

# RUABON NEWS LETTER 507

**A Healthier Wales  
Health and social services news**

## **Welsh Government to ban disposable vapes and back plans for raising smoking age**

Deputy Minister for Mental Health and Wellbeing Lynne Neagle has confirmed the Welsh Government will press ahead with plans to ban disposable vapes and support UK Government's legislation to increase the smoking age and restrict sales of vapes.

First published: 29<sup>th</sup> January 2024. Last updated: 29<sup>th</sup> January 2024

It follows the publication as agreed on Monday 29<sup>th</sup> January.

The outcome of the four nations consultation 'Creating a smokefree generation and tackling youth vaping'.

The consultation closed on 6<sup>th</sup> December and received 27,921 responses, (1,018 from Wales).

The UK Government will now bring forward a Tobacco and Vapes Bill at the earliest opportunity that will take measures to:

- change the age of sale for all tobacco products, cigarette papers and herbal smoking products whereby anyone born on or after 1 January 2009 will never legally be sold (and also in Scotland never legally purchase) tobacco products alongside prohibiting proxy sales, and changing warning notices

- introduce regulation making powers to restrict flavours, point of sale and packaging for vaping products (nicotine and non-nicotine) as well as other consumer nicotine products
  - introduce new enforcement powers for England and Wales for breaches of age of sale legislation for tobacco and vapes (nicotine and non-nicotine) and other consumer nicotine products
1. The Welsh Government, along with the UK and Scottish governments intend to introduce legislation to implement a ban on disposable vapes, including both nicotine and non-nicotine containing products due to their significant environmental impacts.

Deputy Minister for Mental Health and Well-being, Lynne Neagle said:

“Smoking is the leading cause of preventable illness and premature death in Wales. It causes a quarter of all cancer deaths in the UK and is responsible for 80,000 preventable deaths in the UK of which around 5,600 are in Wales, each year.

Whilst vapes can be useful to some smokers in supporting smoking cessation, data shows the number of children using vapes has tripled in the past 3 years. Due to their nicotine content and the unknown long-term harms, vaping carries a risk of harm and addiction for children. The use of single-use vapes has also grown in recent years to the point that almost 5 million are either littered or thrown away each week. Not only is this extremely wasteful because of their hard to recycle components, but disposable vapes are known to be used by children and when littered they can release toxic chemicals into the environment.

We want to take all actions possible to stop young people

from starting smoking in the first place, to prevent youth vaping and to tackle the effects single-use vapes are having on our environment.

I am grateful to all those from Wales who contributed to this consultation. We will now work jointly with the other nations and take collective action to tackle the harms caused by smoking and youth vaping across the UK.

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## **The Welsh Labour Government wants to see**

### **lifts installed at Ruabon Railway Station**

**to help people with mobility issues, families with young children and commuters carrying heavy luggage move between platforms.**

Clwyd South MS Ken Skates raised the issue in the Senedd this week and was told the Welsh Government is 'doing everything we can at our end'. Addressing Deputy Minister Lee Waters, who is responsible for transport in Wales, the Clwyd South MS asked: "Will the Minister provide an update on plans to improve Ruabon Station?"

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## **Dragons' Lair for Hope House**

Monday, 5th February 2024

Pictures from the Year 10 assembly showing the images of students who were awarded for their presentations during [Dragons' Lair](#), and recognition for their contributions to raising money through the Christmas Fair for [Hope House](#).

One of the dragons came in to present the certificates along with Vicky Bradbeer



## Army Cadets Presentation

Friday, 2nd February 2024

2 Lt. James Heyward and his Sergeant recently came into school to present to Year 8 and discuss the Army Cadets. The Army Cadets take pride in developing young adults in the local community, and can offer:

First Aid Skills, DofE, Leadership Training, CVQOs, Nursing Diploma with the RCN and it is a **safe place to go in the evening and to meet new friends.**

Information on how to join is available here: "Challenge Yourself"



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## Whooping Cough Vaccination urged as cases rise rapidly in Wales



Public health experts in Wales are encouraging all pregnant women and parents of babies and young children to ensure that they have had their Pertussis (whooping cough) vaccinations as cases in Wales show rapid increase in recent weeks.

Whooping cough is an infection of the lungs and breathing tubes caused by *Bordetella pertussis* bacteria. It spreads very easily and can sometimes cause serious problems, especially in infants under 12 months old.

Whooping cough has waves of increased infection every three to four years and in the last few weeks, notifications of whooping cough have risen sharply. Following reduced circulation in 2020-2022, current notifications are at levels not seen since 2012 and 2015. Laboratory confirmed cases have not yet risen in line with notifications but are likely to increase as test results are reported.

