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RUABON NEWS LETTER 516

PRESS RELEASE
Ken Skates MS | Clwyd South



02/04/24
for immediate publication

Senedd Cymru
Welsh Parliament

‘Medical School **will make a huge difference to** **North Wales’, says MS**

A North Wales Member of the Senedd has hailed progress on the region’s new medical school – with the next intake due to start in September.

In the Senedd recently, Clwyd South **MS Ken Skates** asked Cabinet Secretary for Health and Social Services Eluned Morgan for an update on the project which was a key Welsh Labour manifesto pledge ahead of the 2021 election.

Ms Morgan said: “The North Wales medical school is progressing well, with students due to commence their studies this September. The General Medical Council are satisfied with progress following their quality assurance visit in July of last year, allowing the school to proceed with student recruitment which took place last December and this January.”

The school will train hundreds of medical students in its first decade and help ensure increased training opportunities for qualified doctors to stay and work within NHS Wales. They will

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study in state-of-the-art facilities at Bangor University's Brigantia Building and its Fron Heulog medical and healthcare simulation suite, which including leading-edge electronic dissection tables to study anatomy.

Responding to the Health Secretary, Mr Skates – recently appointed Cabinet Secretary for North Wales – said: “Can I put on record my thanks for all of the work that you've done in pursuing this? It will make a huge difference to North Wales.

“Would you agree that this is exactly what we need to do in order to futureproof the Welsh NHS?”

Ms Morgan added: “I'm really delighted with this, and to see people now being recruited directly to that North Wales medical school is really heartening. The direct intake will start this autumn and will increase to get to its maximum capacity so, by 2029, there'll be 140 students per year.

“What we do know is, of the ones that have been recruited into the Cardiff school but then are placed in North Wales, around 50% have not only stayed in North Wales but they've stayed in Betsi (Betsi Cadwaladr University Health Board). It's exactly the kind of outcome we were looking for.”

The North Wales Medical School is a partnership between the Welsh Government, Bangor University, Cardiff University, Betsi Cadwaladr University Health Board and Primary Care providers across North Wales.

After Senedd proceedings concluded, Mr Skates added: “The North Wales Medical School, promised and delivered by the Welsh Labour Government, will train the expansion of medical staff required for the future.

“I hope more and more of the students who choose to train in the region will also choose to stay, live and work in North Wales after qualifying.”-Ends-

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From: Karen Chapman on February 23rd
and copied for everyone else by Julian Davies



To all the walkers

If you come across a sheep lying on its back with its legs in the air.....

like paralyzed!!!!

They can't get up....

there's DANGER!

Please be kind to tilt/roll them backwards -

if left like this, they can DIE, they can't get up and suffocate!!!!!!!

This is especially important at this time of year as most will be carrying lambs!



www.cefascos.uk

Celebrating British Science Week,
A New Species Discovered, Collaborative Centres
and much more!

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**Centre for Environment, Fisheries and Aquaculture
Science sent this bulletin at 28-03-2024 09:10 AM
GMT**

[View as a webpage](#)

28 March 2024

Cefas Monthly News



 Tackling global challenges through
innovative science solutions

British Science Week is an annual celebration in March of science, technology, engineering and maths (STEM) and an opportunity for children, young people and communities to take part in events designed to inspire all ages and all communities: celebrating the diversity of careers and people in British science. A recent survey by the British Science Association found that just 34% of 14-to-18-year-olds in the UK think science is relevant to their life. Even more concerning is that only 8% think a scientist can look like them.



At Cefas, we are committed to engaging young people in our science. This month, and throughout the year, we are proud to support a range of events and activities, working with our partners to inspire the next generation of STEM experts and enthusiasts, towards a shared commitment to a sustainable future for our aquatic environment and the life it supports.

In this month's update, we take the opportunity to shine a spotlight on some of our recent engagement and communications activities. If

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there are particular aspects of our work you would like to learn more about, please do get in touch.

**Helen Egar - Head of Communications
and Engagement**

Science Spotlight

To what extent can decommissioning options for marine artificial structures move us toward environmental targets?

