

# RUABON NEWS LETTER 512



## Statement from Rural Affairs Minister as Consultation Closes

Clinical Strategic Network for Women's Health in developing the Women's Health Plan for Wales.

The development of the plan will be underpinned by the results of a wide-ranging survey completed by almost 4,000 women and girls who shared their health experiences.

The Health Minister has also announced £750,000 to commission research, from April 2025, focused entirely on women's health.

Eluned Morgan said:

I am delighted to announce funding for women's health research. Research into women's health has often been overlooked and underfunded and we know far too little about many conditions that affect women and girls every day, often with debilitating effects.

This research will be based upon a prioritisation exercise seeking the views of those with lived experience and health and social care professionals on the issues that matter most to them.

Just over half (51%) of women have reported long-standing illness, and 40% of women report feeling limited by these illnesses. This compares with 45% of men who report long-standing illness, and 30% who say they feel limited by their illnesses.

Work to improve women's health services has included the publication of the Quality Statement for Women's and Girls' Health and the Women's Health Implementation Group, which has been looking at issues like pelvic health, use of mesh, endometriosis and faecal incontinence. Pelvic health co-ordinators and dedicated endometriosis nurses are now working in every health board in Wales.

Progress is being seen in all health boards – examples including the creation of a Women’s Health Hub at the Royal Glamorgan Hospital to bring all gynaecology services together in one place.

In addition, training for NHS staff on women’s health issues has been introduced alongside the mandatory inclusion of menstrual wellbeing education in the new curriculum.

Ms Morgan added:

Women and girls make up just over half the population but we still hear stories of women’s voices and concerns about conditions being dismissed.

I have been clear in my commitment to improve women’s health services and outcomes for women and girls and addressing the inequalities that exist in our health service.

I am pleased women’s health is beginning to get the focus it needs and I expect the new women’s health network and the clinical lead to bring together more women’s voices from the NHS and beyond to deliver a plan worthy of the name.

First published 8<sup>th</sup> March 2024 Last updated 8<sup>th</sup> March 2024  
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## New Clinical Lead to Help Drive Improvements in Women’s Health

**On International Women’s Day, Health Minister Eluned Morgan welcomes the appointment of a new clinical lead for women’s health, who will help drive improvements in women’s health services across Wales.**

First published: 8<sup>th</sup> March 2024 Last updated: 8<sup>th</sup> March 2024

Dr Helen Munro, a consultant in sexual and reproductive healthcare, will take up the role of Wales’ first ever clinical lead for women’s health. Together with Alex Hicks, the new strategic network manager, she will lead the National Clinical Strategic Network for Women’s Health in developing the Women’s Health Plan for Wales.

The development of the plan will be underpinned by the results of a wide-ranging survey completed by almost 4,000 women and girls who shared their health experiences.

The Health Minister has also announced £750,000 to commission research, from April 2025, focused entirely on women's health.

Eluned Morgan said:

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I am pleased women's health is beginning to get the focus it needs and I expect the new women's health network and the clinical lead to bring together more women's voices from the NHS and beyond to deliver a plan worthy of the name.

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From 1<sup>st</sup> April 2024

Those who live in Wales can take Advantage of Free Swimming Sessions for 52 Weeks of the Year.

available at the following

Leisure and Activity Centres in Wrexham:

Sessions are:

**Waterworld** – 01978 297300

Under 16's Saturdays 3pm – 4pm

60 plus Tuesdays 11am – 12pm

**Chirk Leisure & Activity Centre** – 01691 778666

Under 16's Sundays 1pm – 2pm

60 plus, Fridays 12pm – 1pm

**Gwyn Evans Leisure & Activity Centre** – 01978 269540

Under 16's Sundays 1pm – 2pm

60 plus Thursdays 3pm – 4pm

Free sessions are available thanks to funding from Welsh Government.



# Talking About Communication at Ysgol Rhiwabon

March 11<sup>th</sup> 2024

Expert trainers from **Talk The Talk** will be coming into school to work with students in **Year Groups 9 and 10**.

The **Talk About Communication** workshop is an exciting and engaging master class developing speaking and listening skills within a creative learning environment. The workshop provides numerous speaking opportunities and students are coached and supported throughout the day to deliver a structured two-minute presentation, on a topic for which they have a genuine passion, to their peers.

*'We demonstrate that speaking out should be an experience that we CAN do – and one that is nowhere near as daunting as we might think. One of the keys to the success of the Talk The Talk programme is creating an environment of mutual respect with a supportive ethos so that when students stand up and voice their opinions, share their thoughts and present their ideas –*

*their skills and confidence grow.'*  
**Talk The Talk**

Talk The Talk's mission is to develop students' oracy skills and their communication confidence to support positive interaction in all life situations and improved social outcomes.

