CEFN & DEE VALLEY NEWS

Cefn Mawr, Acrefair, Cefn Bychan, Plas Madoc, Rhosymedre & The Dee Valley Delivered Free for over 16 years. Issue 80 Spring/Early Summer 2024







MAELOR ABC

Championship Boxing, this March *Gwion Ellis* 71Ks lost in the prelims to last year's British Champion and three times Welsh Champion *Ben Edwards* on points it was Gwion first time in the championship where he boxed really well against Edwards as the gap in experience was considerable.

Welsh International Cory Jones boxed for the first time in the Senior Elite Championships winning

on points at 54Ks against *Jack Collier* of Premier ABC to take the title on all three judges' cards, a fantastic achievement for Cory giving him his fifth Welsh vest, having won Minor, Schoolboy, Junior, Youth and now the Elite Championship title's. He's represented Wales 18 times. Cory's next stop will be to represent Wales in North Macedonia at an international tournament where he will be boxing against the best in Europe. We at the Maelor Boxing Club Cefn Mawr and the village of Rhos wish him all the best, thanks to *SOS Plant Hire Rhosymedre* for their sponsorship.



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SAMANTHA LAUNCHES SECOND BOOK

Following her successful first novel, Wrexham author Samantha Maxwell launched 'Disabling Ableism' in April, dealing with public perceptions and opinions of disability, with

contributions from Lesley Griffiths MS and Kerry Evans, Disability Liaison Officer, Wrexham AFC. Her first book 'CP Isn't Me' is part autobiographical and speaks about Samantha's personal experiences living with mild Cerebral Palsy in a society that often discriminates disability. She said: "With Disabling Ableism, I wanted to turn the topic onto the public and ask people directly their true personal opinions of disability with an interesting outcome".

Continued on page 23

CEFN COMMUNITY COUNCIL D-DAY PLANS

The Council plans to commemorate the 80th Anniversary of D-Day on 6th June by holding a small service at The Cenotaph to include the four schools in the our community together with a representative from Ysgol Rhiwabon. The schools and Community Council will be laying wreaths, and the service will commence at 9.30am lasting around 20 minutes. Members of the community are welcome to attend.

EDITORS COMMENTS

What a busy and eventful time we've had with all the football and boxing activities. Congratulation to Cory Jones from The Maelor ABC on winning his 5th Welsh vest and at the Elite level, What can I say about Wrexham? Brilliant and then we have our own local successes for both Cefn Mawr Rangers U12s and FC Plas Madoc we have some very passionate and talented sporty people in our villages. We also have the schools football tournament and the schools Olympics sponsored and coordinated by Cefn Community Council to look forward to over the next couple of months... We have many different groups and activities at various venues in Cefn, Plas Madoc/Acrefair and Llangollen both indoors and out from Life Drawing at the Dory Gallery Llangollen, Bracken Bashing around Dinas Bran or Nordic Walking at Erddig to the Men's Shed at CRNCA, Community Wellness at the George Edwards Hall Cefn Mawr, and Crafts at Plas Telford Acrefair and lunch clubs on Monday at the Leisure Centre and on Wednesday at CRNCA, you will find information about all of these and much more inside the newsletter so if you want to take up a new activity, meet people and make some friends all of these groups will be delighted to welcome you no matter what season the crazy weather decides to offer! Its only a couple of months to the International Musical Eisteddfod at Llangollen and the top acts just keep coming along with the many fundraising events to help support it in its 76th year and promises to be eventful. Congratulations to Ysgol Cefn Mawr on their very positive report following their recent Estyn Inspection. Please do get in touch with me on 07831 542872 or email me at: tyger@tygertactics.com

Stay safe and look after yourselves, Tyger.

CAN COOK / WELL FED MOBILE FOOD VAN On Tuesdays we visit Plas Kynaston Football Field LL14 3PU from 10.30am-11.45am Plas Madoc Leisure Centre LL14 3HL from 12 noon-1pm Ruabon Village Hall LL14 6AD from 1.15pm-2.15pm and Rhosymedre Primary School LL14 3EG from 3pm-4pm. Meals are available to purchase on the day and can be pre-ordered for the following week. Microwave meals, slow cooker bags & much more from toiletries and food cupboard items. Also selling bread, milk. eggs, household items and much more. See our Facebook page and message us if you need more information.

FESCO IN THE COMMUNITY

Hello All. I firstly would like to thank you all for the support on my return to the stores Community Champion role, the welcome back has been amazing! Thank You. Tesco and I have been really busy over the last couple of months, We have been supporting lots of projects, charities and community events. A few of these include donations of school uniforms to We Are Plas *Madoc*, time supporting CRNCA with the Wednesday



Lunch Club, Litter Picking with Cefn Community Council, attending Plas Telford to support the Arts & Crafts group, donations to our local schools with our vearly Easter Egg

Competition and Instore activities with North Wales Police. Tesco are always looking for new ways to support our communities, so please feel free to contact myself on: 07519 457398 or email:

David.Roden1@tesco.com



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YSGOL ACREFAIR NEWS

It's been a busy few months with lots of exciting things happening at Ysgol Acrefair. We've been fundraising to develop our

school library. Generous donations from the local community were appreciated for our Easter Bingo, raising over £500 thank you to all who attended. In March we held our St. David's Day eisteddfod and our 'What makes Wales Special?' week. We had lots of fun watching each classes performance in our eisteddfod. We had a wonderful time during our *Reading for Pleasure* week, and on *World Book Day* we dressed as our favourite story characters or wore our pyjamas to school and brought along our favourite book to share.

Our netball team attended an Active Wrexham tournament and loved using the skills that they have been practising in their weekly netball club. Our Y6 boys enjoyed a brilliant day at the Active Wrexham football tournament, representing the school brilliantly. We were very proud of them. Each week we have welcomed lots of families to our Family Learning 'Kitchen Chemistry Sessions' which have been lots fun. We've made fat paint, rainbow bubbles and have tested alkaline levels in red cabbage! Recently we visited to Cefn Museum where we enjoyed learning about local history as well as finding out more about how the museum is organised and curated. Our Y6 pupils are busy setting up their own museum which will be open to their parents in June so the visit was very beneficial. Our choir has been busy practising for our concert with Fron Male Voice Choir which taking place on 10th May at the

George Edwards Hall, Cefn Mawr. We were excited to meet a Hearing Support Dog in



our British Sign Language workshops. We learned how to sign our own names as well as the Welsh alphabet. We read stories and learned how to sign some of the key words from them. We've been busy with visits from Technocamps too. Our Y4 pupils enjoyed their first school residential this term, staying at Glan Llyn overnight, participating in lots of outdoor and adventurous activities





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YSGOL CEFN MAWR NEWS
Ysgol Cefn Mawr Estyn Inspection 2024
In February we undertook an Estyn
Inspection commissioned by Welsh

Government, inspectors completed a series of visits to all classrooms and looked at pupils' books, discussed their work and asked them lots of questions about the school and its daily running, questionnaires were submitted by parents, pupils and staff as part of their information gathering. We are all delighted with the findings of the report which states that Ysgol Cefn Mawr has an inclusive, nurturing environment for pupils. The culture of inclusivity helps pupils to build confidence and develop their self-esteem. The school has an exceptionally strong focus on well-being and emotional support, with a particular emphasis on daily physical activities and outdoor learning. This supports pupils to behave well and engage enthusiastically in lessons, they make good progress in developing their Literacy, numeracy, digital, physical and creative skills. Provision for ALN is strong with the

headteacher and staff working with dedication to provide a warm and valued culture for pupils and the wider school community. The Full report is available at: https://www.estyn.gov.wales/inspection-reports A big thank you to all of the pupils, staff, parents and governors for their ongoing hard work.

If you are interested in a Nursery space for September we have some places available, please contact the school on **01978 820719** to discuss a visit.





We had an enjoyable day celebrating World Earth/Eco Day planting and gardening, tidying up the forest school and recycling. We discussed the importance of looking after our planet. Thank you to Paul from *Eastwick Garden*



Centre for donating plants, seeds and compost, **Tesco** for donating bedding plants, and Tim from **Keep Wales Tidy** for donating litter pickers for our Eco Council. Pupils also completed litter picking on the school site and down the community paths.



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WREXHAM 26-30 Grosvenor Road, LL11 1BU 01978 291456 wrexham@ghplegal.com LLANGOLLEN The Old Bank, Berwyn Street, LL20 8ND 01978 860313 Ilangollen@ghplegal.com

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Can a solicitor transfer ownership of my house to my children now, before I die?

Q: After my husband died last year, I decided to make things as easy as I could for my children when I die. One of the things I wondered was whether I could transfer ownership of my house to them now? Could a solicitor do that for me?

A: Yes, ownership can be transferred before you die, but a solicitor would warn you that there are many things you should consider before deciding to do that.

Firstly, at your stage in life it is unlikely that transferring property to your children would avoid having to pay future care home fees, as the local authority could view the transfer as unlawful deprivation of your assets with a view to avoiding payment. In that case they would financially assess you as having 'notional capital' and treat you as self-funding. Proving non deprivation of assets can be complex.

Another issue regarding transfer is that you would lose your right of occupancy of the property. Further, if anything should happen in the future that resulted in you changing your mind about who should benefit from owning your property, for example an offspring's divorce, it would no longer be in your Will and you would have no say about future ownership or who would occupy the property.

There are different ways of ensuring your children receive your property as an alternative to outright transfer. One option might be to transfer say 50% of the property to your children, which would give you and them the right of occupancy. Holding the property as Tenants in Common would allow you the freedom to leave your 50% to whomsoever you choose in your Will. Alternatively, you and your children could hold the property as Joint Tenants and the property would then automatically go to your children upon your death. Again, however, neither of these options would protect your assets against payment of care home fees, so do seek more in-depth legal advice.

This question has been answered by Clare Lewis, a Licensed Conveyancer with GHP Legal. If you would like to speak to someone about this or any other legal matter, please visit our website www.ghplegal.com and use the contact us form, or call us on: Wrexham 01978 291456, Llangollen 01978 860313, Oswestry 01691 659194

Furger's

THE TOWERS DAY NURSERY

The children at the nursery have been very busy making the most of the lovely weather. Enjoying our new outdoor play area with water play, sand play, mud kitchen and gardening. The garden is

looking very pretty, some flowers are out and the children have been busy planting Cosmos, Sun Flowers and herbs. Our topic is Under the Sea and the focus has been on art, craft, songs, drama and stories to do



with this. Nature and mini-beasts are also being explored. The nursery garden has some lovely bug areas where the children can hunt for mini beasts. We will be celebrating Fathers Day by making cards. The older children have been participating in the Designed to Smile, a teeth cleaning initiative. Families eligible for the Free Childcare in Wales have been using their hours at the nursery and this has all run very smoothly. We are currently able to offer free child care for children during the term following their third birthday. Please get in touch if you would like more information.