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Switching from fossil fuels to renewable energy is key in the move towards net zero. Along with this switch, the decommissioning of existing end-of-life offshore platforms is required. Current legislation directs the complete removal of these structures. However, the impacts of alternative options, such as repurposing or abandoning them have not yet been fully studied.

A recent study is the first to evaluate different decommissioning options against 37 global and regional environmental targets. The study found that abandoning or repurposing individual structures, or even abandoning multiple structures across a region, could bring ecological benefits. However, there was no conclusive evidence to support or deny the common thinking that these structures function as artificial reefs.

This study highlights the need for flexible decision-making and that some targets may need to be prioritised over others. It also highlights the need to consider social, economic, and ecological factors within a whole-ecosystem approach when managing decommissioning end-of-life offshore platforms.

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Inspiring the Next Generation of Aquatic Scientists



On 26th March, Cefas scientists visited Year 8 and 11 students at Cliff Park Ormiston Academy Trust, in Norfolk, to help inspire the next generation of aquatic scientists. They offered insights into careers in the field and demonstrated real life application of the topics they have been covering in the classroom.

Among the group was: Dr Aaron Brazier, a fisheries stock assessor, Dr Rosalyn Putland, an underwater noise scientist, Paula Milliken, an ecotoxicologist and Rose Finneran, a fisheries technician. They each shared stories of their passion to pursue rewarding careers in the field of aquatic science, the highlights of their roles and how they have overcome challenges throughout their career journey.

Students were particularly interested to hear about the varied entry routes each speaker took, from apprenticeship to post graduate level, demonstrating the breadth and range of opportunities available in science.

We are committed to bringing our science to wider audiences and

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through our work with a number of schools, we are currently working to develop digital education and careers content available for all. We'll update you on our progress later this year.

Media Spotlight

New species of sea slug discovered in uk waters



This month, we were very excited to announce the discovery of a new species of sea slug. *Pleurobranchaea Britannica* was discovered by Cefas scientists on a routine fisheries survey onboard our research vessel, the Cefas Endeavour. It is the first recorded instance of a sea slug from the *Pleurobranchaea* genus in UK waters. Sea slugs are valuable indicators of ecosystem health, helping scientists understand the impacts of climate change and human activities on marine habitats.

Our story was amplified across UK national and regional print and broadcast news (*BBC Today Programme, BBC news online, Sky News, Evening standard*), with a focus on the impact of climate change on our marine ecosystems. Our scientists, Ross Bullimore and Hayden Close, had a busy weekend on interviews, featuring on the *BBC News at 10, BBC 5 Live, BBC Radio Cornwall, and BBC World Service*. Learn more about their involvement in the People Spotlight below.

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Tackling Global Aquaculture Challenges



At the start of the month, partners from the Collaborative Centre for Sustainable Aquaculture Futures (SAF) came together to reinvigorate the partnership between Cefas and the University of Exeter.

The work of SAF aims to tackle critical global challenges related to the development of safe and sustainable aquaculture by bringing together experts from a wide variety of disciplines. SAF brings together top scientists from around the world to carry out research in this area.

The meeting provided a unique opportunity to analyse and celebrate the work of SAF, identify future collaboration and welcome the new co-directors and was attended by a range of experts from both institutions, plus many early career researchers that SAF supports.

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The Blue Belt Journey: Celebrating the Past, Charting the Future



In February, the Blue Belt Programme – which is co-delivered by Cefas – brought together representatives from 10 UK Overseas Territories in London.

Over three busy days, a range of presentations, workshops and exhibitions reflected on the Blue Belt Programme and work of the Territories to date, as well as charting future priorities to ensure they can continue protecting and sustainably managing their incredibly biodiverse and unique marine ecosystems.

The event was opened with a message from His Majesty King Charles III, and saw new announcements launching a citizen science collaboration with ZSL's Instant Wild platform, as well as new additional protective measures for the South Georgia & South Sandwich Islands Marine Protected Area.

People Spotlight

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Each month we shine the spotlight on the work of a member of Cefas staff. This month, we spotlight two scientists, Ross Bullimore and Hayden Close who were instrumental to the recent sea slug discovery. In the spotlight they share their role at Cefas and how they got involved in this work.

