

RUABON NEWS LETTER 491

24.09.2023

**Dawn Hughes Lloyd
(Practice Manager)**



Canolfan Feddygol Rhiwabon - Ruabon Medical Centre

Flu vaccines are in!

First Flu only clinic this Saturday 23rd September, followed by another Flu only clinic on Saturday 30th September.

Then we will be receiving the COVID Vaccinations first week of October with the first dual Flu and COVID Clinic starting on Saturday 7th October. All eligible patients should receive their appointment date and time letter.

We have clinics every Saturday from this Saturday up to and including Saturday 28th October. We look forward to seeing you all.

Mae brechlynnau ffliw i mewn. Clinig Ffliw Cyntaf yn Unig dydd Sadwrn yma 23ain Medi gyda chlinig Ffliw yn unig arall dydd Sadwrn 30ain Medi yna byddwn yn derbyn y Brechiadau COVID wythnos gyntaf mis Hydref gyda'r Clinig Ffliw a COVID deul cyntaf yn cychwyn dydd Sadwrn 7fed Hydref. Dylai pob claf cymwys dderbyn llythyr dyddiad ac amser ei apwyntiad. Mae gennym ni glinigau bob dydd Sadwrn o'r dydd Sadwrn yma hyd at ac yn cynnwys dydd Sadwrn 28ain Hydref. Edrychwn ymlaen at eich gweld i gyd.

Please find below, a plea from Alina Hussain,

Alina is the Donor Engagement Coordinator/Cydlynnydd Ymgysyltu a Rhoddwyr/07796 859394. Alina.Hussain2@wales.nhs.uk; Llun- Gwener /Mon-Friday 08:30-16:30; Gwasanaeth Gwaed Cymru / Welsh Blood Service. Ty Penfro, Ffordd Ellice, Parc Technoleg Wrexham, LL13 7YT Pembroke House, Ellice Way, Wrexham Technology Park, LL13 7YT, 03000 859 391.

www.gwaedcymru.org.uk / www.welshblood.org.uk

Mae Ymddiriedolaeth GIG Prifysgol Felindre yn hapus i dderbyn gohebiaeth yn Gymraeg neu'r Saesneg. Ni fydd derbyn gohebiaeth yn Gymraeg yn achosi unrhyw oedi. A fydddech cystal â gwneud eich anghenion iaith yn glir i ni ar ôl derbyn yr e-bost hwn a gallwn gynllunio ein Cyfathrebu yn unol â hynny.

Velindre University NHS Trust is happy to receive communication in Welsh or English.

Receiving Welsh language Communication will not lead to any delay. Please make your language preference clear to us upon receipt of this email and we can plan our communication accordingly.



“Hello Everyone

I hope this mail finds you well and that you will be able to help me. Currently, bloodstocks are lower than we would like them to be.

We have donation sessions in your area and we would be most grateful if you could help us by sharing the attached image and suggestive messaging on your social media platforms and with your colleagues, family and friends.



Your support is invaluable to the service and will help us to increase the blood bank stocks in order for us to maintain supply and demand for the 19 Welsh Hospitals.

The Welsh Blood Service need more people to sign up, as donors to help patients across Wales and with your help the service will be able to achieve this.

Blood Stocks In #Wales are lower than @Welsh Blood Service would like them to be.

♥ Can you book

today? <https://wbs.wales/WBS09Wrexham>

WBS aims to have at least ⑦ days of each blood type to help patients in need.

Don't know your type? No problem, they will do that bit for you when you donate.

The Welsh Blood Service need more people to sign up as donors to help patients across Wales.

Mae stociau gwaed yn #Wales yn is nag yr hoffai @welshblood iddynt fod.

♥ Allwch chi wneud apwyntiad heddiw?

<https://wbs.wales/WBS09Wrexham>

Nod GGC yw cael o leiaf ⑦ diwrnod o bob teip o waed i helpu cleifion mewn angen.

Dim yn gwybod eich teip? Dim problem, byddan nhw'n gwneud y rhan honno i chi pan fyddwch chi'n rhoi gwaed.

Mae angen mwy o bobl ar Wasanaeth Gwaed Cymru i gofrestru fel rhoddwyr gwaed i helpu cleifion ledled Cymru.