Several new children have recently joined nursery and are settling in nicely. Places for September are now being taken up rapidly but we still have a few left. Please ring **01978 822446** if you are interested.



HOMELINK LIBRARY SERVICE Are you restricted to your own home?

If you are disabled or have difficulty in getting to your library, then the library could possibly visit you in our own home. The *HomeLink Library Service* provides access to the whole range of library and information services - providing a monthly collection of books, including large print books for partially sighted people and audio books. If you or another family member is unable to visit the library, why not contact us to see if you qualify to receive a home visit by the library? Please phone **Wrexham Library** on **01978 292090**.

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VALE OF LLANGOLLEN ROTARY Rotary

Vale of Llangollen Rotary – ever responsive to their members and the community have revised their schedule of gatherings to twice a month. The new schedule is available on their website https://www.valeofllangollenrotary.com/calendar If you are interested in knowing more about this active Rotary Group then please contact

secretary.llangollenrotary@gmail.com

A couple of Events coming up (in addition to our Group Gatherings are): 11th May - Community Fundraising Walk. 8th June - Llangollen Summer Fete at Plas Newydd 12.30 to 4pm, stalls, local vendors and some entertainment, parking in town please. Look out for our posters. We always welcome people without any pressure to join.

THE FDF CENTRE FOR INDEPENDENT LIVING

Live in North Wales? Consider yourself to have a disability? Sometimes feel lonely or isolated? Need advice, information, somebody to talk on your behalf, untangle the confusion, help you fill in forms? Would you like somebody to ring you every week to check you are OK or just for a chat? The FDF Centre for Independent Living might be able to help you, we offer totally free, confidential advice, information, advocacy and befriending. Contact our friendly staff for more information on 07597 450659 or call Befriending on 07597 452162. Don't struggle on your own we are only a phone call away or email: admin@thefdf.org.uk

1st LLANGOLLEN BROWNIES

Brownies have worked towards their network stage 2 skills builder; along with some UMA, Easter crafts and learning new games and songs. They made daffodils for the International Eisteddfod Daffodil Flower Festival in April, celebrated World Thinking Day in February by wear their uniform for the day, thanks to all the schools who allowed this. Thank to the Llangollen Christmas Festival for their kind donation. This has let us replace our sixes stationary and the girls will decide what to spend the rest on. We welcomed a new volunteer leader and are a very welcoming unit, if you want to volunteer. Is your daughter between 7-10 years old, wants to meet new friends, have fun and learn new skills then why not give brownies ago. We currently has spaces available. We meet every Wednesday in term time If you would be interested in your daughter joining please registered on the following link www.girlguiding.org.uk/information- for-parents/ register-your-daughter Or contact Alison Fenn on 07872 924888.

1ST LLANGOLLEN RAINBOWS This term we have welcomed some new girls into the unit. We are working towards our express yourself badge, painting, making monsters out of play dough and a selection of crafts. We celebrate St David's day by making daffodils and made Easter nest, baskets and cards before half term.

We have space for girls aged 4-7 years. We have a fun pack programme and would love for more girls to join in the fun. please register your interest on the link below: https://www.girlguiding.org.uk/informationfor-parents/register-your-daughter

COUNTRY

LLANGOLLEN COUNTRY MARKET

Spring / Summer open dates are Friday the 10th & 31st May, 14th & 28th

June, 12th & 26th July & 9th & 30th Aug. With many new and unusual things for you to come and buy we hope you like what we have been busy working so hard on. We have lots of locally, handmade crafts, home baked goods including cakes, jams, chutneys and honey and home grown seasonal garden produce. We are open the second and last Friday of the month from 11am to 2pm in the Memorial Hall, Market Street, Llangollen.

Refreshments are available and a warm welcome awaits you. Come and meet friends for a chat or find that extra special gift.

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E: Llangollen.TouristInformation@denbighshire.gov.uk Come and browse our fantastic display of local Welsh Artists and Crafters with Cards, local scenes in Art and Scenic Photos, Jewellery, Sewn Crafts, Books, Maps, Pottery, Glass and Woodwork. Find out what's on in the area, events, activities and places to stay, pick up timetables for bus and railways, buy or book tickets for upcoming event too. Check our Facebook page for the latest on what is on in and around Llangollen, with places you can visit, where to stay, things to do and what seasonal events and activities are on here and also other areas of North Wales. Open Mon, Tues, Wed, Fri and Sat from 9.30 to 4.30pm.

LLANGOLLEN LIBRARY

Castle Street, Llangollen LL20 8NU Tel 01978 869600 Rhymetime - on Wednesday for babies upwards, bilingual. Free to attend. Phone for details

Llangollen Library Reading Group - 1st Friday of the month at 7pm. Cost £2 to cover refreshment's. Cymraeg Darllen Cymraeg - please phone for details.

Working Denbighshire - helping you back to work here on Wed from 10am to 12 noon and every second week in May and once a month from June, phone for details or look on the Working Denbighshire Website. Free Running Your Own

Business course starts 1st May to 22nd May register on GLLMs website of email: multiply@gllm.ac.uk **Hearing aid support** every 2nd Friday monthly from 10am to 12 noon. They clean and re tube aids and give out batteries.

Reminiscing - Using Computers to reminisce and look back in history Friday 8th March 10am – Midday An online course ran by Cwmpas

Email dcdenbighsire@cwmpas.coop for details Contact Llangollen Library to book a place 01978 869600.

Open Mon to Wed: 9am to 1pm and 2pm to 5pm. Thurs: closed. Fri 9am to 1pm and 2pm to 5pm and Sat: 9am to 12.30pm.

Our hours are changing from 1st June. Our new time are- Closed Mon and Tues Open Wed 2-5pm Thurs & Fri 10am-1pm & 2pm-5pm and Saturdays 9:30am-12:30pm



BARCLAYS BANK - Here to help

Based at Llangollen library every Tuesday and Friday from 9.30am - 2.30pm. This

could change from June onwards Walk ins welcome. We have Account support and online banking services available. Please note this is a Cashless site so we will not be able to take cash.

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CEFN COMMUNITY COUNCIL

The George Edwards Hall is available to book for parties and events, as well as the main hall we also have the Lower Room with fully equipped kitchen for smaller

parties and the Council Chamber for those requiring smaller space for meetings, here we can offer a Teams or Zoom facility. The Clerk can be contacted on **01978 821298** for any enquiries. Currently we have: Slimming World on Tues 5pm - 8pm & Wed 9am - 11am. DanceZone on Mon 5pm - 8.30pm and Thurs 5.30pm - 8.30pm. Line Dancing on a Wed from 7.30pm - 10pm. Community Hub Thurs from 9am - 11.30am. Dog Training every Fri from 7pm to 10pm.

Our **12 Children's Play Parks:** are open, we ask that you please take your rubbish home with you if there is no available bin, thank you.

Street lights: If you notice any street lights out please can you report them with the number off the lamp post to the Office on 01978 821298 thank you. Birthdays: know someone who is going to celebrate their 90th or 100th birthdays? Please email Natalie on admin@cefncommunitycouncil.gov.uk

Wedding Anniversaries: If you know any couples in our community who will be celebrating their **Diamond 60**th or **Platinum 70**th **Anniversaries** please let us know on **01978 821298** or email: admin@cefncommunitycouncil.gov.uk

Trefynant Cemetery: we respectfully ask when visiting the Cemetery to please dispose of your rubbish in the bins provided. Also please use the one -way system, no turning around by the brick cabin, thank you.

Youth Club: our Community Council funded youth club in the George Edwards Hall is open Mondays and Wednesdays from 6 - 8pm during term time with a great range of activities including WiFi. We also welcome the Young Carers Group at this facility. Cefn & Acrefair Playwork Project: our popular Community Council funded playwork project runs in Cefn Plas Kynaston Play Park on Mondays and Wednesdays and Acrefair School Field on Fridays 11am - 1pm in all weathers for children 5+ for all school holidays bar Christmas and February. The Community Hub: on Thursdays 9.30am -12pm in the lower room at George Edwards Hall. Would you like to meet people from the community? Make some friends? Do you feel lonely? Come for a cup of tea, biscuits, meet new friends and do some crafts, puzzles or just have a chat. We have been on a cooking course recently and also did an art



session too! We have a stairlift if you have mobility issues, all are welcome! For more information, If you would like to come but don't feel able to make that first introduction - don't let that be a barrier. Contact us and we can help you get over that first hurdle! All you need to do is call **01978 821298** ask for Natalie or email **amin@cefncommunitycouncil.gov.uk** We can take that first step together.



Community Litter Picks: we do regular litter pick throughout the community from spring to early winter. Photo shows how much we collected off Rock Road and St John's Graveyard last month!

Our litter pickers are local volunteers giving up some of their free time for a good cause. We are also a litter pick hub and can long term, loan equipment and keep you supplied with bags etc. Call 01978 821298 or email: admin@cefncommunitycouncil.gov.uk

Cefn CC Football Tournament Teams from our Four schools, plus Pentre, Fron and Garth who will make up one team for the Tri Schools football tournament on the 14th of May at PMLC. The winner or most Goals scored will receive the Darren Bettis Cup. From 9.30am until 2.30pm in the sports hall. parents are welcome to watch from the cafe area

Summer Olympics Cefn CC are hosting an Olympic themed event on the week of the **8**th **of July**. Starting with Cross country at Ty Mawr on the 8th.a sports day at Plas Kynaston on the 10th and a swimming gala on the 12thJuly. Parents are welcome to watch the cross country from 9.30am on the 8th of July All four schools will be taking part, plus a combined team from Dee Valley Federation Schools.

Derwen Summer Planting We are looking forward to once again welcoming Students from Derwen College who will be visiting the George Edwards hall on the 9th and 10th of May to plant up the Community Hanging Baskets and Beds they do a fantastic job and it really brightens up the village.