Talk The Talk has trained over 115,000 students to be confident communicators across England and Wales since they began in 2013.



Group pictures attached

***To learn more about Talk The Talk's work visit them at:***

***[www.talkthetalkuk.org](http://www.talkthetalkuk.org)***

***See what teachers are [saying about us on twitter.](#)***

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## **Alumni Community**

Tuesday, 5th March 2024

Working in conjunction with Careers Wales, Ysgol Rhiwabon are launching their Alumni Scheme, where former pupils can

register and come back into the school to offer presentations and advice on how their career developed from leaving school. Did you attend Ysgol Rhiwabon ? Could your career story help to inspire current pupils in the school?

Please get in touch to see how you can get involved – register your interest through the forms below

(ENG) <https://forms.office.com/r/YaQiFgb7iV>

(CYM) <https://forms.office.com/r/kWSX7p9m66>



## Ysgol Rhiwabon Bletchley Park Visits

Monday, 11th March 2024

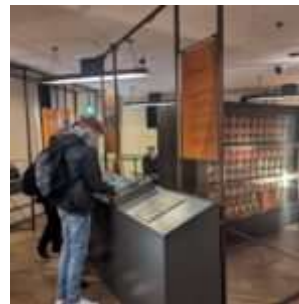
Year 9 students were lucky enough to visit Bletchley Park, home of the codebreakers.

Bletchley Park is an English country house and estate in Bletchley, Milton Keynes (Buckinghamshire), that became the principal centre of Allied code-breaking during the Second World War. We were lucky enough to see the Enigma machines, as well as the 'Bombe' which decoded the Enigma messages from the Germans.

During World War II, the estate housed the Government Code and Cypher School (GC&CS), which regularly penetrated the secret communications of the Axis Powers – most importantly the German Enigma and Lorenz ciphers. The GC&CS team of codebreakers included Alan Turing, Harry Golombek, Gordon Welchman, Hugh Alexander, Bill Tutte and Stuart Milner-Barry.

According to the official historian of British Intelligence, the “Ultra” intelligence produced at Bletchley shortened the war by two to four years, and without it the outcome of the war would have been uncertain.

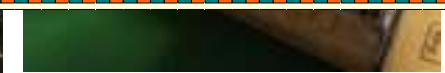
The team at Bletchley Park devised automatic machinery to help with decryption, culminating in the development of Colossus, the world’s first programmable digital electronic computer. Codebreaking operations at Bletchley Park came to an end in 1946 and all information about the wartime operations was classified until the mid-1970s.



## Bletchley Park Visit 2

Monday, 11th March 2024

Year 9 students were able to put themselves in the shoes of the Bletchley codebreakers and try their hand at some of the coding techniques that were used.





# Bletchley Park Visit 3

Monday, 11th March 2024

Year 9 students were lucky enough to see the Enigma machines and learn all about the famous mathematicians at Bletchley Park, including the fantastic Alan Turing.

The day hopefully inspired students as to what can be achieved in the world of Mathematics.

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**YOU'RE INVITED TO OUR BLOOMING GREAT TEA PARTY**

**FRIENDS OF RUABON W.I. AND RAINBOW TRUST ARE HOLDING AN**  
**OPEN MORNING IN AID OF**  
**MARIE CURIE**

**WHERE: RUABON VILLAGE HALL**  
**WHEN: MARCH 20<sup>th</sup> 2024 10.30am – 12.00**  
**FREE DRINKS; CAKE STALL**  
**RAFFLE & TOMBOLA**  
**ALL DONATIONS APPRECIATED**

**We reckon this is your cup of tea**

Our Blooming Great Tea Party is all about having great fun for a great cause. Every last crumb of money we raise will help people affected by dying, death and bereavement, so please join us!

**FR** Associated with **FUNDRAISING REGULATORY**

**Marie Curie**  
Care and support through terminal illness

# John Mazzarella Golf Day



In its 19th year, this year's golf day was held at the Vale of Llangollen Golf Club on Saturday 9th March.

The annual event fondly remembers John, who passed away 19 years ago.

The winner of the day was Adam Jones who is pictured receiving the trophy from Peter, John's brother.

A great day had by all, followed by some post-game drinks in the village with the Mazzarella family and friends.

The day raised £250 for the Shooting Star Unit in  
BETSI CADWALLADER.

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**YSGOL MAES-Y-LLAN**

**Easter Prize Bingo**

**Ysgol Maes-Y-Llan, Ruabon  
Wrexham, LL14 6AE**

**Thursday 21st March 2024**

Books on Sale from 6pm  
Eyes 👁️👁️ down at 6:45pm

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**8 Games + 2 Flyers**

**Raffle Prizes and Refreshments**

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**Held in the School Main Hall**

**Everyone Welcome**

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All very best wishes

Sybil (Bremner)