Please let me know if you need anything else at all.

Kind Regards

Alina

Alina Hussain

Cydlynnydd Ymgysylltu a Rhoddwyr / Donor Engagement Coordinator

07796 859394. Alina.Hussain2@wales.nhs.uk. Llun- Gwener/Mon-Friday 08:30-16:30

Gwasanaeth Gwaed Cymru / Welsh Blood Service.

Ty Penfro, Ffordd Ellice, Parc Technoleg Wrexham, LL13 7YT
Pembroke House, Ellice Way, Wrexham Technology Park, LL13 7YT,
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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

New Year 7 Settle In

Wednesday, 20th September 2023

Following a very successful two weeks settling our new students into Ysgol Rhiwabon, we are very proud to report all the excellent work that the new Year 7 have achieved in the school.

We have lots of things to celebrate in Ysgol Rhiwabon as we begin this new academic year. Our Year 7 students have all been involved in our SWAN project, which is even bigger and better than last year and forms the foundation of our excellent transition programme. This was recently recognised in our latest Estyn Inspection Report, March 2023 which stated,

“Ysgol Rhiwabon is a caring and inclusive school, which strives to support its pupils to ‘succeed with soul’ and to develop both academically and personally. Staff are ambitious for all pupils to achieve their full potential and leave school prepared for the next steps in their lives.” Estyn 2023.

“Transition arrangements to support pupils’ well-being are a strength of the school. Staff help pupils settle in well by being welcoming and getting to know them quickly.

For example, pupils undertake a two-week cross-curricular project at the start of Year 7, during which they are taught in their form groups. For much of Year 7, they have a separate play area at break and lunch times. These approaches help pupils to feel safe and to integrate successfully into their new school.” **Estyn 2023**

Year 6 and 7 parents have also praised our work and they are really happy with the way we welcome our youngest members to our school. This is what some have said,

- *“Keep on going with your fantastic ideas for making transition from primary school as smooth as possible.”*
- *“The school website and App are brilliant. They really do help me know what is going on.”*
- *“The transfer to Ysgol Rhiwabon has gone extremely well, with the support and organisation of all the staff.”*
- *“My child has enjoyed everything during the induction project SWAN. She has got to know her classmates really well, making lots of new friends. She says the teachers are very kind and helpful. She has been made to feel really welcome.”*

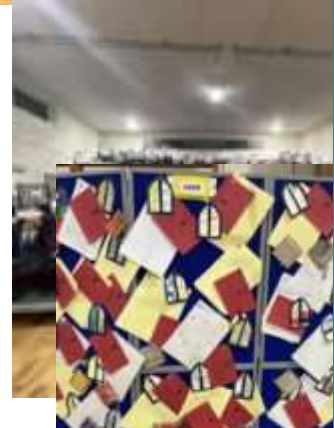
Mr P Bingham, Assistant Headteacher and the Lead for SWAN

said,

'I have been delighted by how well our new Year 7 students have settled into our school and in particular the manner in which they have excelled during the SWAN programme. It's been a real pleasure to be involved with them'.

All the work produced during SWAN is now on display and will be available to view in the upcoming on Open Evening – Wednesday, 4th October 6.15 pm – 8.00 pm

Here are some pictures of our new Year 7 students with their SWAN certificates and examples of their work on display



Llyfrgell Rhiwabon



Library

Be sy 'mlaen! What's on!

Dydd Llun/Mondays

Stori a Chaîn/Story and Rhyme 1.15

Clwb Teulu Lego/ Family Lego 3.30 - 4.30

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



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 www.summerreadingchallenge.org.uk where you can find new books to read, take part in competitions and mini challenges, and play games. Don't delay – join today!

Wrexham Library



Friendship Groups

Friendship Groups are a great way to prevent isolation and loneliness and offer you a chance to find companionship, too. Friends can also increase your sense of belonging and purpose, boost your happiness and reduce your stress. Many of our libraries hold Friendship Groups and each library offers a different activity or arrangement every week. So if you feel you need company or just want to make new friends why not come and join one of our groups. You will find them at

Brynteg, Coedpoeth, Llay, Rhos and Wrexham Libraries. Please contact them directly for more information. Contact detail can be found

www.wrexham.gov.uk/libraries



BorrowBox

Please note, from the 18th September 2023 new loan periods will apply to everything which you borrow from BorrowBox.

