

# RUABON NEWS LETTER 513

PRESS RELEASE

Ken Skates MS | Clwyd South



19/03/24

*for immediate publication*

**Senedd Cymru  
Welsh Parliament**

## MS welcomes plans for Baby Loss Certificates for Welsh Parents

**A North Wales Member of the Senedd has welcomed the Welsh Government's intention to make baby loss certificates available to bereaved parents.**

Last month the UK Government launched a voluntary scheme in England to allow parents whose baby died before 24 weeks of pregnancy to apply for a free certificate to provide recognition of their loss.

Clwyd South MS Ken Skates raised the issue with Health Minister Eluned Morgan after being contacted by constituents who wanted the option made available in Wales, and said he was pleased to be told the wheels are already in motion.

He said: "I welcome the Health Minister's confirmation that her officials are working closely with their UK Government counterparts to extend the certification process across Wales later this year.

"Baby loss at any stage of pregnancy is always going to be incredibly sad for those involved and I think something

recognising their child's life can provide much-needed comfort to parents in Wales."

In her response to Mr Skates, the Minister said: "Thank you for your email of 26<sup>th</sup> February on behalf of your constituents regarding the introduction of baby loss certificates in Wales.

"Baby loss at any stage of pregnancy is distressing and I recognise the impact it can have on the entire family. The Welsh Government is committed to ensuring every family is appropriately and compassionately supported and understands the importance for parents to have their pregnancy loss formally recognised.

"On 22<sup>nd</sup> February, the UK Government launched a voluntary scheme to allow parents whose baby died before 24 weeks of pregnancy to apply for a free certificate to provide recognition of their loss.

This is currently available to any parent who has experienced a loss before 24 weeks in England since September 2018. The UK Government plans to extend the eligibility criteria when it is able to do so.

"Officials are working closely with UK Government counterparts to extend the certification process across Wales later this year."

Currently, all families who experience pregnancy loss at maternity units in Wales are supported by bereavement midwives, and in conjunction with the charity Sands (Stillbirth and Neonatal Death) are offered memory boxes which include a commemorative birth certificate.

The Welsh Government is also collaborating with parent organisations including Sands and other experts to implement the National Bereavement Care Pathways across Wales specifically for miscarriage, stillbirth and baby loss.

-ENDS-

## Reminder: Free cycling courses coming up book your place!



We have some free cycling courses coming up soon to help adults and families gain confidence cycling on our city roads – is this something you would be interested in?

Content

**What will I need to take part?**

**How does it work?**

**How do I book?**

The courses will be delivered by Seiclo Clwyd Ltd, who deliver cycle training courses in primary schools across the county.

The instructors are qualified national standards cycling instructors, as well as being trained first aiders who hold enhanced DBS certificates.

These courses are funded by Welsh Government's Road Safety Revenue Grant.

### **What will I need to take part?**

Firstly, you will need a roadworthy bike, and a cycling helmet is highly recommended. You should come prepared wearing appropriate clothing for the weather conditions, such as waterproofs and gloves.

Access to Wrexham Council owned cycles and helmets could be organised as long as Seiclo Clwyd are provided with enough time and information.

Please also remember to bring water and some food/snacks to ensure good levels of concentration.

### **How does it work?**

The courses will start with basic cycle handling away from traffic, progressing to quiet streets and then busier routes.

Each course is limited to 6 riders with courses taking place at 9.30am and 1.30pm on the following dates:

**March – Monday 25<sup>th</sup>, Tuesday 26<sup>th</sup>, Wednesday 27<sup>th</sup> and Thursday 28<sup>th</sup>.**

The start location of your course will depend on the day it takes place (see below):

Monday – Acton Park

Tuesday – Stansty

Wednesday – Rhosddu

Thursday – Gwersyllt

### **How do I book?**

To get more details or to book your place, you can email [admin@seicloclwyd.com](mailto:admin@seicloclwyd.com)

Cllr Terry Evans, Lead Member with responsibility for Road Safety, said: “The free training courses will give adults and families the skills and knowledge needed to stay safe when cycling around Wrexham.

It’s recommended to book your place early to avoid disappointment.”

[STEM lab provides fun ways of learning for Wrexham children \(29.02.24\) – Wrexham Council News](#)

[You need photo ID to vote at a polling station. No ID? You can apply for a free voter ID. Find out more here.](#)



## Tŷ Pawb – Easter Holidays 2024



Staff at Tŷ Pawb have put on some great activities for children and their families this Easter

**FREE PLAY SESSIONS!** Tuesday 26th March, 10.30am to 12.30pm

Tuesday 2<sup>nd</sup> April, 10.30 am to 12.30pm

**WREXHAM MUSEUM POP-UP:** Monday 25<sup>th</sup> March, Tuesday 26<sup>th</sup>

March & Wednesday 27<sup>th</sup> March, 11am to 2pm

**EASTER EGG HUNT!** Thursday 28<sup>th</sup> March, 10am to 4pm

**PAPER GARDEN** Wednesday 3<sup>rd</sup> April, 2pm to 4pm, Thursday

4th April, 2pm to 4pm.

