

RUABON NEWS LETTER 503

YSGOL RHIWABON
~ SINCE 1575 ~



Festival of Christmas Trees

Monday, 11th December 2023

Ysgol Rhiwabon took part in Ruabon's Festival of Christmas Trees at St. Mary's Church. The festival sees village community groups of all sizes decorating a tree to spread festive cheer.

The decorations for our tree were made by students from Year 7 & Year 8 in their Design & Technology lessons, with each one featuring the meaning of Christmas to each child.



<https://www.ysgolrhiwabon.co.uk/festival-of-christmas-trees/>

The Annual School and Community Carol Concert on will take place on Tuesday 19th at St Mary's church **on Tuesday 19th December 2023** St.Mary's Church in Ruabon.

In addition, the latest school and news for the local community is now available, follow the link below to view-

<https://www.ysgolrhiwabon.co.uk/>



Nightingale Hospice Rudolph Run
and download the letter to parents:



Nightingale House Hospice
Hospis Tŷ'r Eos

Rudolph Run!

**OUR SCHOOL/NURSERY IS HOLDING A SPONSORED
RUDOLPH RUN, IN AID OF NIGHTINGALE HOUSE HOSPICE!**

Each child will be coming home with a sponsorship form, to gain some fundraising money ahead of their run.

Please support where you can, so that we can raise as much as possible for our local hospice !



For more information contact 01978 314292 or email
fundraising@nightingalehouse.co.uk

Nightingale House Hospices. Registered Charity Number: 1035600 (Registered in England and Wales)

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Drakeford as First Minister

There are three leading candidates but a couple of outsiders could also put their hands up to be picked

Economy minister and former minister for health and social services Vaughan Gething (Image: PA)

Mark Drakeford's shock announcement today has fired the starting gun on the race to replace him. He has been in the role for five years and over the pandemic became the dominant figure on the Welsh political scene - attracting devotion from some and loathing from others.

But even his critics will admit to him being a smart political operator and replacing him with someone who can match those skills will be a challenge for [Labour](#) as they look to continue their hold on power at the Senedd.



Mark Drakeford is still barred from dozens of North Wales pubs after Covid row.

Phil Ashe, chairman of [Llandudno](#) Pub Watch and the vice-chair of West Conwy Pub Watch, said Mr Drakeford would struggle to get a pint in Conwy after he steps back from frontline politics. He said: "Mark Drakeford is not welcome in our pubs, and he never will be because of the damage he caused all the pubs during the pandemic.

'Most Vulnerable Children Will Suffer' as council plans further education cuts



Conwy Council faces a £24.5m budget shortfall next year.

The council has warned the most vulnerable will suffer in cuts (Image: South Wales Echo)

A senior Conwy councillor has warned the most vulnerable children will suffer when further cuts to the county's education budget are made. [Conwy Council](#) faces a [£24.5m budget shortfall](#) next year, meaning already-stretched services will have to endure further cuts. Cabinet member for education Cllr Julie Fallon warned the most vulnerable would suffer and called out the UK and Welsh governments after the council's leader explained subsequent low local government settlements – the amount the council receives each year – had resulted in £80.5m of cuts over 10 years. But leader Cllr Charlie McCoubrey said a more notable statistic was that the council had lost 19% of its staff since 2015, in terms of staff numbers.

British Homeowners Over 55 Are Using This Equity Release Calculator To See How Much They Can Get.

The discussions centred around a financial report and took place at a cabinet meeting at Bodlondeb on Tuesday. Cllr McCoubrey explained while the council had tried to protect schools and social care, the two services now accounted for around 80% of [Conwy's](#) service budget and would have to share the burden of cuts.

READ NEXT: [Gwynedd sees sharp drop in second homes subject to council tax premium](#)

READ MORE: [Year-round opening plan at Anglesey caravan park refused amid 'can of worms' fears](#)

He said Conwy had received subsequent low government settlements from Welsh Government and had significantly less to spend per head than neighbouring [Gwynedd](#) and [Denbighshire](#).

Conwy is assuming it will receive a 2.5% rise (an extra £4.9m), which is less than the average expected across Wales, in the next local government settlement, the draft of which is due to be announced on 20th December.

DAF Technician Job Vacancies

But cabinet member for adult services Cllr Penny Andow called on the public not to post "toxic messages" on [Facebook](#), reminding residents councillors didn't set a recent councillor pay increase themselves. Cllr Andow also claimed the financial situation was not the fault of councillors.