Whooping cough is a vaccine preventable disease. The pertussis vaccine is included in the [‘6-in-1 vaccine’](#) given to babies at eight, 12 and 16 weeks.

In 2013 a vaccination programme was also established to offer the pertussis vaccination to all expectant mothers in the UK from weeks 16 - 32 of pregnancy. This is to help protect their newborn infants from whooping cough until they are old enough to receive first their '6 in 1' vaccine at aged 8 weeks.

As immunity against pertussis wanes over time, a booster dose is also given in the pre-school boosters (normally given at 3 years 4 months) with the aim of reducing whooping cough in older age groups being passed on to unvaccinated or partially vaccinated babies.

Rates of 6 in 1 vaccination in Wales remain high, but in the last year rates of vaccination in pregnancy have fallen from over 80% to 70%.

Dr Christopher Johnson, Consultant Epidemiologist and Head of Public Health Wales' Vaccine Preventable Disease Programme, explains: "We typically see high rates of whooping cough peaking every three to four years, and with rates suppressed during the lock downs of the pandemic we are naturally seeing a resurgence this year.

"Whooping cough is highly contagious and is spread by breathing in small droplets in the air from other people's coughs and sneezes. Babies under six months old are at most risk. It can be very serious and lead to pneumonia and permanent brain damage. Young babies with whooping cough are at risk of dying from the disease.

**"The protection you receive from the pertussis vaccine in pregnancy passes on to your unborn baby and protects the baby in the first few weeks of their life, until they receive their first routine immunisation when they are two months old. The vaccine also protects you from getting**



**whooping cough and lowers the risk of you passing it on to your baby.**

“We would urge all pregnant women and parents of babies and young children to ensure they take up their offer of vaccination when given, or to ask their GP, mid wife or health visitor if they believe they may not have had it.”

For more information on pertussis vaccine in pregnancy, go to [Whooping cough \(pertussis\) vaccine in pregnancy: How to protect your baby against whooping cough - Public Health Wales \(nhs.wales\)](https://www.nhs.uk/health-topics/whooping-cough-pertussis-vaccine-in-pregnancy-how-to-protect-your-baby-against-whooping-cough-public-health-wales-nhs.wales)

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**GIRLS ONLY  
SCHOLARSHIP PROGRAMME**  
IN PARTNERSHIP WITH NEWTOWN COLLEGE

- STARTING SEPTEMBER 2024
- GIRLS AGED 16-18
- EXTENDED DIPLOMA - SPORT & PHYSICAL ACTIVITY
- EQUIVALENT OF UP TO 3 A LEVELS
- CAN ALSO STUDY ALTERNATIVE COURSE
- FULL TIME FOOTBALL TRAINING PROGRAMME
- OVERSEEN BY NEWTOWN AFC ACADEMY STAFF
- WEEKLY GAMES PROGRAMME
- GAIN VOCATIONAL EXPERIENCE IN FOOTBALL
- GAIN FAW COACHING QUALIFICATIONS
- HOMESTAY PROGRAMME AVAILABLE
- TO REGISTER YOUR INTEREST PLEASE EMAIL THE FOLLOWING INFORMATION TO [SCHOLARSHIP@NEWTOWNAFC.CO.UK](mailto:scholarship@newtownafc.co.uk)

NAME | CURRENT AGE | DOB | PLAYING POSITION  
CURRENT CLUB | CURRENT SCHOOL | PREDICTED GCSE RESULTS  
BRIEF PLAYING HISTORY | CONTACT NUMBER

**NATIONAL ACADEMY** CATEGORY A  
CONTROL TECHNIQUES  
EvaBuild  
CellPath  
hilltop HONEY



## Magi Ann visits Wrexham's Libraries



Magi Ann is fast becoming a favourite character among Welsh children across the country. Generations of children from Clwyd and beyond have learned to read with the black and white Magi Ann books since the 70s, but today her stories are available for free, and animated on six exciting apps. We are happy to announce Magi Ann will be visiting three of our libraries over half term.