"My current role at Cefas is focused on mobilising and ensuring our legacy data holdings, and raw science data and outputs from current and future programmes of work are enabled to meet approved standards.



*It was my background in benthic epifauna taxonomy and in-situ biodiversity surveys however that informed my part in the discovery of the recently described *Pleurobranchaea* species. It's a common misconception that as UK waters are some of the most well studied marine areas across the world we know all there is to know about the species living there. My experience in species taxonomy and in-situ identification has taught me even more about what we don't know, than what we do know about the marine environment, even in our own local patch. This new species discovery and description just shows that by keeping your eyes open and questioning your assumptions about what you see in front of you, you never know what you'll discover next."*

Ross Bullimore - Senior Data Manager

"I am a Seabed Analyst and Modeller specialising in habitat mapping and automated image analysis using machine learning.

*Finding weird, rare and unusual creatures is not uncommon with a few occurrences each year. Some are subtly and other obviously different that takes a well trained eye to spot. My involvement with scuba-diving surveys along with regularly identifying and sorting benthos on the RV allowed me to become a UK expert in marine epifauna. When we found *Pleurobranchaea britannica*, no eureka moment happened, instead a deep dive into the scientific literature*



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and collaboration with specific taxonomic experts over years occurred. My current work is in automating identifying and enumerating benthos from imagery, but discoveries like this shows that traditional taxonomy is a vital skill as there is so much to discover in extremely well-studied seas never mind unexplored areas."

Hayden Close – Seabed Analyst and Modeller

Latest #CefasScience

A roundup of some of our latest research

[Trawling-induced change in benthic effect trait composition – A multiple case study](#)

[Maximising the value of transmitted data from PSATs tracking marine fish: a case study on Atlantic bluefin tuna](#)

[Spatiotemporal Trends Spanning Three Decades Show Toxic Levels of Chemical Contaminants in Marine Mammals](#)

Latest #CefasNews

[New species of sea slug discovered in UK waters](#)

[One Health Aquaculture Ghana – working together for safe and sustainable seafood production](#)

[World leading collaborative centre is re-invigorated welcoming new co-directors to continue to tackle global aquaculture challenges.](#)

[Register of Interest - Pollack Population size study in the western English Channel](#)

Vacancies

[Assistant Project Manager - Apprenticeship](#)

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Cefas - Non-Executive Director

Your Museum, Your Story, Your Say.

Wrexham Museum | Brand Survey

Just a few questions so get your thinking caps on! It is not a matter of yes or no, but what you think and feel.

Thank you for taking part!

We are in the process of creating a new, modern museum in Wrexham. It will be a museum of two halves. One half will be dedicated to the heritage and history of Wrexham as a city and county; exploring the stories that shaped its communities across the centuries. The other half will tell the eventful story of Welsh football; a sport that ignites passions and plays with our emotions.

WE WANT TO HEAR YOUR IDEAS!

Creating a new museum is no simple task and when it is two museums in one building it is harder still. Part of creating a new museum is creating the brand that will raise its profile here in Wales, but also across the UK and abroad.

We want the new museum to stand out from the crowd, just like our flag does and to be original. The aim is to create a brand that reflects what we value in Welsh football and in Wrexham. And you can help....

A NEW BRAND FOR A BRAND NEW MUSEUM

Soon we will be introducing a ground breaking brand for a new museum experience, where the heart of Wrexham city meets the soul of Welsh football. This innovative brand will represent the coming together of two distinct museums in one dynamic destination. Designed to capture the essence of Wrexham city's rich history and the vibrant legacy of Welsh football, this brand

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promises an immersive journey through the past, present and future. It will be a celebration of culture, sport and community, inspiring visitors from near and far to explore, learn and enjoy.

HEARD

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Vacances

Homepage

The Council welcomes applications from suitably qualified candidates regardless of race, gender, disability, sexuality, religious belief or age. The Council is committed to developing its bilingual workforce and welcome applications from candidates who demonstrate their capability to work in both English and Welsh. Applications submitted in Welsh will not be treated less favourably than applications submitted in English.