Period Hub Free sanitary products now available at the George Edwards Hall, in the reception area, please take what you need. Courtesy of WINGs Wrexham who believe no woman or girl should be without free period products.



PCSO Contacts

Lara.Shiers@nthwales.pnn.police.uk 07814 075602 Kelvin.Evans@northwales.police.uk 07974 240306 Rhys.Yaxley@nthwales.pnn.police.uk 07974 243270

Please call 101 to report non emergencies.



CEFN COMMUNITY AGENT UPDATE

Hi everyone, hope everyone is looking forward to the long summer days and nights ahead. I can offer guidance, help and support to residents over 50, please

feel free to contact me if you need help with bus passes, blue badge applications, housing issues and so much more. There are lots of free courses going on at the George Edwards Hall over the next few months to help you learn new skills, please feel free to drop in and have a cuppa. You can either look up what courses are on by either looking on Cefn Community Councils Facebook page, or the Community Agents Facebook page.

I am now running drop-in sessions at **Cefn Library** on **Friday** mornings from 9am till 11am so do pop in. You can contact me on **07925048711** or email **agent@cefncommunitycouncil.gov.uk**

See you all soon, Donna.

CEFN AREA DEFIBRILLATOR 24/7 LOCATIONS

Llys Y Craig Sheltered Housing, Rock Road, Rhosymedre LL14 3YH

Henry Williams & Son (Roads) Ltd, Unit 1, Park Road Industrial Estate, Rhosymedre LL14 3AX.

Ty Mawr Country Park, Cae Gwilym Lane, Cefn LL14 3PE.

Hinds Shop, Bro Gwilym, Cefn LL14 3PA CRNCA Activity Centre, Bro Gwilym, Cefn LL14 3PA The George Edwards Hall, Well St, Cefn LL14 3AE The Eagles, Llangollen Road, Acrefair LL14 3RP Plas Madoc Housing Office, 50 Peris, Acrefair LL14 3LF All equipment is accessible 24/7 and is regularly checked.



CEFN COMMUNITY DEVELOPMENT OFFICERS UPDATE

Since joining Cefn Community Council as their Community Development Officer in January I've got out into the

community, currently I am providing CV and Employability Support every Monday from 1 to 3 pm at Cefn Mawr Library, we've successfully developed several CVs, created volunteer roles, and helped individuals secure employment. Initiated the #StayOnSide Project, encouraging girls to participate in football, establishing a girls' team in the Cefn Community district. Conducted Antisocial Behaviour Workshops at Ysgol Cefn Mawr and Ysgol Rhosymedre, with plans to expand to all schools in the area. Furthermore, I've worked on acquiring architectural designs for the Plas Kynaston Muga, Collaborated with Coleg Cambria to support Ty Mawr with various community projects, provided assistance to CRNCA and Ty Mawr with governance documents, development and social media support, and engaged with numerous members of the Cefn District, praising the community as one of the best encountered throughout my career. Looking ahead, I have several upcoming projects and ideas to explore further. If your organization would like a visit or non-financial support, please feel free to email me at andrew@cefncommunitycouncil.org.uk.

1st TREVOR SCOUT GROUP NEWS

During their pack holiday, our Cub Section jointly with Johnstown pack, visited Westminster Abbey, had a tour of the Houses of Parliament, travelled on the London Eye, took a cruise on the River Thames, visited some of the Museums and much more. They were all, including Leaders exhausted but thoroughly enjoyed themselves.



Beavers and Cubs joined together for an evening of wide games recently plus they had a fire to toast their marshmallows, a cold but fun evening in our District HQ. Over the next few weeks making the most of the lighter evenings, Beavers will be concentrating on camp cooking, camp skills, tying knots and their cyclist badge. Cubs are concentrating on online safety, bullying online, hiking, route planning, safety and pioneering. We are hoping to have a fun day out for the whole group in the next



few months, so we are making enquiries at the moment. We have vacancies currently for boys and girls age 6-8 years for Beavers, also boys and girls age 8-11 in Cubs. Due to Leader sickness at the moment

we are looking for Volunteers to come along and help out in the Group. So if you enjoy having fun, adventure, learning new skills and helping young people, please get in touch. All Volunteers are made welcome. In the first instance please contact myself Elaine Anderson Group Lead Volunteer on 07939476208 for a chat.

LLANGOLLEN RURAL COMMUNITY AGENT Louise Pritchard supports the over 50s in Trevor, Garth and Froncysyllte you can contact her on: llangollenruralca@therainbowfoundation.org.uk

or Tel: 07543 148836.

DISCLAIMER Whilst the Cefn & Dee Valley News makes every attempt to ensure the accuracy and reliability of the information contained in these pages. Cefn & Dee Valley News does not take responsibility for advertisements and articles which are the sole responsibility of the contributors.



1251 (BERWYN) SQUADRON -RUABON AIR CADETS

To celebrate the Squadron being 35 years old in 2024, we have created an alumnus for ex-cadets and ex-staff

members. We hope to involve our Alumni's in many events coming up in 2024. To join, or for more information, please contact the 35 Year Anniversary Project Officer, Flight Sergeant Cooper RAFAC via e-mail at: adj.1251@rafac.mod.gov.uk

1251 BERWYN SQN -RUABON AIR CADETS The Green, Ruabon, LL14 6DP



Do you want to get involved in the fastest growing Youth Organisation in the LIK and get the opportunity to

in the UK and get the opportunity to try your hand at the multitude of activities on offer, such as flying, shooting and adventure sports? For further information call **01978 821191** (Monday & Thursday evenings) or e-mail **OC.1251@rafac.mod.gov.uk**

LOCAL CHOIRS

THE FRON MALE VOICE CHOIR meets at Ysgol Acrefair Primary on Mondays and Thursdays, 7pm until 9pm with vacancies in all four sections email fron.choir@gmail.com for further details. Choral experience and singing experience, although helpful, is not necessary. You do not need to read music; you simply need to be open to embracing a fantastic new hobby and having a lot of fun on the way!

RHOS MALE VOICE CHOIR Like to sing in an established Male Voice Choir that welcomes and encourages new members? Come to one of our practices and see what you think. No experience necessary, we will give you advice and guidance. We are Cor Meibion Rhosllanerchrugog /Rhos Male Voice Choir. Ring me, Mike on 07944 386550 for a chat. Practices - The Stiwt 7.15pm Mondays, Capel Bethel, Chapel Street 7.15pm Thursdays.

RAISE THE ROOF COMMUNITY SINGING FOR

EVERYONE We are a locally-based Community Choir, offering opportunities for anyone to come and sing with us. We meet Thursdays in *St John's Church, Rhosymedre* at 7pm led by Choir Director Nova Evans. Singing a wide range of popular songs, we welcome invitations to sing at local community events and local residential homes. To contact us get in touch with **Nova** at **nova.4song@gmail.com** look us up on *Raise the Roof's* Facebook Page or just turn up on Thursday evenings! You'll be welcome to join us!

THE JAMES LAMBERT SINGERS We are a Wrexham based mixed voice choir who have been singing popular light music for 50 years, in English and Welsh, with performances in the UK and abroad. We are looking for new members. Previous choir experience and music reading ability is not essential. All you need is to be able to hold a tune, have some enthusiasm and commitment. We practise Tuesdays (7.30 to 9.30pm) at the *Brymbo Sports Club*. If you would like to know more, you'd be welcome to come and meet us and hear us practise. Call: 07774 850677

LLANGOLLEN MUSEUM NEWS



We have submitted our planning application to replace the Museum roof. This is needed because the new roof will change the

appearance of the building ever so slightly. The low parapet around the roof will be removed and rainwater drainage will be routed on the outside of the building, instead of the present internal pipes, that have previously blocked and flooded the building. We are also waiting to hear whether we have been successful in our bid to the Lottery Heritage Fund for the remainder of the required funding to enable the work to go ahead. If successful then the Museum will, unfortunately, need to be closed for about 6 months from July this year. However, we plan to have a number of 'Hwbs' located around the town whilst we are closed, each with artefacts in a display cabinet and a display board detailing part of the heritage of the town.

29th May at 7:30pm we have Peter Dickinson from Llangollen Railway with an illustrated presentation "Modelling at 12 inch to the Foot scale" - An insight into heritage and conservation projects at Llangollen Railway. Do come along, as Peter's talks are always very interesting and attract a good audience. On 26th June, at 7:30pm, one of our curators Sam Thomson, talks about the Roman period in Britain, with a special focus on North Wales. A fascinating opportunity to find out just what the Romans did for us! Entrance to both talks is £3 on the door, including refreshments. If the Museum does close for the work on the roof then our programme of talks will be re-located across the road to the Council Chambers.

On 25th June our coffee morning in the Memorial Hall on Market Street, is from 10am until 12pm entrance fee £2 which includes coffee/tea and a biscuit. There will be the usual cakes and books for sale as well as a raffle and tombola. We will also have information on display about the work that we will be doing on the roof. Our second Finds Open Day in March was again well attended, with lots of people bringing in items for the Portable Antiquities Officer, Susie White, to identify. We are planning to hold two further finds days on Saturday 13th July and 9th November, if the Museum is closed, they will be held in the Council Chambers opposite the Museum. A great opportunity to meet Susie, learn more about artefacts and maybe solve some mysteries! We hope to see you at our next finds day!

Throughout May the Art Gallery will continue the display of landscape photography from the Isle of Skye by Jane Evans and Emma Petruzzelli, followed in June by a display by the Llangollen International Musical Eisteddfod. If the work on the roof is delayed, and we are still open in July, we have an exhibition of paintings by the Pen-y-Cae Art Group — postponed to 2025 if we do have to close. For all the latest about what is happening at the Museum, do keep an eye on our Facebook page Llangollen Museum

We are open from 10.30am - 3.30pm Mon, 10.30am - 4pm Tues, Wed, Thur, Sat and Sun. Closed Friday Contact us on 01978 862862 or email:

enquiries@llangollenmuseum.org.uk

CEFN AND DISTRICT MUSEUM & HISTORICAL SOCIETY

Cefn Mawr and District Museum is open every Monday, Wednesday and Friday from 10am to 12.30pm (except for Bank Holidays). Other times can be arranged but must be pre-booked, contact Alan Tiltman the Archivist on a.tiltman@icloud.com or 07753 251768.