**She will be at Wrexham Library on:**  
**Thursday 15<sup>th</sup> February: 2pm.**  
**Rhos Library on Friday 16<sup>th</sup> February: 10am**  
**and Chirk Library later that day: 1pm.**

**Come and join in the fun – it's free!**

## Fancy Dress Swap at Wrexham Library

Do you have any children's fancy dress costumes lying around which you no longer need? If so, why not donate them to Wrexham Library's fancy dress swap? You can drop off/donate your unwanted costumes anytime up until 22<sup>nd</sup> February. If you would like to swap your costume you will be given a token to come and choose a different costume on Swap Days which will take place on Friday 23<sup>rd</sup> February, Saturday 24<sup>th</sup> February, Friday 1<sup>st</sup> March and Saturday 2<sup>nd</sup> March. All costumes must be clean, in good condition and be suitable for primary school aged children. So why





not take the stress out of World Book Day and swap your costume with us?

## Children's Craft Sessions at Cefn Mawr Library

Cefn Mawr library have two great craft sessions for children coming up. The first one is on Friday 9<sup>th</sup> February, 3.15pm, where you can make some Valentine crafts.

The second will be a special Half Term Craft Session on Friday 16<sup>th</sup> February @ 3.15pm.

**Both of these sessions are free of charge, but you must reserve your place.**

Contact the library on [cefn.mawrlibrary@werexham.gov.uk](mailto:cefn.mawrlibrary@werexham.gov.uk) or 01978 820938. **We look forward to seeing you!**



## Cost of Living Help

### Did you know that libraries can help with your cost of living?

We have FREE Access to national Newspapers, access to hundreds of Magazines including Welsh Magazines, access to thousands of bestselling and classic books for children and adults,

Access to books and literature to support your health and wellbeing and learning,

### Plus access to warm places.

We also provide access to groups and activities for adults and children, most of them FREE of charge.

### Our regular FREE events include:

Story and rhyme times in Welsh and English for young children,

Reading Groups for all ages,

Friendship Groups, Knit and Natter / Craft groups/ Children's activities

Welsh Conversational Groups, plus many more.

For details of these events and much more,

VISIT: [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries) or follow us on social media.

Your local library can support and be there for you this winter.



North Wales Police and partner agencies are holding a scam awareness/prevention event at Rhos Library on Friday 9<sup>th</sup> February, 2-4pm. This will be a great opportunity to meet your local community organisations and find out how they can help you. This free drop in session will also provide free cake and a cuppa, so come along and see what they can do for you.

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**Cyrsiau yn dechrau yn Rhiwabon cyn bo hir!  
Courses starting soon in Ruabon!**

11/01/24	Cyngor ar Arbed Ynni   Energy Saving	10.30am - 12pm
18/01/24	Cyllidebu   Budgeting	10.30am - 12.30pm
25/01/24 01/02/24	Thabledi   Tablets	10.30am - 12.30pm
08/02/24 15/02/24	Ffonau Clyfar   Smartphones	10.30am - 12.30pm
22/02/24 29/02/24 07/03/24 14/03/24 21/03/24 28/03/24	Sgiliau TG Sylfaenol   Basic IT	10.30am - 12.30pm

**Llyfrgell Rhiwabon, Caer Llan, LL14 6NH  
Ruabon Library, Caer Llan, LL14 6NH**

\*\*\*\*\*



LL14 1AB

[rhos.library@wrexham.gov.uk](mailto:rhos.library@wrexham.gov.uk)

01978 840328

**Friday 9<sup>th</sup> February**

**Brynteg Library**

The Memorial Centre

Quarry Road

Brynteg

LL11 6AB

[brynteg.library@wrexham.gov.uk](mailto:brynteg.library@wrexham.gov.uk)

01978 759523

Children's crafts

Chinese New Year

16.00-17.00

Ages 4+

Booking is essential. Free!

**Saturday 10th February**

**Erddig**

From 10<sup>th</sup> February go wild in the Wolf's Den Natural Play area as it reopens daily in time for half term following its winter rest and refurbishment.

No booking is required for these free activities, but normal admission prices apply, free entry to National Trust members and children under 5 can visit for free.

**Half term Forest School at Erddig/ National Trust**

**Sunday 11th February**

**Acton Park 11.30-16.00**

Fun By Sweet Chestnut Tree, Jeffreys Road Side LL12 7YA Dog Show

Rosettes and prizes to be won Free event

Monday-Friday 12<sup>th</sup>–16<sup>th</sup> February

### **Clywedog High School,**

Football Camp (4 - 12yrs)

Progressive Sports Soccer Camps. Our Soccer Camps are full of fun games and activities throughout the week. We have lots of Prizes throughout the week with our 'Player of the Day' and 'Players of the Week' Awards.

Don't miss out on our Fun, Exciting and Active Holiday Camp so Book early to avoid disappointment!!