You will still have access to all of the wonderful e Books and e Audio Books which are available but you will only be able to borrow them for two weeks from the 18th September.

If you haven't finished with the books then please can you make sure you renew them? This is a hugely popular service and BorrowBox want to make sure as many people as possible can access their stock. To borrow e-book/e-audio books via this service please visit www.wrexham.gov.uk/libraries and follow the online services link.

Murder Mystery script writing competition

There is still time for budding writers and murder mystery fans to enter the Wrexham Carnival of Words Murder Mystery Script Writing Competition 2023. The Competition is open to any author with an original script that fits the brief and has never been published before. The competition will run from 1 August – 29 September 2023 and the winning author will receive a cash prize of £100. The script will also be performed by local amateur actors at next year's Murder Mystery evening during the Wrexham Carnival of Words literary festival in April 2024. The competition will be judged by best-selling author Simon McCleave who is a patron of the Wrexham Carnival of Words. Details of the competition and the terms and conditions are available on the Wrexham Carnival of Words website:

www.wrexhamcarnivalofwords.com

Wrexham Library is open

We would like to reassure all customers that Wrexham Library is still open despite the necessary repair work to the leaking roof. The layout has changed a little bit but all of our stock is still accessible and friendly. Knowledgeable staff are on hand to help you find the books you want.

Our public computers are also available as is printing and remote printing from home. We thank you for your continued support and apologise for any inconvenience caused during this time.

*Some people
Leave footprints on our hearts
And we are never, ever the same.*

**Annual
Remembrance Service**

*for all whose lives have been touched
by the loss of a baby*

**St Mary's Cathedral,
Regent Street, Wrexham**

3pm, Sunday 1st October 2023

All Welcome



This has been passed on to us by Halina Burgess

Advice on bin collections during the first week of strike action (September



**September
25-29**

We'll try to collect...

- **Recycling** ✓

25-29)

Advice on bin collections during the first week of strike action (September 25-29)

- Put your recycling out on your normal collection day (including food waste).
- If it hasn't been collected by the end of the day, take it back in.

- **If you can, please take some of your recycling to our [Household Recycling Centres](#).**
- **Don't put your black bin out.**
- **Don't put your green bin out.**

Please note that if we don't manage to pick up your recycling on your normal collection day, we won't be able to return for it the next day (please don't report it as a missed bin collection).



Taith

dywys, iaith Seasneg o dreftadaeth pêl-droed Wrecsam.

A guided, English language tour of Wrexham's football heritage.

By Amgueddfa Wrecsam / Wrexham Museum

Book now - Football Heritage Tours of Wrexham

Wrexham Museum and the future [Football Museum Wales](#) team

present: The Football Heritage Tour of Wrexham - a look at the people, places and events that shaped football in Wrexham and across the whole of Wales.

This guided walk through the streets of Wrexham will take you to some of the most iconic and recognisable places in the city and connects the dots between landmarks, football and community.

The history of football in Wrexham is a story that started over 150 years ago with local people at the centre. Our tour aims to introduce you to these people from all those years ago and make sure that their stories remain at the beating heart of Wrexham's history as the birthplace of Welsh football.

Multiple dates

Football Heritage Tours of Wrexham

Taith dywys, iaith Seasneg o dreftadaeth pêl-droed Wreccsam.

A guided, English language tour of Wrexham's football heritage.

By Amgueddfa Wreccsam / Wrexham Museum

Follow:-

Wrexham County Borough Museum & Archives

Wrexham Museum Wrexham LL11 1RB

Show map, Refund Policy, Contact the organiser to request a refund. Eventbrite's fee is nonrefundable.

About this event

Amgueddfa Wreccsam a thîm Amgueddfa Bêl-droed Cymru yn y dyfodol yn cyflwyno, Taith Treftadaeth Bêl-droed Wreccsam, golwg ar y bobl, y lleoedd a'r digwyddiadau a luniodd pêl-droed yn Wreccsam ac ar draws Cymru gyfan.