We have a wide range of displays reflecting the life of the Cefn community, and people are always amazed when they come in and see what's there: village and home life, churches and chapels, schools, industry, sport, art and music. We also have special exhibitions for a few months — the current one is on the achievement of Dr Mary Share Jones, who worked with mothers and children in the Cefn area as well as more widely in Denbighshire, and managed to reduce the very high mortality rate among new-born babies. We look forward very much to seeing you in the Museum before too long.

We are also happy to arrange 'Museum in a Box' visits for those unable to make it into the Museum. We put a selection of items from the Museums collection into a box, and take them to a variety of residential homes and community groups. Do get in touch with Alan if you would like us to visit you.

The Cefn Mawr Historical Society, which runs the Museum in partnership with Cefn Community Council, is now meeting regularly again, usually on the last Friday of the month at 2pm in the George Edwards Hall. Among our upcoming speakers is **David Crane** from Llangollen, who will be giving a talk on 31st May on 'The Mills of Llangollen'. Then on 28th June we have Graham Edwards, who will give a talk on 'Richard Jones-Berwyn in Patagonia', and our talk on 26th July is by Kate Tiltman and Trish Owens on their trip to Tanzania. Other talks for the coming months will be publicised on our Museum and Historical Society Facebook pages.

Membership of the Society costs only £5 a year, but non-members can attend any meeting for only £2. We hope very much to see you at our meetings soon.

Welcome to Clwyd Family History Society

The Clwyd Family History Society was founded in 1980 to encourage the study of genealogy and family history in North-East Wales, and to provide a forum for people who are interested in these subjects to meet, and to help each other. It now has approximately 500 members worldwide.

Unit C15, Community Enterprise Centre, Well Street, Cefn Mawr, Wrexham LL14 3YD. Tel: 01978 822305. (Answerphone - messages will be responded to as soon as possible). www.clwydfhs.org.uk

LADS N DADS

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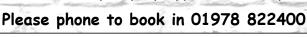
Friday 9am - 5pm

Saturday 9am - 2pm

LADIES any day by appointment only









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CEFN LIBRARY UPDATE

Mondays

Citizens Advice every Monday from 1-4:30pm provide free, independent, confidential and impartial advice on any issue brought to them. It is a sit and wait service, no appointment

Knit and Knatter group meet every Monday from 1-4pm. Come and join this friendly group of people. Stay for as long as you want. Tea and coffee available. Please bring your own mug.

Integrated Autism Service every third Monday of the month from 2-4pm, a drop-in for people with questions about autism

CV Writing Support Sessions every Monday from 1 -3pm, a drop-in where Andrew Ruscoe will help you with your CV and answer any questions you may have regarding IT.

Wednesdays

Cylch Ti a Fi 1:15-2pm during term time. Suitable for children under 4 and Welsh or nonspeaking Welsh families. Learn simple songs and take part in a craft activity. The sessions are free but you need to book in advance by contacting Sophie on 07843 366233 or sophie.ross@meithrin.cymru

Lego Club every Wednesday all year round from 3:15-4pm. Suitable for children age 4+ with some building blocks for younger siblings if needed. It's free and a drink of squash and a biscuit is provided.

Thursdays

Come along to our **adult book club** which is held on the last Thursday of the month from 2-3pm. Free of charge and a hot drink will be provided.

Cefn Remembers is 2-3pm on the first Thursday of every month, and is a reminiscence group for people to talk about Cefn Mawr and the surrounding areas in the way they remember it.

We have a dedicated **quiet** corner and also quiet library time from 4:30-5:30 on Thursdays

Fridays

Parents Drop-In from 8:45-9:45 every Friday during term time. Drop the kids off at school and pop into the library for a cup of tea or coffee and a chat with your friends.

Summer Activities

Summer crafts will be available all day every Friday of the summer holidays. No need to book, just come along and have a go!

Summer Reading Challenge starts over the summer holidays. Children will need to read at least six books and visit the library at least three times over the summer to win prizes and a certificate. We have blue recycling sacks and green caddy bags available. We have audio books on CD, large print books plus Quick Reads for those who haven't got a lot of time. Free WIFI, IPads, Computers and laptops are now available. Printing and photocopying: 20p per page Black & White, 40p per page for colour. Call us on: 01978 820938

Email: Cefnmawr.library@wrexham.gov.uk

We're open Mon 1-5:30pm, Closed Tues, Wed & Thur 1-5:30pm, Fri 9-5:30pm.

Plas Kynaston Lane, Cefn Mawr LL14 3AT

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CEFN MAWR CONVENIENCE STORE

(Hinds Shop, Bro Gwilym, Cefn LL14 3PA)

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mark.mellor@talktalk.net See our Facebook page



LOW CARBON COMMUNITIES

Cefn Community Council organised a series of Low Carbon Community workshops all around the community, two were held at WAPM and CRNCA as part of the low carbon



communities project helping to support sustainable communities and lowering their carbon footprint,



funded by WCBC and
Welsh Government.
Projects have been held at
Ty Mawr, Plas Madoc
Leisure Centre and within
the local schools - where a

class of children from each school made bird feeders! Acrefair School made bird masks to coincide with the Big Garden Birdwatch 2024! We have planted our own herbs, made bug hotels, birdhouses, held plant-based cooking sessions and everyone really

enjoyed themselves! Next up we have a Wildflower Seed Bomb giveaway on the 29th of May from 10am - 12pm at Ty Mawr Country Park! Free but places are



limited, to book your place please call 01978 821298 or email: admin@cefncommunitycouncil.gov.uk



Life Drawing Classes at the Dory Gallery, Regent Street, Llangollen. LL20 8HL. Classes on Mondays (excluding bank holidays), £12 per session from 10:30am-

12:30pm. Artist on hand to give guidance. Boards supplied, bring your own pads and pencils. Limited space, booking recommended. Professional model, all levels are welcome.

Artist Tony Mallon, showcases his new site specific installation, which explores the building's heritage as a health centre. Until late summer.

Abstract Nude Workshop. A one day workshop with artist Tony Mallon. 18th May, 10am-4pm. For more information and to book a place at Eventbrite see: https://t.lv/q2bGv.

Artist in residence, Jan Wallis will develop her new installation from the end of May.

Ghost of a Room. On-going. A re-imagining of the dark oak carved panels at Plas Newydd by local textile artist Jan Wallis. Hand stitched quilting.

Exhibition from the permanent collection of Dory's work. On going. Also showing work by local artists Mandy Wilkinson and Louise Edwards.

Women's Peace Petition Project Exhibition from the 29th June for six weeks.

All exhibitions, Saturday and Sunday, 10am-4pm. Check our website www.dorygallery.com and Instagram @the_dory_gallery for details, exhibitions and gallery events. Entry is free for everyone, dogs are welcome inside and kids can have fun with our Art Trail quiz! Email: thedorygallery@gmail.com



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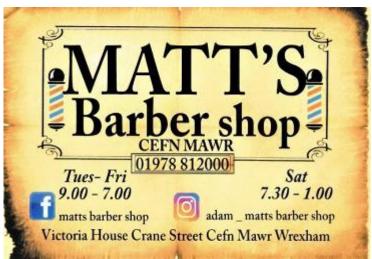
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CHURCH NEWS



Winter behind us at last. What do we have planned for all those months ahead? We are 'no doubt' all looking forward to the summer months of holidays and gathering with friends and families, with our weather forecasters now predicting and

promising a bit of warm sunshine ahead of us - to allow us to enjoy all those perfect plans we've made! Sadly, we can't really be assured of that guarantee! We've had rain, rain, and more rain! We certainly seem to have had our fair share of it these past months, haven't we!? The seasons have all changed and are now unpredictable! Environmentalists are predicting changes to our world that will inevitably affect us all in different ways, with food, cost of living etc. etc. On our TV screens we have seen horrendous floods, there have been volcanos erupting, earthquakes, heatwaves, fires, and ruined crops worldwide. Not to mention the horrific wars in action around us. And sadly, all of these situations have ended with a huge loss of lives to thousands of innocent people. This is not happy reading, but Jesus prophesied that all these things would happen, and tells us in the bible, to take note and to be aware when we see these things start to happen, as these would be the signs that He would be returning to this Earth one day, and we should prepare ourselves to be ready to meet Him. No matter what this world may throw at us, if we put our trust and faith in Him as His children, He promises us peace and eternal life! If you would like to know more, why don't you come and join us at Café Church, on the first Sunday of every month at 10.15 in the CRNCA (the old canteen in Cefn Mawr). We have free cakes and cuppas and have a good old friendly chat about these things written in the bible. All ages are welcome! Or if you would prefer to join us for our Social Evenings, these are held 11 days after Café Church, on a Thursday evening at 7pm at the CRNCA, again with free food and drinks. A great opportunity to meet up with old friends, or a time to make new ones! Or phone Colin or Rowena on 01978 824785 for more information.

RHOSYMEDRE METHODIST CHAPEL

Chapel Street, Rhosymedre LL14 3YF. Open for worship every *Sunday* at **11am** and every 2nd Sunday of the month we worship at Ruabon Methodist Chapel at 10:30am. We were delighted to have celebrated our Chapels 150th Anniversary at the end of April.

RUABON METHODIST CHURCH

Henry Street, Ruabon LL14 6NS Open for worship on Sundays at 10:30 am and every 4th Sunday of the month we worship at Rhosymedre Methodist Chapel at 11:00am.

LLANGOLLEN METHODIST CHURCH

Princess Street, Llangollen LL20 8RD Sunday Worship at 11am Tel:**07927 144822** or visit our Facebook page.

ST. JOHN'S RHOSYMEDRE

Church Street, Rhosymedre LL14 3EA.
Our regular **Sunday Services** are at 11am. **Bible study** every Wednesday at 1.30pm.
We will have a Table top sale end of July date to be

confirmed
St John's is open to any school or group who wishes

to visit. We also have an upstairs room for people/ groups to use for meetings or get togethers.

Contact - **Beulah Griffiths Church Warden** on

Contact - **Beulah Griffiths Church Warden** on **07539 229228**

TREVOR PARISH CHURCH

Trevor Llangollen LL20 7TL

Sunday Morning Prayer at Trevor Church every Sunday at 9.30 am. We have Holy Communion on the 4th Sunday of each month.

When there is a 5th Sunday we have a combined service in St Collen's Llangollen at 11am.

Trevor church is currently looking for someone to help out as Treasurer. If you feel that you might be able to help, please contact Fr Lee Taylor in Llangollen.