[Info and Booking](#)

### **Clywedog High School**

Multi Sports Camps (4 - 12yrs)

Our Multi Sports Camps are a fun filled week with plenty of sports and games played throughout the week. Some of our sports include, dodgeball, tennis, badminton, archery, curling, basketball, hockey, rounders and many more...

We ensure our coaches will have a fun, week and have the best Summer Experience! Less

[Info and Bookings](#)

### **Monday 12<sup>th</sup> February**

#### **Chirk Library**

Chapel Lane

Chirk

Wrexham

LL14 5NF

[chirk.library@wrexham.gov.uk](mailto:chirk.library@wrexham.gov.uk)

01691 772344

Valentine crafts

14.30-15.30

Free of charge

Suitable for ages 3 and over

Booking essential as spaces are limited

## **Erddig**

**Nestlings Forest School** will be holding drop in sessions for children between 10am and 3pm on Monday, 12<sup>th</sup> February and Monday 19<sup>th</sup> February in Wolf's Den.

Try your hand at a mixture of nature related activities including campfire cooking, making earth candles and loose parts play.

No booking is required for these free activities, but normal admission prices apply, free entry to National Trust members and children under 5 can visit for free.

[Half term forest school at Erddig | National Trust](#)

## **Ruabon Library**

High Street

Ruabon

Wrexham

LL14 6NH

[ruabon.library@wrexham.gov.uk](mailto:ruabon.library@wrexham.gov.uk)

01978 822002

13.00 – 14.00

Duplo Play & Read (Duplo play & share a story together session for under 5's.)

15.30-16.15 Family Lego (drop in play session).

Wednesday 14<sup>th</sup> February

## **Erddig**

Drop into our Education Room anytime between 11am and 3pm on Wednesday, 14<sup>th</sup> February and Wednesday 21<sup>st</sup> February, to make your own garden creature using natural materials.

No booking is required for these free activities, but normal



admission prices apply, free entry to National Trust members and children under 5 can visit for free.

[Half term forest school at Erddig | National Trust](#)

### **Ruabon Library**

High Street

Ruabon

Wrexham

LL14 6NH

[ruabon.library@wrexham.gov.uk](mailto:ruabon.library@wrexham.gov.uk)

01978 822002

13.30 - 15.30

Family Board games (drop in play session).

### **Friday 16<sup>th</sup> February**

#### **Rhos Library**

Princes Road

Rhos

Wrexham

LL14 1AB

[rhos.library@wrexham.gov.uk](mailto:rhos.library@wrexham.gov.uk)

01978 840328

10.00am We have a Magi Ann story and song session provided by Menter Iaith Fflint a Wreccsam which will be held at 10am on Friday 16th February 2024 at Rhos Library.

This event will be predominantly through the medium of Welsh, free of charge and is suitable for children aged 1-5 years of age.

#### **Erddig**

Finally, find us in the Timber Yard on Friday, 16<sup>th</sup> February and Friday, 23<sup>rd</sup> February, between 11am and 2pm for Marshmallow Toasting. No booking required. Marshmallow kits are £2 each. No booking is required for these free activities, but normal admission prices apply, free entry to National Trust members and children under 5 can visit for free.

[Half term forest school at Erddig | National Trust](#)

#### **Erddig**

On Saturdays 17th and 24<sup>th</sup> February all ages can have a go at willow weaving in the education room anytime between 11am and 3pm.

No booking is required for these free activities, but normal admission prices apply, free entry to National Trust members and children under 5 can visit for free.

[Half term forest school at Erddig | National Trust](#)

Finally, find us in the Timber Yard on Friday 16<sup>th</sup> February and Friday, 23<sup>rd</sup> February, between 11am and 2pm for **marshmallow toasting**. No booking required. Marshmallow kits are £2 each.

No booking is required for these free activities, but normal admission prices apply, free entry to National Trust members and children under 5 can visit for free.

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## Independent Venues Week:

### Funding Announced to Music Venues across Wales

The well-known and much loved Porters in Cardiff has recently had a new lease of life following a move to a new premises in the city centre.

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**FRIENDS OF RUABON PRESENTS**

# **ANNUAL EASTER BUNNY HUNT**

Come and join the fun  
with the whole family!

