpretation, EV charging and cycling support facilities.

First published: 3<sup>rd</sup> August 2023 Last updated 3<sup>rd</sup> August 2023

HAD **ENOUGH** OFF TO **GRANNY'S!** 







# YSGOL RHIWABON

~ SINCE 1575 ~



## **CSE Results on Thursday 24<sup>th</sup> August 2023**

GCSE results will be available for collection as follows –

Year 11- GSCE results available from 9am until 1pm

Year 10-GCSE results available from 11am until 12.30pm

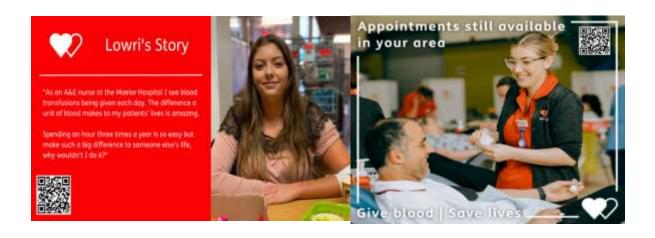
This information has been sent in by:

Giles Evans, Business Manager (Rheolwr Busnes).

Ysgol Rhiwabon Pont Adam Ruabon Wrexham LL14 6BT

Tel: 01978 814 915.

E Mail: EvansG341@hwbmail.net





## 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 April 15<sup>th</sup>
Saturday September 16<sup>th</sup>
Saturday May 20<sup>th</sup>
Saturday June 17<sup>th</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

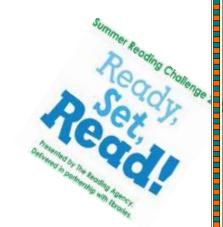
<ul> <li>Saturday March 4<sup>th</sup> 10am</li> </ul>	Wednesday August 2 <sup>nd</sup> 7pm
<ul> <li>Wednesday April 5<sup>th</sup> 7pm</li> </ul>	Saturday September 2 <sup>nd</sup> 10am
<ul> <li>Saturday May 13<sup>th</sup> 10am</li> </ul>	Wednesday October 4th 7pm
<ul> <li>Wednesday June 7<sup>th</sup>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

### Friends of Ruabon Community Events 2023

- Bunny Hunt Saturday April 8th 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

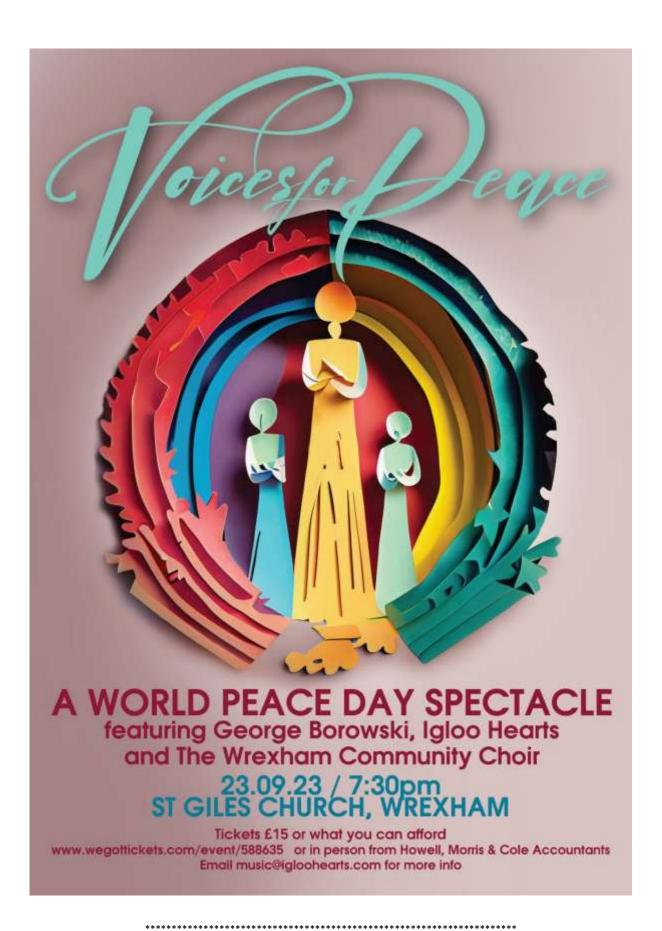
### Dydd Iau 17 Awst /Thursday 17 August

➤ 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



The adventures of Mr Brodie



Another wet walk today!
Dad will have to blow dry me when we get home.
Nice to have bumped into my pal Mr Barney, he's been on holiday for a week or so.



Besides being very knowledgeable, I would also mark Chris Williams as:
KIND AND CONSIDERATE
GENTLEMAN'

The photo of her summer flowers below, has been sent in by



I will also post Zinnia's other photos of her flowers she has sent, in the next News Letter.

I hope all is well with you all, Sybil (Bremner)