CATHOLIC CHURCHS

St. Richard Gwyn Parish (Chirk, Llangollen & Ruabon) Wrexham Diocese Charity Number 700426 Parish Priest: Fr John Bosco Bukomba AJ Office 01978 821568

www.strichardgwynparish.uk,

Email: priestruabon@rcdwxm.org.uk Churches are open for Mass, Llangollen Saturday 6pm, Chirk Sunday 9am and Ruabon Sunday 11am.

Further notices can be found on St Richard Gwyn Facebook page. Date for your Diary **Sat 18th May** *Family Fun Day* at St Marys Church, Ruabon from 12 noon, entry free, activities including Teddy Zip Wire from the Tower, Glitter Tattoos, Punch & Judy, Refreshments, stalls and more.

LLANGOLLEN GROUP OF ANGLICAN
CHURCHES ST COLLENS PARISH CHURCH
Weekly Mass and Communion in St Collen's on
Sundays 11am, When there is a 5th Sunday there
will be a united service for all four churches.
St Collen's Church Opening Times for Prayer and

Visiting: Sunday: 10am - 12 noon. Monday to Saturday 10am - 3pm

CITY CHURCH LLANGOLLEN

Brook Street, Llangollen LL20 8LS.

We meet every Sunday at 10am for 10:30am, come and join us. You can expect a warm friendly welcome, we are a united church family, where you will experience a church full of freedom and love.

Tel: 07957 728473

email: church@citychurchllangollen.org.uk

We welcome your News, Photos and Information on Events for inclusion in the next edition of the newsletter. Please email: tyger@tygertactics.com

To advertise please call **Tyger** on **07831 542872**, message the **Cefn & Dee Valley News** Facebook page, or email: **tyger@tygertactics.com** Thank you.

Crane Medical Centre

Crane St, Cefn Mawr, LL14 3AB; Tel: 01978 810844

News Update



Welcome to the Seventeenth edition of Crane News.

We hope you are all well.

MMR Vaccinations During this time of the year our thoughts turn to holidays and what travel vaccinations we need to go on trips abroad. However, travel vaccinations should not be the only thing on our minds to decrease the risk of diseases. Recently measles cases are on the rise across the UK because uptake of the MMR vaccine is declining. So, it is worth checking if your child has had both doses of the MMR vaccine. Measles is a nasty and very infectious viral disease which can be completely prevented by being vaccinated. In some cases of measles children have to be hospitalised and in rare cases it can lead to death. If you or any of your children have missed out on these vaccinations, please contact your GP surgery. For more information on measles please refer to the NHS website or talk to any health care professional.

Mental Health Support Did you know that you can get urgent mental health support 24hours a day 7days a week by calling 111 and selecting option 2. This service is free to call from a mobile or landline. In life threatening situations you should always call 999.

Covid Vaccinations The Health Authority are co-ordinating the covid vaccination programme this spring. Unfortunately, the GP surgeries cannot help you with re-scheduling your covid vaccinations. Please contact the Health Authority via the telephone number on your appointment letter. We encourage you to have your vaccination if you are eligible.

ROWLANDS PHARMACY CEFN MAWR

Medical Hall, Crane Street, Cefn Mawr LL14 3AD

Open: Mon to Fri 9am to 1pm and 2 to 5.30pm.

Sat 9am to 1pm. Tel: 01978 822600

L ROWLANDS & CO RUABON

The Medical Centre, Ruabon, LL14 6NH

Open: Mon to Fri 10am to 12pm then 2pm to 6pm

Sat 10am to 1pm Tel: 01978 821802

L ROWLANDS & CO LLANGOLLEN

Bishop's Walk, Health Centre, Llangollen LL20 8RZ

Open: Mon to Fri 8.30am to 6pm Sat 9.30am to 1pm

Tel: 01978 860657

ALEXANDERS PHARMACY ACREFAIR

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Do ask about our free prescription delivery service.

Open: Mon to Fri 9am to 6pm. Closed Sat.

Tel: 01978 810272

HEARING AID SUPPORT

Did you know that the *Wrexham Maelor Audiology Department* have monthly Drop In sessions at the following places *Llangollen Library, Castle St LL20 8NU* on the 2nd Friday of every month between 10am and 12 noon, and *Corwen Family Practice, Green Ln, LL21 0DN* on the 3rd Friday of every month from 10am to 12 noon. We clean and re tube aids and give out batteries. No appointment needed. Find us upstairs in the Tourist Information building on Castle Street and there is a lift to the library on the first floor.

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USEFUL NUMBERS

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Dee Valley Water 01978 833200

Dee Valley (Leak Line) 0800 298 7112

MANWEB / Scottish Power 0845 2722424

Welsh Water 0800 0520130

Cefn Community Council 01978 821298

ACAS 0300 123 1100 Age UK: 0800 169 6565

Alzheimer's Society 0300 222 11 22

CALL Community Advice & Listening Line

0800 132 737 or text 'help' to 81066

Cambrian Credit &Loans 01978 266843

Caritas Surgery Cefn Mawr 01978 720450

Childline: 0800 1111

Citizens Advice Wrexham (CA) 0300 330 1178

CA Consumer Helpline 0808 223 1133

CA National Grid line 0300 330 1178

CA local office please leave your name and

number for a call back 01978 364639

Community Fire Safety 01745 352693

Consumer Direct Wales 08454 04 05 06

Crane Medical Centre 01978 810844

Crime Stoppers 0800 555 111

Dementia Help Line Wales 0808 808 2235

District Nurses Plas Madoc 01978 812163

DAN 24/7 Drug & Alcohol Help Line 0808 808 2234

or text 'DAN' to 81066

Domestic Abuse Safety Unit (DASU)

01978 310203

Domestic Violence Hotline: 0808 2000 247

Floodline 0845 9881188

Home Fire Safety Checks 0800 169 1234

Live Fear Free 0808 8010 800

Macmillan 0808 808 00 00

Men's Advice Line 01823 334244

MIND 0300 123 3393 or text 86463

National Drugs Helpline 0800 776600

No Panic Don't suffer alone, pick up the phone.

0844 967 4848

RNIB 020 73881 266

Ruabon Medical Centre 01978 823 717

Samaritans: 116 123

SHOUT 24/7 free (on major networks) text service for anyone in crisis any time. Text **85258**

The Mix Young Peoples Helpline 0808 808 4994

Universal Credit 0800 328 5644

Wales Domestic Abuse Helpline 0808 8010800

Working Families 0300 012 0312

Wrexham Care & Repair 01978 268120

Wrexham Dog Warden 01978 298989

Dog Warden Out of Hours 01978 292055.

Acorn Kennels 01948 662931

Wrexham Communities for Work

07976 200414 or 07976 200413

Wrexham Maelor Hospital 01978 291100

USEFUL WCBC NUMBERS

OUT OF HOURS EMERGENCY NUMBERS

WCBC Out of Hours 01978 298989

Emergency Council Housing Repairs 01978 298993

Social Services 0345 053 3116

Emergency duty team

Highways 01978 292055

Telecare 01978 292055

Adult Social Care 01978 292066

Social care services for adults & older people

Children's Social Care 01978 292039

Social care services for children & families

Business 01978 298990

Business rates & licensing

Education 01978 298991

School admissions, term dates, free school

meals, school transport

Finance 01978 298992

Council tax account queries, Council tax support,

payments, benefits

Housing 01978 298993

Housing repairs

Planning & Building Control 01978 298994

Planning permission, advice & guidance

Pride in Your Streets 01978 298989

Waste collection, street cleanliness & lighting

Transport 01978 298996

Blue Badges, bus passes

Welfare Rights 01978 298255

Wrexham Family Information Services

01978 292094

More services 01978 298997

Including births, deaths & marriages, voting and job

vacancies

Text relay To use the Text Relay service prefix any number with **18001** or call our switchboard on

01978 292000.

MY ACCOUNT REPORTING

Is that pothole dangerous or annoying you? Did they miss your bins this week? Is that street lamp out or lit up all day? Dangerous tree? Fly tipping? Blocked gully? Overflowing culvert? Noisy neighbour? Abandoned

vehicle? Set up a 'My account' at

https://myaccount.wrexham.gov.uk

Report it and track it online in half the time.

CAMBRIAN CREDIT UNION – CASH OFFICE UPDATE!

Plas Madoc Leisure Centre, in partnership with the **Cambrian Credit Union** is investigating the possibility of offering a full in person cash service at the leisure centre.

Do you think this service is needed?

Have your say about how this service should operate by filling in our online public consultation form:

https://forms.office.com/e/zXxTYifZ9x

Contact Rachel.jones@plas-madoc.com for more information or for information about savings and loans with Cambrian Credit Union go to;

www.cambriancu.com

COMMUNITY SUPPORT

LLANGOLLEN FOOD SHARE HUB

Castle Street end of Market Street Car Park. If you have queries call 07538 894449 contact us on Facebook or email: Ilangollenfoodshare@gmail.com Open for food parcels 1-2pm Wed, open for donations 10-11am Tues. Open for Community Fridge sharing free surplus food Mon & Thurs 9-11am.

For Crisis / Emergency support: if you are in crisis or need emergency support, we can help out of hours: to talk in confidence, message us on Facebook or text **07538 894 449.** If you know of anyone struggling, please share details for them to contact us. We can deliver to those unable to collect. We share supermarket surplus to stop food waste, check our Facebook page for updates. Food Share is for everyone. If you can support us by donating food or money, please get in touch for with us.

WREXHAM FOODBANK PLAS MADOC

Provide emergency food parcels and toiletries to those in financial crisis. You need a referral from someone that helps you with other support such as your housing officer, social worker, health visitor, Community Agent, School or Citizen's Advice Wrexham. You can also call Help Through Hardship free on 0808 208 2138. We have 8 centres for parcel collection, and someone can collect on your behalf, or you can request a home delivery. Plas Madoc Leisure Centre foodbank is open Thurs 10.30-12 noon, use the red fire exit door by the main car park. Donations welcome on Tues and Fri between 10am -3pm at Unit 3 Edwards Enterprise Park, Rhosddu Industrial Estate, Wrexham LL11 4YZ .To volunteer please email ifo@wrexham.foodbank.org.uk or call 07538 **547971.**Find us on Facebook and Twitter, visit www.wrexham.foodbank.org.uk

THE COMMUNITY CAFE & FOODBANK RHOS Supports families and individuals in the community with our foodbank, please get in touch to organise a food parcel. Generally here midday on Tuesday, Wednesday

and Thursday but please call 01978 447477 or message our **Facebook** page before coming up to see us.