\* wear muddy proof clothing (the  
bunny's love to hide)

**MARCH 30TH  
FROM 1:00 - 3.00 PM**

**FREE ENTRY**

**RUABON PARK GATE  
PARK STREET RUABON**

## Friends of Ruabon What's On 2024

### **Friends of Ruabon Monthly Meetings**

- Saturday February 3<sup>rd</sup> 10am
- Wednesday March 6<sup>th</sup> 7pm
- Saturday April 6<sup>th</sup> 10am
- Wednesday May 1<sup>st</sup> 7pm
- Saturday June 1<sup>st</sup> 10am
- Wednesday July 3<sup>rd</sup> 7pm
- Saturday August 3<sup>rd</sup> 10am
- Wednesday September 4<sup>th</sup> 7pm
- Saturday October 5<sup>th</sup> 10am
- Wednesday November 6<sup>th</sup> 7pm
- Saturday November 30<sup>th</sup> 10am

#### **Saturday Meetings**

The Bridge End Inn  
Ruabon

#### **Wednesday Meetings**

St Mary's Church  
Hall Ruabon

### **Ruabon Litter Pick Saturdays 2024**

**For litter pick equipment and to meet up with other litter pickers please meet at Ruabon Village Hall on the above dates at 10am**

### **Friends of Ruabon Community Events 2024**

- Bunny Hunt Saturday March 30<sup>th</sup> 1pm – 3pm
- Ruabon Summer Fete Saturday June 8<sup>th</sup> 1pm – 4pm
- Santa Sleigh Ruabon Saturday December 7<sup>th</sup> 5pm
- Frost Fayre Sunday December 8<sup>th</sup> 1pm – 4pm
- Santa Sleigh Christmas Tour of surrounding villages December TBC

**For more details about volunteering, meetings and all the events contact Sarah 07957 628551 follow us on Facebook or email**

**[info@friendsofruabon.co.uk](mailto:info@friendsofruabon.co.uk)**

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## The North Wales Train Ride through 'Natural Beauty'

**Passenger David Powell enjoyed a journey on the magnificent Cambrian Line**

It was a slight shame that there was no buffet car or trolley service but the journey was only an hour long so no worries. Transport for Wales WiFi was easy to log onto on my phone so it was Happy Days and I settled down to a scenic journey (which cost £8.40) return.

Sure enough, it was a beautiful trip in itself, never mind the destination.

There are 13 stops but some are by request.

**The Transport for Wales train from Porthmadog to Barmouth on the Cambrian Line passes Harlech Castle** (Image: David Powell).

Before long we came through Llandecwyn, with the expanse of Tremadog Bay on the right then Talsarnau where the tracks were flanked by waterlogged fields with sheep and the reflections of slivers of silver cloud.



Soon we stopped at the next station where Harlech Castle loomed imposingly on the left.

On the right, woolly-hatted players at Royal St David's Golf Club were warming up on the practice ground.

Lucky things.

The Cambrian Railway Line is 120 miles long and was completed in the 1860s. Visit Wales describe it as "an incredible feat of Victorian engineering" and it was proving to be both scenic and fascinating.



More sheep grazed lustily before we reached Dyffryn Ardudwy. What might have once been a ticket office now looks forlorn with some of its slate tiles falling away or clinging haphazardly to the roof.



**The Porthmadog service arrives on time at Barmouth Station** (Image: David Powell)

On we went, this time past chunky, dry stone walls and an old bath tub

laid on by a frugal farmer for his animals to drink from. Near Tal-y-Bont there were umpteen sage chalets in rows, looking I must say looked a bit like barracks as we slid by.

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**(News by David Powell. Court Reporter)**

- [Bookmark](#) .....

**Watch Out**

## Residents should always ask for ID, then check it Independently



Residents in Flintshire have been put on alert for a suspicious caller purporting to be from Scottish Power. Police have received reports of a man knocking on doors in [Deeside](#) saying he needs to carry out a survey inside the house. After a resident made inquiries with the energy firm, it was confirmed

none of its staff was working in the area at the time. [North Wales Police](#) (NWP) is now warning householders to be on their guard.

The NWP North [Flintshire](#) team said it had been alerted by several concerned residents. He was described as being around 6ft tall and wearing a hi-vis jacket with a red lanyard. He was said to be carrying a clipboard in his arm.

Doorstep criminals tend to be split into two groups. Bogus callers posing as council staff, charity collectors or meter readers try to get into homes to steal money and valuables. Some try to gain trust in order to get personal details. The other group is rogue traders who cold-call offering repairs and improvements, often charging inflated prices for shoddy work that isn't needed. [Sign up now for the latest news on the North Wales Live Whatsapp Community](#)

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I really hoped that I could send you all a separate 'thank you' after Christmas not only for your email replies, but also for the beautiful cards.

Please believe me - They are all saved and Cherished!

Sybil (Bremner)