Bydd y daith dywys hon drwy strydoedd Wreccsam yn mynd â chi i rai o'r lleoedd mwyaf eiconig ac adnabyddadwy yn y ddinas ac yn cysylltu'r dotiau rhwng tirnodau, pêl-droed a chymuned.

Mae hanes pêl-droed yn Wreccsam yn stori a ddechreuodd dros 150 o flynyddoedd yn ôl ac mae pob rhan o'r stori honno'n bodoli oherwydd y bobl yn Wreccsam nad oedd yn gwybod eu bod yn ysgrifennu hanes.

Nod ein taith yw eich cyflwyno chi i'r bobl hyn o'r holl flynyddoedd yn ôl a gwneud yn siŵr bod eu straeon yn parhau i fod wrth wraidd hanes Wreccsam fel man geni pêl-droed Cymru.

Gwybodaeth bwysig:

- 1. Bydd y daith hon yn cael ei chyflwyno yn Seasneg. Mae taith Gymraeg ar gael hefyd. Ewch i'n prif dudalen Eventbrite am ragor o wybodaeth.**

2. Gallwch archebu lle ar daith hyd at 2 ddiwrnod cyn yr amser cychwyn a nodir.
3. Mae'r daith yn cychwyn ar gwrth blaen Amgueddfa Wrecsam, Stryt y Rhaglaw, LL11 1RB. Ymgynullwch yma 15 munud cyn amser cychwyn eich taith.
4. Yr oedran a argymhellir ar gyfer y daith yw 12+.
5. Efallai y bydd angen gohirio teithiau yn ystod cyfnodau o dywydd eithafol/peryglus. Byddwn yn eich hysbysu os bydd hyn yn digwydd.
6. Fe'ch cynghorir i wisgo esgidiau cyfforddus/synhwyrol, gyda'r daith yn digwydd yn bennaf ar lwybrau troed sydd wedi'u cynnal a'u cadw'n dda.
7. I gael gwybodaeth am archebion grŵp, cysylltwch â museum@wrexham.gov.uk.
8. Mae'n ddrwg gennym na allwn gynnig ad-daliadau am ganslo cwsmeriaid neu ddim sioeau.

Gallwch hefyd archebu lle drwy ymweld ag Amgueddfa Wrecsam yn bersonol neu dros y ffôn:

Amgueddfa Wrecsam,
Stryt y Rhaglaw,
LL11 1RB, 01978 297460

Wrexham Museum and the future Football Museum Wales team present:

The Football Heritage Tour of Wrexham

A look at the people, places and events that shaped football in Wrexham and across the whole of Wales.

This guided walk through the streets of Wrexham will take you to some of the most iconic and recognisable places in the city and connects the dots between landmarks, football and community.

The history of football in Wrexham is a story that started over 150 years ago with local people at the centre. Our tour aims to introduce you to these people from all those years ago and make sure that their stories remain at the beating heart of Wrexham's history as the birthplace of Welsh football.

Important info:

1. This tour will be delivered in English. A Welsh language tour is also available. Please visit our main Eventbrite page for further info.
2. You can book a place on a tour up to 2 days before the stated start time.
3. The tour begins on the forecourt of Wrexham Museum, Regent Street, LL11 1RB. Please gather here 15 minutes before the start time of your tour.
4. Recommended age for the tour is 12+.
5. Tours may need to be postponed during periods of extreme/dangerous weather. We will notify and refund you if this happens.
6. Comfortable/sensible footwear is advisable, with the tour taking place mainly on well-maintained footpaths.
7. For information on group bookings please contact museum@wrexham.gov.uk.
8. We regret we are unable to offer refunds for customer cancellations or no shows.

You can also book a space by visiting Wrexham Museum in person or by phone:

Wrexham Museum, Regent Street, LL11 1RB, 01978 297460



**BOOKINGS NOW OPEN:
Foundation Learning Event**

Early Years Wales would like to invite you to join us for our Foundation Learning Event:
Thursday 19th October 2023
09:30 to 15:00

Village Hotel, St David's Park,
Ewloe, Deeside CH5 3YJ

For meaningful and holistic development to take place, children need an engaging adult and an effective environment. Join us to explore in more detail the three enablers and the Curriculum for funded non-maintained nursery settings.