CITIZENS ADVICE WREXHAM Free independent impartial, confidential advice on **Mon** at *Cefn library* 1.30 to 4.30pm and **Thurs** at *Plas Madoc Leisure* Centre 9.30am to 12.30pm. Need advice before then? Call **0300 330 1178** between 10am and 2pm or leave your name, number and brief description of your issue on the general advice line answer machine 01978 **364639** and they will call you back.

COMMUNITY FOOD, FRIENDSHIP AND COMPANY Free weekly sessions at St Collen's Hall, Regent Street, Llangollen LL20 8HL. Friday Community Lunch 12 noon to 1.30pm. **Saturday** Community Breakfast 9am to 11am. No need to book, just turn up, We look forward to seeing you.

COMMUNITIES FOR WORK DIGITAL SUPPORT

Do you need access to IT equipment to help with your job search applications, online courses and completing your online journal? Weekly Digital Drop-in sessions, with Communities for Work Plus team member to offer you support on **Mon** from **9.30 to 11.30am** at the Opportunities Centre, Plas Madoc LL14 3US

FRIENDS OF PARKIES The charity is based in St Martins next to Stan's Supermarket, offering support for those diagnosed with Parkinsons, carers and families, meet every 2nd Wed of the month at Call Elaine on 07760 685447. See our Facebook page friends of parkies.

NEW PATHWAYS provide specialist support to adults, children and young people who have been affected by rape, sexual violence or abuse. Contact by phone 01685 379310, email

enquiries@newpathways.org.uk

or visit our webpage www.newpathways.org.uk

NORTH WALES FIRE AND RESCUE SERVICE contact us for a free Safe and Well check, call 0800 169 1234 or visit http://ow.ly/4zS950GUlfr

VETERAN'S DROP-IN SESSION At the Memorial Hall Wrexham from 10am -12 noon the last Saturday of the month. Contact Graham Jones: at graham@woodyslodge.org

VETERANS' GATEWAY Information and support for veterans and families call 24/7 for help 0808 8021212, text 81212 or email support@veteransgateway.org.uk WCBC BENEFITS ADVICE / WELFARE RIGHTS

Telephone advice for all Wrexham residents on Social Security entitlements including Universal Credit, Jobseekers Allowance and disability benefits. Call 01978 298255 9.30am - 12pm, Monday to Friday.

WREXHAM FAMILY INFORMATION SERVICE Here to help and support with a range of family issues or concerns. Call 01978 292094 or email:

fis@wrexham.gov.uk to Check our Facebook page for updates resources, events, activities and courses.

WREXHAM KIDNEY CAFÉ At YAB Hub, Unit 3 Eagles Meadow Wrexham LL13 8DG Popham Kidney Café meets 1st Wed of the month 10am -12 noon, supporting people, families and carers living with kidney disease. To book call 0333 2001285 or

e:support@pophamkidneysupport.org.uk or visit www.pophamkidneysupport.org.uk

WCBC ESTATE OFFICE UPDATE

The Plas Madoc Office is open for all queries and advice, our Kiosk is open for payment of rent and council tax by card only as we no longer accept cash.



Reception open to the public

9am-4.30pm Monday-Thursday, 9am-4pm Friday. It is important that tenants have Home Contents Insurance, please call 01978 292061 for advice on this as we no longer provide this service or email us on PlasMadoc.EstateOffice@wrexham.gov.uk

Are you missing out on any benefits? Here are two quick and confidential ways to check your eligibility on-line: www.entitledto.co.uk

www.benefits-calculator turn2us gov.uk

If you have **URGENT** Out of Hours housing repairs contact housing on **01978 298993**.

We are consulting on some proposed changes to our current Allocations Policy. Stakeholders, including applicants and contract holders are being invited to comment on the proposals, please note this is not about changing our Banding System. This survey will close on the 31st May and can be found at

https://www.yourvoicewrexham.com/survey/2067

PLAS MADOC UPDATES What's on in Plas Madoc

MONDAYS

Coffee Morning at Plas Telford from 10 to 11.30am.



'Suppa n a Cuppa' 6.30pm to 8pm at Kettle Club Hub meet new friends, enjoy a bite to eat or just chill free to attend.

The Land Street Play 3.45pm-5.45pm.

TUESDAYS

Crafty Brew Health & Wellbeing Group from 9.15am to 11.30am at Plas Telford. The group supports mental health through crafts and peer support. All welcome come along and do some crafts whilst having a cuppa.

The Land is open for play from 3.45 to 5.45pm.

WEDNESDAYS

Breakfast & Brews from 9 to 11am in the Opportunities Centre, join us for a hot drink and breakfast, free to attend.

Total Knitness free knitting and crochet group every Wednesday from 1pm-3pm at the Kettle Club Hub. **The Land** is open for play from 3.45 to 5.45pm.

THURSDAYS

Kettle Club Hub drop in from 9am to 12.30pm join us for a brew, hot food, and good company! Free to attend.

For Plas Madoc residents trips to Aldi/Tesco are run between 10-12pm - £1 return which includes drop off at your home. If you need more info, please call **01978 813912** or **01978813912**.

Form Filling at Kettle Club Hub 1pm-3pm, Do you find form filling challenging, over whelming or could do with support, pop along.

Pg Sips at Kettle Club Hub 3.45pm-5.45pm at the kettle club hub a parent, guardian group to discuss all things parenting.

The Pantry 3pm-6.30pm 10 items for £3 these include a variety of choice of non perishable foods. **The Land** is open for play from 3.45 to 5.45pm.

FRIDAYS

Thank Me It's Friday 10am-12pm at the Opportunity Centre a chance to unwind a learn all about Self-healing.

The Land is open for play from 3.45 to 5.45pm Bingo every 1st Friday of the month 6pm eyes down 6.30pm at Plas Telford. £3 per book, inbox **WAPM** for more details and to book your tickets. Children welcome accompanied by an adult £1 for Children's bingo.

First Plas Repairs every 2nd Sunday of every other month at Little Sunflowers 2pm-4pm a chance for you to bring broken items to be looked at for repair. Plas Telford Treasures a table top sale every 1st Sunday of the month, 12pm-3pm an opportunity to sell your unwanted items. Tables £5 to sell items. Family games night every last Friday if the month at the Kettle Club Hub 6pm-7pm.

We Are Plas Madoc have a website so if you'd like to learn more about the group head over to www.weareplasmadoc.co.uk

LITTLE SUNFLOWERS

or in the community.

Open to Flying start Families and Rising 4's. Please contact **Sharon** on **01978 813914** for information on all services available, or message Little Sunflowers Avow Facebook page thank you.

PLAS MADOC POST OFFICE & TOP SHOP

Shop open Mondays to Saturdays 7am to 10pm. Sundays 8am to 9pm. **Post Office** open Monday to Friday 9am to 5.30pm and Saturday 9am to 12.30pm **Tel: 01978 820729**



LOCAL PEOPLE USING THEIR TALENTS TO HELP OTHERS

Community Catalysts deliver an innovative scheme across Wrexham to support local people to set up working for themselves offering highly personalised care and support to older and disabled people. The scheme provides free mentoring to support caring people to set up as self-employed or to set up a small business or enterprise offering help at home

You don't need any care or business experience to benefit from the scheme, but you do need to know what good care looks like. Local people might offer help with washing and dressing, cleaning, cooking, sitting and chatting, DIY, gardening and more. Several passionate people have already taken advantage of the project locally, including Moya who has set up a small enterprise called *Home Assist Wrexham*.

Mova said. "Things are going well – I have everything I need in place. I have four people who I am supporting already. I really like meeting people, listening to their stories and providing support that makes a difference to their lives. Being self-employed is fantastic, I like the exhilaration of having control over my days and meeting wonderful older people." Community Catalysts who run the project are a UK-wide social enterprise specialising in helping local people to use their talents to help others. Your local Community Catalyst in Wrexham is Elaine Davin-**Jones** who would be very happy to answer any questions you have about the project and the support they provide. The project is funded by Wrexham County Borough Council so Elaine's help and support is free to local people. Contact Elaine to find out more on: 07880 195114 Email:

Elaine.davin-jones@communitycatalysts.co.uk Or visit: www.facebook.com/ComCatsWrexham/

BINGO AT THE ROYSTON CLUB ACREFAIR

Thursday is Bingo night every week in the bar at the Royston Club. Doors are open at 7pm and Bingo is from 8 to 10pm. All welcome, good parking.

CONSERVATION VOLUNTEERING AND **GUIDED WALKS IN THE DEE VALLEY**

Countryside rangers in the Dee Valley are looking for volunteers to get stuck into important conservation work, meet new people and benefit from being outdoors. We'd like volunteers to help us with various habitat management tasks over the next few months; our work helps to conserve woodlands, moorlands, grasslands, and heritage sites throughout the Dee Valley. If you'd like to explore more of the Dee Valley we also have a number of guided walks coming up. Have a look at our list of opportunities and see if there's anything of interest, for more information and meeting locations contact Dwynwen on 07467 681229 or at Dwynwen.williams@denbighshire.gov.uk. You can visit the Clwydian Range and Dee Valley website, under the 'Volunteering' tab. Weather appropriate clothing and sturdy footwear is advised.