You will find our 50 latest vacancies below..

Search Vacancies

Latest Vacancies

| Job Title | Category | Posted | Close Date | Apply |
|---|----------------------------|--------|------------|---|
| Experienced Social Worker - Family Support Team | Social Care | 02/04 | 14/04 |  |
| Corporate Apprentices 2024 | Chief Executive's Services | 02/04 | 30/04 |  |
| Cook in Charge - Ysgol Morgan Llwyd | Housing | 02/04 | 14/04 |  |

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| Job Title | Category | Posted | Close Date | Apply |
|--|--------------------------------|--------|------------|---|
| Social Worker / Experienced Social Worker x 3 | Social Care | 02/04 | 14/04 |  |
| Experienced Social Worker - Looked after Children Team | Social Care | 02/04 | 14/04 |  |
| Berwyn Library Advisor | Economy & Planning | 28/03 | 14/04 |  |
| Information Assistant | Social Care | 28/03 | 14/04 |  |
| Youth Support Worker - Duke of Edinburgh | Education & Early Intervention | 26/03 | 18/04 |  |
| Environment Traineeship Scheme 2024 | Environmental & Technical | 26/03 | 30/04 |  |
| Breakfast Club Catering Assistant - Froncysyllte | Housing | 25/03 | 07/04 |  |
| Cook in Charge - Borrass Park | Housing | 25/03 | 07/04 |  |
| Breakfast Club Catering Assistant - Garth | Housing | 25/03 | 07/04 |  |
| Experienced Social Worker - Community Wellbeing Team | Social Care | 25/03 | 07/04 |  |
| HRSC Advisor | Chief Executive's Services | 22/03 | 07/04 |  |
| Senior Planning Officer | Economy & Planning | 22/03 | 21/04 |  |
| Business Support Assistant | Economy & Planning | 22/03 | 07/04 |  |
| Headteacher - Ysgol Llan Y Pwll | Ysgol Llan Y Pwll | 22/03 | 12/04 |  |
| Relief Delivery Van Driver | Economy & Planning | 22/03 | 07/04 |  |
| Area Building Control Surveyor - Fire Safety Assessor | Economy & Planning | 22/03 | 07/04 |  |
| Area Planning Officer x 2 | Economy & Planning | 22/03 | 21/04 |  |
| Cleaner | Rhosnesni High School | 20/03 | 29/04 |  |
| Admissions Manager | Education & Early Intervention | 20/03 | 07/04 |  |
| Cover supervisor | Rhosnesni High School | 15/03 | 08/04 |  |
| ATM Fostering Services | Social Care | 14/03 | 28/04 |  |
| Residential Childcare Officer | Social Care | 14/03 | |  |
| Support Workers Homecare/Reablement | Social Care | 13/03 | |  |
| Night Support Workers | Social Care | 13/03 | |  |
| Headteacher | Rhosddu School | 26/02 | 03/04 |  |
| Deputy Head Teacher | Brynteg CP | 22/02 | 12/04 |  |
| EDT Sessional Support Worker | Social Care | 12/02 | |  |
| Site Manager / Caretaker | Victoria CP School | 01/02 | 17/05 |  |

The following piece is by: [Madeleine Jones, Wrexham.](#)

(Read through by Sybil Bremner on 02.04.2024 and transferred to Ruabon News Letter 516).

“Cardiologist”

Losing Weight After 50 Comes Down To 1 Food.

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“When you drink olive oil daily, something extraordinary happens to you.”

That’s according to Europe’s leading nutrition expert, Dr Sarah Brewer.

“Olive oil is without doubt the perfect superfood,” she told me in an interview last month.

“It’s packed with remarkable compounds called polyphenols, which are phenomenal for your skin, hair, joints, weight...”

“They can literally transform your health.”

Dr Sarah Brewer is at the very top of her field, Cambridge educated. Four first-class degrees. Author of over 70 best selling health books.

But is drinking olive oil really as life-changing as she claims?

To find out, I drank a shot of olive oil every morning for 30 days. Here are the 3 main benefits I experienced.