The debate follows Conwy setting a 9.9% council tax rise last year, the highest in Wales, and slashing service budgets by 10% - with even schools

being forced to make 5% cuts. Cllr Fallon said: “We can't really highlight enough the serious position that we are in.

Social Prescribing Growing in Wales

Social prescribing of things like exercise classes, gardening and arts groups is growing in Wales and helping to reduce the burden on GPs by connecting people with their community to better manage their health and wellbeing.

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The latest data shows there has been a clear year on year increase in referrals and use of social prescribing from around 10,000 in 2018 to 2019 to just over 25,000 in 2020 to 2021.

Through its early preventative approach, social prescribing could help ease the burden on front-line specialist services. Evidence suggests it reduces the footfall to GP surgeries by 15% to 28%, and around 20% of patients go to their GP for social problems.

Social prescribing can vary from person to person, and is a way of connecting people, whatever their age or background with their community. It can improve mental wellbeing, reduce anxiety and depression, enhance self-esteem, reduce loneliness and isolation, maintaining healthy body weight, and help people live better, for longer.

The new National Framework for Social Prescribing (NFfSP), launched by Deputy Minister for Mental Health and Wellbeing, Lynne Neagle (Monday 11th December) seeks to support local action to mainstream social prescribing across Wales, whilst keeping people at its heart.

The framework will not dictate how social prescribing is delivered but rather ensure there is consistent delivery regardless of the setting. This will help to grow social prescribing by reducing the confusion about the benefits it can offer, make it sustainable in the long term and boost uptake.

The Deputy Minister visited community group Men’s Shed to see how social prescribing and the activities offered is helping men to reduce loneliness and improve mental health and wellbeing.

Deputy Minister for Mental Health and Wellbeing, Lynne Neagle said:

Social prescribing is not one size fits all, and it can have a tremendous impact on all areas of our lives. It can support health and wellbeing, help people whilst they are on waiting lists and manage pain, reduce loneliness and boost employability by improving skills and confidence. Social prescribing is woven into the very fabric of what Welsh Government does in terms of empowering people and communities. We made a commitment to introduce an all-Wales framework to roll out social prescribing to tackle isolation, and improve outcomes for people by giving them more choice and control over their lives. It can also provide an improved sense of belonging when people get involved in the community.

I am delighted to set out our plans for a National Framework for Social Prescribing so we can better empower individuals to recognise their own needs, access support, and reduce impact on front line services. Dr Amrita Jesurasa, Consultant in Public Health Medicine at Public Health Wales, said:

Evidence shows that a broad range of social, economic, and environmental factors have a very real impact on the wellbeing of individuals and there will be times when people might need extra support with a wide range of issues affecting their mental, physical or social wellbeing.

Social prescribing helps connect people to groups and services in the community to support them with lots of different aspects of their life. For example, to reduce loneliness, to access physical health opportunities or to help manage debt. Through these preventative approaches, individuals are empowered to make their own choices and engage more with their community, and evidence suggests that the pressure on primary care services could also potentially be reduced through use of social prescribing.

Professor Carolyn Wallace, University of South Wales (USW), said:

The team at the Wales School for Social Prescribing Research, based at USW, are very pleased to have had the opportunity to work with individuals and organisations to support the development of the National Framework for Social Prescribing in Wales.

Social Prescribing is a movement which is gaining impetus nationally and internationally. This National Framework, and all its component parts, provide us with the opportunity to showcase best practice in Wales and make a difference to people's lives.

Physical activity and health(Sub-topic)
National framework for social prescribing

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£8 Million for Community Care to support people to Stay Well at home and reduce Pressure on Hospitals

Despite the extreme financial pressures on public services, the Welsh Government has held back an extra £8 million this winter to support people at greatest risk to stay well, receive care at or close to home and reduce pressure on hospitals.

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The funding will wrap care around the most vulnerable in our communities to help them avoid hospital admissions. Research also shows that people are more likely to recover better at home than in hospital and the Welsh Government wants people to be able to live their best life as independently as possible in their own communities.

The money will be used to increase community health and social care workforce capacity in the evenings and on weekends including increasing the hours of community nurses and end of life care clinical nurse specialists.

The funding will also deliver services such as the assessment of those people living with frailty or other complex needs and agreeing a plan to support their wellbeing and independence at home, particularly during illness or following an injury. This care is tailored to each person’s specific needs and could include community nursing, reablement, rehabilitative therapy, mental health support or a combination of these and other services.

In the last year nearly £145 million has been invested through the Welsh Government Regional Integration Fund, on projects delivered by health and social care partners to provide care closer to home.