BOOK YOUR PLACE: <https://www.earlyyears.wales/en/event/foundation-learning-event-0>



Early Years Wales Blynyddoedd Cynnar Cymru

Published

since spring 1986, and mailed free of charge to all Early Years Wales members. *smalltalk* is the must-read title for early years education and early years childcare providers in Wales.

Whether you are looking for ideas to implement within the setting or to help you with your training and development, wanting to keep up to date with the latest curriculum changes or changes in legislation, our 64-page, fully bilingual, full-colour magazine is packed full of articles to inspire you to embed and inform high-quality practice, whilst continuing to run a successful business.

Welcome to the May 2023 edition of *smalltalk*

What's on the cover?

Bilingual excellence in the early years. On page 8 we meet **Aberporth Bilingual Playgroup** in Ceredigion. In their latest Estyn report they demonstrated Excellence across the board. Melanie Williams delves in to find out how they are embracing the Welsh language, and as a result meeting the needs of their community.

Let's have a story! Reading brings a wide range of benefits with lifelong impact for children and the adults they will become. In this 7-page feature we bring you articles from a wide range of authors.

- **Booktrust Cymru** talk to us about the benefits of sharing stories together in the early years (page 26)
- Alison Rees Edwards, Director of Early Years programmes, and Glenda Tinney, Admissions Tutor for the Early Years programmes at **University of Wales Trinity St David**, explain how they support students with their storytelling and confidence skills (page 27)

- **Splice Child and Family Project Ltd**, Bridgend tell us all about the fun they had when they took part in a book-writing project (page 30)
- Early Years Wales partners **TTS** share some storytelling ideas and inspiration on page 31, one lucky member can also win an Alice Sharp's Pond of Poetry (rrp £101.99) by answering one very simple question.

Read on for a full list of contents...

4. Curriculum: support, documents and training

How Early Years Wales can support members to implement the Curriculum for funded non-maintained nursery settings.

5. Advertising feature - A Celebration of the Early Years

Sector in Wales A taste of what you'll experience at our conference and awards celebration in June. Have you booked your place yet?

6. Creative childminders on Conwy beach

How an Early Years Wales grant enabled one group of childminders to work with a professional artist.

7. A snapshot of bilingual excellence in the early years - Cymraeg belongs to us all.

A member setting in Ceredigion embraces Welsh Governments vision.

8. Advertising feature - Exploring speech and language

9. How BBC Tiny Happy People can help support you and your team support children's language.



Cut off dates for Funded Early Education 2024

January intake - Children who have their 3rd birthday on or before - 7th January 2024.

January intake - Online opens 1st September 2023 and closes 27th October 2023.

April intake - Children who have their 3rd birthday on or before 7th April 2024.

April intake - Online opens 30th October 2023 and closes 29th December 2023.

Your chance to host a
Macmillan
Morning.

Coffee

Sign up to host a



Macmillan Coffee Morning and help us do whatever it takes to help
people living with cancer.
Get together with friends, with family, or anyone you fancy, to share
bakes, cakes and laughs, and raise money for a great cause.

Please Help People Living With Cancer



Tom Hughes Lloyd 9 hrs



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@tom_kaiba_hl

CHOIRS FOR GOOD

FEEL **GOOD**. DO **GOOD**. FOR **GOOD**.

Community wellbeing choirs rehearsing weekly near you! No experience necessary!

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Mondays 6:30pm - 8pm
singing starts at 7pm
Plas Pentwyn, Coedpoeth
email: hello@choirsforgood.com
for more info.



SCAN
ME!



VISIT OUR WEBSITE TO FIND OUT MORE

www.choirsforgood.com/join

John Short -Morning Flight



The Adventures of Mr Brodie



The adventures of Mr Brodie
'We're off on another big
adventure. Stopped to have
some fun on the beach at Spittal,
near Berwick.'

The article on page 11 tells how we **'might'**
have our recycling bins emptied this week
Sybil (Bremner)