Day 7 - My Joints Almost Stopped Hurting

I’ve been a lifelong runner. And at 56, it’s taken its toll on my knees, which creak and ache whenever I wake up in the morning.

But after a week of drinking olive oil, I notice my joint pain has gone from a 9 to a 3! I leap out of bed like a child on Christmas Day.

Later, I call up Dr Sarah, and ask why my knees suddenly feel so springy and mobile.

“The polyphenols in olive oil act as a natural painkiller,” she tells me.

“In fact, a Harvard study found they can even work better than ibuprofen.

I’m astounded. Why didn’t I hear about this 20 years ago?

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In any case, I go on drinking olive oil religiously each morning. And a few days later, I notice something else:

Day 17 - My Skin and Hair Are Glowing

I'm on my way to work in Wrexham. And as I get off the bus, I catch my reflection on the side of a building.

“Hold on... who’s that woman? My hair is shiny and silky smooth. My skin’s bright and positively radiant. I look better than I have in years, and walk into the office feeling like I own the place.”

I call Dr Sarah again that night. And this time her explanation is simple.

“Olive oil is full of healthy fatty acids which moisturise your skin and hair - far better than the expensive creams you get in beauty stores.

“In fact, it’s so good for your skin, Italian actresses bathe in it. Maybe I should start having olive oil baths too? Either way, there’s no way I’m giving up my daily olive oil now...”

Wrexham Council

Wrexham Council is getting ready for Autism Acceptance month.

Every Tuesday during April we will be holding a short drop in session where you will be able to come and see us to find out about autism and the support available to individuals and families. When you pop in why not take part in a short autism awareness session.

Sessions will take place at the following times and locations:

The Wellbeing Hub
April 2nd, 16th and 30th

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10.30am-12.30pm

Training sessions 10.30am and 11.30am (lasting 30 minutes)

Wrexham Library

April 9th and 23rd

10.30am-12.30pm

Training sessions 10.30am and 11.30am (lasting 30 minutes)

These sessions will give you the chance to find out about autism, as well as support for unpaid carers and the opportunity to meet staff who can answer any questions you may have.

Autism Acceptance month will also see the launch of an Autism Café which will commence on April 19th. The Autism Café will be held every other Friday between 12-1pm in the Crown Buildings Well Being Hub and is the perfect place for you to find out more information about Autism what support is available across Wrexham.

Wrexham Council

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

Wrexham Council is inviting community and business leaders to join a new 'Town / City Board' to help oversee a 10-year investment programme funded by the UK Government.

Wrexham is one of 55 towns/cities across the UK selected to take part in the Long-Term Plan for Towns initiative.

It means the city could receive up to £20 million over the next 10 years to help deliver local priorities.

The new board will oversee the work by developing a 'Long Term Plan for Wrexham', and council officers are now working to recruit members before the April 1 deadline.

Councillor Mark Pritchard, Leader of Wrexham Council, said: "We want a range of dynamic community and business leaders to sit on this board and help Wrexham gets the most from this fantastic opportunity.

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“The board will meet four times a year and will set the strategic agenda – identifying which local priorities the funding will be invested in.

“I’d like to thank the UK Government and our MP Sarah Atherton for her support on this project, as well as council officers, partners and everyone else working hard behind the scenes.”

Councillor Nigel Williams, Lead Member for Economy, added: “Wrexham has so much going for it at the moment – global exposure, sporting success, big regeneration projects – and this is another golden opportunity to build on that confidence and keep the momentum going.”

Wrexham MP Sarah Atherton said: “The £20million Towns Fund is yet another testament to the UK Government’s commitment to Wrexham.

“Currently, there is a vast amount of planning in the works to rejuvenate our city centre and I am keen to see that this is delivered as soon as possible.

“This is a prime opportunity to transform Wrexham for the better and I am eager to work hand in hand with the board and every part of our community to drive progress forward.”

The final membership is expected to be confirmed by Wrexham Council’s Executive Board in April.

You can read more about the Long Term Plan for Towns initiative on the [UK Government website](#).