The Health Minister Eluned Morgan saw first-hand how the award-winning Home First team based in Carmarthenshire is delivering for people in the Hywel Dda University Health Board area.

Eluned Morgan said:

What matters to older people in need of care and support is to be cared for in familiar surroundings with familiar people. They do not want to go to hospital unless this is really necessary.

They are also less likely to lose their confidence and muscle strength, and less likely to pick up infections than in hospital.

We are committed to driving change and transformation, and going further, faster to make sure more people can get the care and support they need at home or in their community. To enable this, learning about best practice needs to be shared across Wales.

The Home First team in Carmarthenshire is a fantastic example of an integrated system which is delivering a radical, person-centred approach to wellbeing, care and support in the community. This is helping to avoid unnecessary admissions to hospital and reducing Pathways of Care Delays across the region.

Deputy Minister for Social Services Julie Morgan added:

Good health and wellbeing are the key to our ability to enjoy life to its full. This is particularly important to people in the later years of their life. Older people have accumulated a lifetime of experience, knowledge and learning, and have significant role to play in our society. We must reshape services, ensuring older people can continue to enjoy life, and ensuring our health and social care system is fit for the future and our increasingly ageing population.

Our longer-term strategic vision is for a national care service in Wales. Jill Paterson Director of Primary Care, Community and Long-Term Care at Hywel Dda University Health Board said:

We were pleased to be able to tell the Health Minister Eluned Morgan about the great work being done to support our Home First initiatives. It demonstrates partnership working at its best and we are seeing some very positive outcomes thanks to this approach to healthcare. We look forward to continuing to work with Carmarthenshire County Council, Delta Wellbeing, the Welsh Ambulance Services NHS Trust and a range of third sector partners.

Carmarthenshire County Council's Cabinet Member for Health and Social Services, Cllr. Jane Tremlett said:

Enabling patients to return home earlier from hospital settings and offering social care teams another tool to remotely support clients in the community allows for a more pro-active and preventative approach so where possible we can delay or even stop entry to these services. The Home First team provides a single point of access to ensure that people access the right part of the system, first time. This includes providing clinically safe alternatives to hospital where appropriate, and supporting people to remain within their own homes with the right support.

Delta Wellbeing supports patients to return home from hospital by providing care support for a short period of time until reablement or long-term providers can be found.

With staff based at the hospital, they work with the health board and the council's social care teams to ensure patients can be discharged at the earliest opportunity by providing essential support to prevent avoidable hospital admissions, freeing up hospital bed capacity, releasing valuable staff time, maintaining patient flow and avoiding medically fit patients remaining in hospital for longer.

This supports the patient to regain their strength and independence and remain at home for as long as possible.

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<https://www.ysgolrhiwabon.co.uk/ysgol-rhiwabon-community-carol-concert/>

Ysgol Rhiwabon Community Carol Concert

On December 14th Ysgol Rhiwabon held its annual Christmas Carol Concert at St. Mary's Church, Ruabon. The programme for the evening provided a list of all the pupils and staff who participated and the local community came out in force to support the event, with the church quickly filling up with families.

The local community came out in force to support the event with the church quickly filled with families.

The pupils did not disappoint, and provided a range of musical items, many of which are captured on the video footage below.

YSGOL RHIWABON CHOIR MEMBERS

Umniah Tamer, Lexi Edwards, Summer Evans, Logan Roberts, Amelia Fizell,
 Freddie Roberts, Alice Hall, Freya Verschueren, Kaydee Wright,
 Abbie Roberts, Maddie Clucas, Olivia G Williams, Jennifer Hughes,
 Jemima Edwards, Dewi Edwards, Natalia Grzelak, Imogen Thorpe-Owen,
 Mia Rowlands, Lily Evans, Emily Williams, Ffion Lewis, Elsie Davies-Bottomley,
 Emily Bottomley, Grace Biddle, Jadzia Redman, Emily Aston, Maisie Williams,
 Jess Lloyd, Annabelle Singh, Suraia A-Da Silva, Amber Goode, Victoria Sajoh,
 Molie Earnshaw, Dakota Goodwin, Emily Stephenson, Caitlin Beddoes,
 Katie Courtman, Johnson Demy Loyd, Dana Garrett, Seren Fennah, Joy Lindley,
 Freya Lloyd.



Many thanks to Dianne Williams.

**I HOPE YOU ALL HAVE A VERY HAPPY
 CHRISTMAS AND A BRILLIANT NEW
 YEAR IN 2024!**



Very best wishes, Sybil (Bremner)