Friday 5th April, 2pm

to 4pm

Tŷ Pawb Easter Activity Pack!

**ART EXPLORERS!** [Monday 25th March, 2pm to 3pm](#)

Our new Art Explorers sessions offer family friendly gallery tours with drawing and creative writing activities! Explore our current exhibition 'Gypsy Makers' and learn about traditional and contemporary making practices developed by Gypsy, Roma and Traveller artists.

Most suitable for family groups with children aged 5 to 14.

Children must be accompanied by an adult.

[Booking is essential](#) and sessions are offered on a pay what you can basis. Meet in the gallery, materials are provided.

**FREE PLAY SESSIONS! Tuesday 26th March, 10.30am to 12.30pm Tuesday 2nd April, 10.30am to 12.30pm**

Open access free play session suitable for children aged 5 to 15 (children younger than 5 must be accompanied by an adult).

Sessions are supported by WCBC playworkers and offer a range of play opportunities – toys, costumes, crafts, games and den building – for children to choose from.

Sessions are drop-in with no need to book. Tea and coffee for parents is provided at this session.

**WREXHAM MUSEUM POP-UP Monday 25th March,  
Tuesday 26th March & Wednesday 27th March, 11am to  
2pm**

Free craft events at Wrexham Museum's pop up museum at Tŷ Pawb! (Located next-door to the sweet stall.)

- Monday – Colour in an animal mask to take home
- Tuesday – Create your own football pennant to take home
- Wednesday – Create a craft stick frame to take home

Drop in anytime during advertised times. Suitable for families with children of all ages.

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## **EASTER EGG HUNT!**

**Thursday 28th March, 10am to 4pm**

A free Easter Egg Hunt to get you exploring the whole city centre!

Collect your clue sheet from Tŷ Pawb and set off in search of chocolate treasure!

There's no need to book, children must be accompanied by an adult. Delivered by WCBC City Centre Events Team.

### **PAPER GARDEN**

**Wednesday 3rd April, 2pm to 4pm,**

**Thursday 4th April, 2pm to 4pm**

**Friday 5th April, 2pm to 4pm**

Each Paper Garden session offers a different make and take craft activity inspired by being in the garden. These sessions are most suitable for children aged 3 to 11. Wednesday – Bee Shakers Thursday – Butterfly Paintings Friday – Sunflower Suncatcher.

Children must be accompanied by an adult. [Booking is recommended](#) and sessions are offered on “a pay what you can” basis. Meet in the People’s Square (flexi-space) area.

### **Tŷ Pawb Easter Activity Pack!**

Collect an activity pack from our food court traders throughout the school holidays!

[Sign up to get Tŷ Pawb’s newsletters straight to your mailbox](#)

You might also like to read [March 2024: Funding available via the UK Shared Prosperity Fund for city centre events.](#)

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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: '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 coordinators 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 2020.

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**Ruabon Library will be closed on Good Friday (29<sup>th</sup> March) and Easter Monday (1<sup>st</sup> April).**

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## **Wrexham Carnival of Words – Children’s Festival -**

Bring the whole family along on Saturday 20<sup>th</sup> April from 10.30am to Wrexham Library for the opening day of the Carnival - great storytelling of every sort and fun activities to entertain children of all ages. The fabulous Dynamic Signing Sensations will perform their own inimitable music interpretations through sign language.

### **We have a Host of Children’s Story Tellers**

**-Jude Lennon, Sarah Parkinson and Fay Evans.-**

Magi Ann will entertain younger children with her Welsh language stories. And all through this session, there'll be face-painting, games, books to buy - and maybe even a visit from Star Wars character Obi Wan Kenobi – all free of charge. Plus, join best-selling children’s author Elen Caldecott in a high-energy, interactive session when Elen will tell you how to write your own book. From inspiration, to plotting, to crafting and editing, this romp through the journey of a book will reveal all. Suitable for bookworms and avid storytellers of all kinds, especially those aged 8-12 and their families (don’t forget to book your place). Don’t miss this exciting first day!

### **Learning at Lunchtime**

Marie Anne Cope is a multi-genre author, writing dark supernatural tales, short horror stories, supernatural crime thrillers, children’s books, and romantic novels. Join us as she talks about her writing journey, her belief in being a storyteller rather than a slave to a genre, and how she goes about planning her novels.

### **Author of the Month**

Lindsey Davis is a prolific novelist who has been writing historical (crime) fiction for over 30 years.