May 16th Litter pick 10am-12pm Wenffrwd Nature Reserve and Llangollen Old Railway

May 22nd and 23rd Drystone Walling 10am-4pm Pen y

Pigyn, Corwen

May 30th Bracken bashing and Vegetation survey 10am -1pm Dol Llangar, Cynwyd

June 6th Bracken bashing 10am-2pm Castell Dinas Bran, Llangollen

June 19th and 20th Drystone Walling 10am-4pm Caer Drewyn, Corwen

June 27th Waymarking the National Trail 10am-2pm Offas Dyke Path

Guided Walks

May 15th Curlew Walk 1pm-4pm Llandegla May 20th Nocturnal Stroll: Bat Walk 7pm-9pm Horseshoe Falls, Llantysilio

May 31st Dusk Chorus of the Nightjar 7pm-10:30pm Llangollen

June 28th Exploring Dinas Bran 10am-1pm Llangollen July 9th Swift Spotting and Walking the Picturesque 1pm-4pm Chirk

July 31st Evening Amble on the Panorama 6pm-8pm Llangollen

COMMUNITY CONNECTION & WEEKLY

WELLNESS If you or someone you know is in need of connection and support in day-to-day life - you're invited to join us for a warm welcome, friendly chat and free refreshments. We offer a weekly timetable of group activities to support your journey to wellness including: Storytelling, Writing for wellbeing, Mindfulness, Meditation and breathing practices, what makes and breaks our sense of wellness, root cause coaching, creativity and more. We aim to help build resilience, confidence and a sense of purpose. Empowering communities with natural but effective tools to last a lifetime. Not only this, we can signpost you toward other courses and support with life skills and employment. Our team are a magical mix of friendly and skilled practitioners in their field, among our champions - those with lived experience of homelessness, addiction and varying challenge, whom have come through our programmes. Our champions are a living testament to what we can achieve when we work together. Come and talk to us and see how we can support you and your community. Thur 9.30 - 3pm, the George Edwards Hall, Cefn LL14 3AE All welcome. Call 07470 222046 or email: hello@community-wellness.co.uk

TESCO CEFN MAWR HELPING HECTORS **GREYHOUND RESCUE**

We are so grateful to the staff and customers of Tesco, for the warm welcome and incredible generosity on Saturday, 20th April and for enabling us to raise a fantastic £127.85! These Store & Street collections are important to us, enabling us to raise awareness of both

the rescue and our lovely greyhounds. Showing what wonderful pets they make, whilst at the same time fundraising to help our dogs. Hector's Greyhound Rescue is a small. rescue made up of



dedicated volunteers who devote their time to saving and rehoming ex-racing greyhounds and other sighthounds. Based in Shropshire, North Wales and Aberystwyth we work tirelessly to rescue greyhounds from the racing industry that are no longer wanted or that have been abandoned, as well as other sighthounds who need us. We work to rescue, rehabilitate and rehome all these dogs into loving, forever homes. We rescue for many reasons: Many find themselves at risk of being "put to sleep" after the end of their racing career. We get others directly from their trainers. Some are brought to us after being abandoned as strays and others come from owners who can no longer keep them. Currently, we have around 40 greyhounds looking for their forever homes. Sadly, they are taking longer to rehome, maybe due to the ongoing cost of living crisis but perhaps also because of the rising cost of dog ownership (insurance, vet costs etc), and this is driving up the rescue's running costs. To help or adopt one of our beautiful dogs please call

0300 011 011 9 and leave a message if we are unable to answer immediately or visit our website https://hectorsgreyhoundrescue and fill in the online

form, thank you.

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Waterloo Tower, Newbridge, Wrexham

PLAS MADOC LEISURE CENTRE

Acrefair LL14 3HL Tel: 01978 821600

<u>Pool Timetable</u>: Our current Term Time Timetable is available on our website.

https://www.facebook.com/PlasMadocLC

Please check the adult to child ratios before you travel to avoid disappointment.

Family Fun Swim: Every 2nd Friday of the month. Free for local residents – Next Dates are: 10/05/2024; 14/06/2024; 12/07/2024 (proof of address may be requested)

Free swimming:

Under 16's - Sat 3pm - 4pm

Over 60's Thurs 9am – 10am (Term Time only, Welsh residents only, proof of address may be requested)

Gym: Open Mon to Fri 9am – 9pm and Sat and Sun 9am – 4pm. Induction required before first use.

Our friendly Gym team offers programmes/personal training and helpful support and advice. Pay As You Go or membership options are available.

<u>Fitness Classes</u>: See our full timetable here; www.plas-madoc.com/fitness-classes

Sports Hall & Dry activities: Our Sports Hall is available for block or one off bookings for Football/ Netball/Futsal etc. We also offer Badminton, Table Tennis and Squash.

<u>Café and Soft Play</u>: Check out our new FB page; The Café at PMLC, for specials and offers.

Opening Times: Term Time Tues & Thurs 10.30am – 3pm and 3.30pm – 6.30pm, Wed 3.30pm – 6.30pm, Sat 11am – 3.30pm. Sun 10.30am – 3.30pm

Teatime specials every Tues, Weds and Thurs: **Breakfast specials** every Tues or Thurs 10am - 12 noon. Full Breakfast just £4.30

PMLC Adult Luncheon Club: Every Mon (Term Time Only) 12.15pm Two course meal with Tea/Coffee only £3.50 Booking is essential (call in or Tel: 01978 821600)

Climbing Wall: We are now offering courses following NICAS guidelines. Contact the centre to register your interest

New Street Funk Dance Class: starting soon on Tues 7.15 - 8.15pm (term time) suitable for 12 years+ beginners & those wanting to extend their knowledge. It's free!

<u>Birthday Parties and Private Hire</u>: Bookings are now available for Soft Play/Swimming Pool/Bouncy Castle/ Football Parties/ Roller skating (1 activity only per party). Hot Food can be provided from our café. Private hire of our Pool with Pirate Ship inflatable or floats and rafts is also available for Private Hire – info on our website here: www.plas-madoc.com/parties
Conference and Meeting rooms: We have a number of different size rooms available to hire for meetings and conferences. Catering available.

Community Support Hub:

KIM4HER Women's Wellbeing & Mental Health Group Every Tues 10am – 11.30am

Paint, Make, Learn, Create! FREE Social Crafts Group, - Every Wed 9.30am – 11.00am. Come along and meet our friendly volunteers and have a go at our easy-to-follow Arts & Craft sessions. FREE Tea & Coffee with everything you need provided!

Citizens Advice - Every Thurs 9.30am - 12 Noon Wrexham Foodbank - Every Thurs 10.30am - 12 noon Coming in June 2024 - Communities for Work Drop in sessions- Every Monday

PLAS MADOC

Want to volunteer or have an idea for a support service or social group you would like to see offered in the HUB? Contact rachel.jones@plas-madoc.com
Tel: 01978 821600

<u>May Half term Holidays</u> – Check our website for our school holiday swimming timetable and holiday activities which will include Family Arts and Crafts session/ Family Board games session/ Roller Disco and more!

Contact info@plas-madoc.com Tel: 01978 821600

UPCOMING LOCAL EVENTS

Fri 10th May Charity Concert with The Fron Choir & Ysgol Acrefair Choir at The George Edwards Hall, Cefn Mawr at 7pm tickets £10 from https://t.ly/UgnVC Sat 11th May Llangollen Garden Railway Festival 10am to 4.30pm at The Pavilion, LL20 8SW admission £12 call 07792 456962 or www.lgrf.co.uk Wed 15th May Summer Jobs Fair at Wrexham

Memorial Hall, from 10am to 2pm Sat 18th May Family Fun Day at St Marys Church, Ruabon from 12 noon, entry free, stalls and more.

Sun 26th May *Trever Scouts Charity Stall* at Trevor Basin from 11am to 3pm

Sat 1st June *Chirk Carnival* at Chirk recreation ground. Sat 1st June *Sponsored Walk* by Cefn Mawr Rangers up Moel Famau. contact

cefnmawrrangersyouth@gmail.com

Sat 8th June *Ruabon Summer Fete* from 1 to 4pm on Ruabon recreation ground.

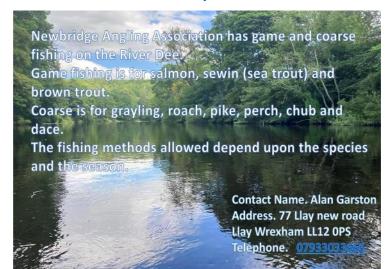
Sat 14th July *Vintage Machinery & Craft Fair* at the Oliver Jones Memorial Hall, Llwynmawr, LL20 7BB call 07496 597894 or 07974 580203

Sat 14th June *Drag me to the 80s* at the Stiwt, Broad Street, Rhos LL14 1RB for tickets call **01978 841300**Mon 17th June *Heritage Roses* with Michael Marriott at Plas Newydd LL20 8AW from 10am to 1pm free book at https://rosesatplas.eventbrite.co.uk/

Sat 22nd June Concert with Côr Meibion Rhos/Rhos Male Voice Choir, Hen Fegin and Linda Griffiths in the Stiwt Theatre at 7pm, tickets £15 call 01978 841300 2nd to 7th July Llangollen International Musical Eisteddfod at The Pavilion, LL20 8SW

13th July Wrexham City Carnaval at Belle View Park, Bradly Road, Wrexham from 10am to 4pm Sun 14th July Clwyd Practical Classics Annual Classic Car Show from 10am to 3.45pm Show forms

from https://www.clwydpracticalclassics.co.uk/ annual-show for info email cpc.carshow@aol.com



Samantha Maxwell continued from page 1



I wanted to do this to make people aware of the fictionalised version of disability vs. the reality, this, I'm hoping, will change people's perceptions of disability for the better". "It is a continuation of the fight for disability

equality. Equality of any kind should never have to be a fight, and with your kind contributions, we are one step closer to becoming an equal opportunities for all society. I want to thank each and every single person, because if not for their wonderful contributions, Disabling Ableism wouldn't be possible". Never did I imagine the positive response from people willing to contribute by answering questionnaires etc. too many to mention, but a few are: Lesley Griffiths MS, House of Commons, Kerry Evans, DLO Wrexham AFC, Jeff Dawson MD, 1st Enable Ltd. Cara White, 1st Enable Ltd. The Senedd, Emily Anthony, Cerebral Palsy Cymru, and the Bobath Centre, London. My thanks also go to my family and friends. Currently, Disabling Ableism is available on Amazon and will soon be available instore in Bellis Brothers Garden Centre Holt, Wrexham Library, Coleg Cambria, Waterstones in Wrexham and The Senedd Cardiff alongside many others shortly.

The Barber Shop Gents Hairdressing

Llangollen Road, Acrefair LL14 3RU





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DOUBLE TRIUMPH: FC PLAS MADOC AND CEFN MAWR RANGERS U12'S BECOME CHAMPIONS!