Born and raised in Birmingham, she read English Literature at Oxford before working for 13 years for the civil service.

In 1985, Davis was inspired to become an author when her romantic novel was runner up for the Georgette Heyer, Historical Novel Prize.

Initially writing romantic serials for Woman’s Realm magazine, Davis was later inspired to delve into the Roman world by her interest in archaeology and history, leading to the creation of the hugely successful Roman detective, Marcus Didius Falco.

The first novel in the series, *The Silver Pigs* published in 1989, was awarded the Authors' Club Best First Novel award. Her character of Falco won the Sherlock Award for the best comic detective and her stories have been serialised for Radio 4. Lindsey Davis has won many awards including the Crime Writers' Association Dagger; the Ellis Peters Historical Dagger and was awarded the Crime Writers Association Cartier Diamond Dagger for lifetime achievement in 2011. She was the inaugural winner of the Barcelona Historical Novel Prize in 2013. The author has been Chair of UK Crime Writers' Association, Honorary President of the Classical Association and Chair of the Society of Authors. Amongst many other accolades, Davis was honoured with the Premio Colosseo in 2010 by the city of Rome. Her books are published in the UK and US and have been translated into many other languages. Davis continues to live where she grew up and is the current President of the Birmingham and Midlands Institute.

This free session will take place:  
**on Wednesday 3<sup>rd</sup> April, 1-2pm at Wrexham Library.**





## After School Lego Clubs

Are you looking for something for your children to do after school? If you've ever played with Lego, you know how much fun it can be to build and create. But did you know that Lego can also be an excellent tool for early childhood learning? With its endless possibilities for creativity and problem-solving, Lego is a great source of fun and learning. All of our libraries offer after school Lego Clubs, please contact your local library for more details. Contact details can be found on [www.wrexham.gov.uk/libraries](http://www.wrexham.gov.uk/libraries)





Pwyllgor Blodau Eisteddfod Gerddorol Ryngwladol Llangollen yn Cyflwyno

**5-7 Ebrill 2024**

# GŴYL Y CENNIN PEDR

Penwythnos o ddathlu Cennin Pedr yn Eglwys Sant Collen, Llangollen

## CYNGERDD CORAWL

**Nos Wener 5 Ebrill 7yp**  
**Côr Merched Lleisiau'r Afon**  
 Dan arweiniad Leigh Mason  
**Clare Harrison - Unawdydd**  
 Cyfeiliant gan Owen Roberts  
**Shea Ferron Canuon o'r Theatr**

**Tocynnau o £10\* ar gael o**

Tocynnau o £10\* ar gael o Canolfan Groeso Llangollen a [www.llangollen.net](http://www.llangollen.net)  
 \* Ffi archebu fesul pryniant, hefyd ar gael o Dee Valley Produce, Heol y Dderwen. Arian parod yn unig.

## ARDDANGOSFA A THON O GENNIN PEDR

**Dydd Sadwrn 6 Ebrill**

- Arddangosfa a thon o gennin Pedr yn Eglwys Sant Collen, Llangollen - Cennin Pedr o bob lliw a llun wedi'u crefftio gan ein cymuned gan gynnwys ysgolion a sefydliadau lleol.
- Stondinau, lluniaeth a raffl fawr yn Neuadd Gymunedol Sant Collen gerllaw.

## SONGS OF PRAISE

**Dydd Sul 7 Ebrill**

Dewch i ymuno yn ein cyngerdd Songs of Praise dan arweiniad y Tad Lee Taylor gydag emynau poblogaidd.

**Bydd yr eglwys ar agor trwy'r penwythnos**

Yr holl eib yn mynd at redeg Eisteddfod Gerddorol Ryngwladol Llangollen Rhif Eiusen Gofrestredig: 504620









The Floral Committee of the Llangollen International Musical Eisteddfod present

**5-7 April 2024**

# DAFFODIL FLOWER FESTIVAL

**DAFFODIL FLOWER FESTIVAL**  
DVD GWYN FYDOR  
LLEISIAU'R AFON LADIES CHOIR  
SANTLE ARE ITS SONGS

A weekend in celebration of daffodils at St Collen's Church, Llangollen

## EVENING CHORAL CONCERT

**Friday 5 April 7pm**  
Lleisiau'r Afon Ladies Choir  
Conducted by Leigh Mason  
Soloist Clare Harrison  
Accompanied by Owen Roberts  
Shea Ferron Songs from Musical Theatre

**Tickets from £10\* available from**  
Llangollen Tourist Information Centre & [www.llangollen.net](http://www.llangollen.net)  
\*Booking fee per transaction also from Dee Valley Produce, Oak Street. Cash only.

## DAFFODIL WAVE AND DISPLAYS

**Saturday 6 April**

Daffodil wave and floral displays in St Collen's Church, Llangollen - Daffodils of all shapes, sizes and materials crafted by our community including local schools and organisations.

Stalls, refreshments and prize raffle at the adjacent St Collen's Community Hall.

## SONGS OF PRAISE

**Sunday 7 April 3pm**

Come and take part in our Songs of Praise concert led by Father Lee Taylor with popular hymns. **FREE ENTRY**

## Church open all weekend

All proceeds go to the running of the Llangollen International Musical Eisteddfod Registered Charity Number: 504620







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!



Company no. 22784 England & Wales, 3034721 Scotland, 1916786 Northern Ireland





**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**



# *Bolt From The Black*'

by Dave Andrews

(- the new Oswestry-based Inspector Probert murder mystery-)

A body is found in the moat at Whittington Castle - first shot with a crossbow bolt and then drowned.

It is the body of a property developer, who had been seeking permission to build a large estate of exclusive houses near Wat's Dyke on the outskirts of Oswestry.

Suspicion immediately falls on outspoken opponents of the proposal and an internet troll using the pseudonym Avenger Anarchist is top of the list. But there are others in the frame too, including a prominent church figure and members of the deceased's family.

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## [BOLT FROM THE BLACK](#)

"*Bolt From The Black*" is by Oswestry author Dave Andrews. It's the sequel to his first Inspector Probert mystery, *Each Slow Dusk*, in which a body is discovered at the foot of the statue of Wilfred Owen in Cae Glas Park.

'I've been taken completely by surprise by sales of *Each Slow Dusk*

Dave says. 'Whenever you start a book, you can never know whether it's going to prove popular. But I've received a huge number of messages and comments from readers. As well as telling me how much they enjoyed it as a detective novel, most of them tell me how much they've enjoyed reading about places they're familiar with. Some even tell me that they've followed Inspector Probert's route around town as he was trying to solve the case!

'I've also had comments from former Oswestry residents now living in places as far away as Canada and New Zealand, who have said that *Each Slow Dusk* reminds them of home and their younger days.

It's amazing and very pleasing, especially as one of my aims was to project a positive image of our town and the surrounding area.'

Dave is Reader/Writer in Residence at Oswestry library where he gives talks on various aspects of English and Welsh literature and offers advice to writers. He is the author of twelve previous books, including *The Oswestry Round*, *Gobowen to Everest* and *Wilfred Owen: Poet of Oswestry*.

*Bolt From The Black* is available in  
Booka, Rowanthorn, Siop Cwlwm,  
Oswestry Library, Oswestry Tourist Office  
 or direct from Dave at :[daveauthor54@gmail.com](mailto:daveauthor54@gmail.com) £9.99.

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**I have copied the following into this news letter because like Diane, everyone should be aware of this question**

**Diane Dooley**

8h ·

♥ What would \*you\* do if you were alone and had a heart attack? ♥

1. Take a 2 minute break and read this:

Let's say it's 5:25 pm and you're driving home after an unusually hard day's work.

2. You are really tired and frustrated.

All of a sudden you have chest pains. They are starting to radiate in your arm and jaw. It feels like you're being stabbed in the chest and heart. You're only a few miles away from the nearest hospital or home.

3. Unfortunately you don't know if you can make it..

4. Maybe you've taken CPR training, but the person running the course hasn't told you how to help yourself.

5. How do you survive a heart attack when you're alone when it happens? A person who is feeling weak and whose heart is beating hard has only about 10 SECONDS!! before losing consciousness.

6. But you can help yourself by coughing repeatedly and very strongly! Deep breaths before every cough. Coughing should be repeated every second until you arrive at the hospital or until your heart starts to beat normally.

7. Deep breathing gives oxygen to your lungs, and coughing movements boost the heart and blood circulation. Heart pressure also helps to restore a normal heartbeat. This is how cardiac arrest victims can make it to the hospital for the right treatment.

8. Cardiologists say if someone gets this message and passes it on to 10 people, we can expect to save at least one life.

9. Instead of posting memes, you're helping save lives by spreading this message.

♥ COPY (hold your finger down on the screen over this message, click on the text until it's all highlighted, then select copy, go to your own page and where you normally want to write, hold your finger down again and then select paste) ♥ IT ♥ SAVES ♥ LIVES ♥

The following has been sent in  
By Margaret Williams:

### **A Cheesy Ode.**

the skies are gruyere since she left me  
I've never felt so danish blue  
caught between a roquefort and a hard cheese  
i stilton know what to do  
don't give edam about the future  
now my babybel's walked out the door  
can't believe i've double gloucester  
i camembert it any more

i've ricotta get myself together  
and build my life back caerphilly  
cheddar tear for the final time  
say goodbye to us and halloumi

Brian Bilston.

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Another week has gone and MANY thanks for all the items  
which have been accepted into this news letter.

Sybil (Bremner)