In a weekend filled with triumph and celebration, two remarkable teams have emerged as champions in their respective leagues, marking a significant milestone in their journeys. Let's raise our glasses to FC Plas **Madoc**, who secured a sensational victory in the *North* East Wales Championship Tier 5. This gives them a well-deserved promotion to the prestigious North East Wales Premier Division, sitting as Tier 4 in the Welsh Domestic system, an achievement that speaks volumes about the dedication and skill of every member of the team. Congratulations to Ryan Roberts and Dave Bullough for leading FC Plas Madoc to this remarkable feat. Their hard work and determination have paid off. and they stand on the brink of even greater challenges and opportunities. But the celebrations don't stop there. We extend our heartfelt congratulations to **Cefn Mawr** Rangers for their outstanding performance in the Wrexham & District Under 12's Youth Division. With a resounding 7-0 victory against Ruthin, claiming the championship title and set their sights on an ambitious treble. This is no small achievement, and it reflects the immense talent and dedication of every player, as well as the guidance and leadership of Sarah Warburton, Bob Powell, and the entire management team. As they prepare for their two cup finals, the excitement is palpable, and the entire community is behind them, cheering them on every step of the way. So, let's join together in celebrating these remarkable achievements and wishing both teams the very best for their future. Here's to FC Plas Madoc and Cefn Mawr Rangers champions today and inspirations for tomorrow! Both teams have shown us the power of teamwork, determination, and sheer grit, reminding us that with hard work and belief, anything is possible.



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Fri 4pm to 11.30pm
Sat 3pm to 11.30pm
Sun 3pm to 10.30pm



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RUABON LIBRARY

High Street, Ruabon, LL14 6NH Tel:01978 822002.

Email: ruabon.library@wrexham.gov.uk

Mondays Duplo Play & Read: 1pm -2pm (during term time for babies & toddlers up to 4 years old).

Croeso i Siarad Cymraeg/Welcome to Speak Welsh: 1.45pm – 2.45pm. Giving Welsh learners and speakers the opportunity to socialise, use and practice their Welsh language skills in a fun and informal way.

Family Lego Club: 3.30pm - 4.15pm. Suitable for ages 4+. Come and get creative every Monday (but not bank holidays).

2nd Wednesday of the month: *Adult Creative Crafts*: 2.15pm. An informal and varied craft session. Bring your own project or share and do something new or different with others.

3rd Wednesday of the month: *Time to Remember:* 2pm -3pm. Sharing memories and reminiscence. Individuals, families and carers welcome.

Last Wednesday of the month: *Ruabon Readers Reading Group:* 2pm -3pm. Friendly and informal book group. Books provided and new members very welcome.

Thursdays: *Quiet Time:* 9.15am -10.15am. Autism/dementia friendly. We have designated quiet spaces available at all times for anyone who may need it, and we are a designated Safe Place.

Fridays: Knit & Natter: 2pm -4pm. Whether you knit, crochet, sew or just natter, all welcome.

Groundwork North Wales will be running a series of the following courses:

Selling on Vinted 23 May (10.30 – 12.30) **Tablets** 6 & 13 June (10.30 -12.30)

Smartphones 27 June & 4 July (10.30 -12.30)

Smartphone Improvers 11 & 18 July (10.30 -12.30)

Places can be booked through Groundwork via email at training@groundworknorthwales.org.uk,

or contact 01978 757524.

We have free Wi-Fi available, and free computer and IPad access. Printing facilities, including Wi-Fi printing, and photocopying available with a small charge. We have lots of space to study if you wish to bring your own device. We have monthly, varied exhibitions in our exhibition space, ranging from local art exhibitions from local art groups and artists, to historic artefacts and crafts. Penycae Art group will be exhibit their work in May and June, and local artist, Malcom Hughes will be exhibiting his distinctive work during July and August. The space is free to use. Potential new exhibitors are always welcome, just contact the library for availability and details. You can pick up blue recycling bags and green caddy sacks from us, and there is a free Contact Wrexham (access) telephone available during library opening hours.

You can browse our great collection of books, perhaps find a new hobby or interest in our non-fiction section, or catch up with your favourite author or read, from historical fiction, crime thrillers, cosy crime and much, much more. We have a large and varied stock of fiction and non-fiction books, audiobooks and large print, Welsh language books for adults and children, Young Adult, local interest and reference.

We have a welcoming children's library where you are always welcome to come and share a story or two. If you want to enjoy a quiet, mindful activity, why not come and sit awhile helping to complete our 'community jigsaw'. Or come and catch up with the latest local news from the local newspaper. If you can't find what you want, the staff are always more than happy to help.

Open: Monday, Wednesday & Friday 12.00 – 5.00; Thursday 9.00 – 1.15; Tuesday CLOSED

FRIENDS OF RUABON UPDATE

The next monthly meetings are Sat June 1st at 10am in The *Bridge End Inn Ruabon and* Wed July 3rd at 7pm in *St Marys Church Hall Ruabon*. Our next litter picks are the Community Litter Pick on Saturday May 18th and the Summer Spruce Saturday July 20th meet Ruabon Village Hall at 10am equipment is provided. Diary dates for our Community Events are *Ruabon Summer Fete* Sat 8th June from 1 to 4pm. To find out more about volunteering, meetings and events please contact **Sarah** on **07957 628551**, follow us on Facebook or email: **info@friendsofruabon.co.uk**

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RUABON COMMUNITY AGENT

Supporting our 50s, helping improve your health & wellbeing, signposting to appropriate services, helping with claims & applications for services, benefits & debit support. I work Tues 9-2, Wed 9-3 and Thurs 9-2. Call **01948 830730**, or email

angie.cunningham@therainbowfoundation.org.uk

RUABON AGE CONCERN CHARITY SHOP Central Buildings, John Street, Ruabon. Open Tuesday to Friday 10am to 3pm. Bric-a-brac donations welcome.

YSGOL RHIWABON NEWS

Recently, Bank of America attended Ysgol Rhiwabon, students from Y8 and 9 took part in fun organised computer programming activities. 3 activities were set out from Scratch, Python and Raspberry Pi, as groups they were challenged to beat



the set time to achieve the Required result. It was challenging and most did very well enjoying the activities. With prizes for the best teams from water

bottles to piggy banks. Mr P Slater, ICT Teacher said 'It was a fun few hours, they enjoyed themselves Bank of America were great making IT programming come alive for the students".

Y11 pupils learnt about employability skills recently, gaining valuable knowledge and understanding of what to expect at an interview, and the skills they need for future success. Thank you to Alex & Lucy from Hafren Dyfrdwy for sharing their skills, knowledge and experience. More information can be found at https://www.hdcymru.co.uk/

Thank you to Royal Electrical and Mechanical Engineers (REME) for delivering the STEM based challenge to Y9 pupils. This highlighted important life skills such as teamwork, communication and problem solving. More information on the REME is below. https://www.army.mod.uk/who-we-are/corps-regiments-and-units/corps-of-royal-electrical-and-mechanical-engineers-reme/

Y7 took part in a workshop with beatboxers, Song for Wrexham competition. Producing lyrics for a rap about the school and



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community. Students will be taking part in a series of workshops in the next few weeks and creating more lyrics and will perform and record their compositions. If their song is successful in the Song for Wrexham competition the school could win £1,000 worth of music activities or tuition. The winning song will be professionally recorded and performed by the school at the Wrexham Co-operative Summer Gala Concert, held at the William Aston Hall in July.

CHIRK GARDENERS' CLUB

Our Club was founded in 1986, we're a friendly, informal group with about 60 members. Meeting in the Parish Hall,

Chirk on the last Monday of the month at 7.15pm with a talk or demonstration followed by

refreshments. This is a good time to swap gardening knowledge and tips with other gardeners. Annual membership is £12 or £3 per visit.

Members will be going to Plas Newydd, Llangollen for a guided walk by the Head Gardener on **June 18**th On July 31st they will visit Ashwood Garden and **Nurseries** and the club will pay the price of the bus. If you would like more information please contact the Chair, Dawn Gough on dawngough60@gmail.com or **07538 418421**.

New members and visitors always welcome. We were delight to welcome Sarah Griffiths in February with The Ancient Egyptians: The World's First Gardeners visiting these beautiful landscapes through painted scenes in Egyptian tombs, showing the plants and features that made a typical Egyptian garden, and the magic and symbolism of gardens in the afterlife. In March we welcomed lain Clarke on Building the Organic Dream by growing vegetables organically to include rotations and sustainability and in April we had Darren Rudge with Tea Bags, Bras & Tights sharing how household items can make gardening more cost effective with some top tips and some trivia thrown in for free!

Looking forward, on 20th May we welcome Richard Rallings on Low Maintenance Gardening, for some the garden can get too much. This talk examines ways you can continue to enjoy your garden whilst

reducing the workload. He is the owner of Mynd Hardy Plants and has featured on Gardeners World.

Next, on 24th June we have Ray Bailey with 20 Ways to Improve Your Garden, sharing practical ways we can improve our gardens without too much upheaval. Ray is an experienced garden designer and builder.

Then just before our summer break on 29th July we have Anne Harrison focusing on Good Plants for Difficult Places highlighting right plant right place! We all have areas that are difficult, but they needn't be if we choose the right plants. Anne trained at Kew Botanic Garden and is a former horticultural lecturer. We look forward to welcoming you to any of our talks at Chirk Parish Hall and usually have interesting plants from our members for sale on the night (a great way to fill in some of the gaps in your garden).

Do look out for our annual Plant Sale on Saturday May 25th from 10am at St Marys Church, Chirk LL14 5HD



STATE GARDENERS

GLYNTRAIAN COMMUNITY AGENT

Davina Davies supports all over 50s with free advice and Information to improve your quality of life, health and wellbeing in Dolywern, Pontfadog, Llechrydau,

Llwynmawr parts of Castle Mill and Bronygarth. We have **Brunch Club** every Tuesday, Brunch served 10 till 12 noon, and everyone is encouraged to stop and chat afterwards at the Oliver Jones Memorial Hall, *Computer Club* every other Wednesday and Coffee & Cake every other Thursday. My working hours are every afternoon from 12.30pm and all day Thursday.

You can contact Davena on 07496 597894 or email: communityagentGT@glyntraian.org.uk

GLYN CEIRIOG & CEIRIOG UCHAF COMMUNITY AGENT Christina Brewin works with all over 50s, in the areas of *Llansantfraid*, *Glyn Ceiriog*, *Nantyr*, Pandy, Tregeiriog & Llanarmon DC.

Offering free advice and information and connecting you with key local services. Phone or text: 07908 373003 email:

glynceiriogcommunityagent@gmail.com

She works Wed and Thur 10am - 6pm. Sat morning 9am - 1pm. Available for phone calls Monday and Tuesday evenings between 6pm - 8pm. Here to help!

SPOTTED A SUSPICIOUS TEXT MESSAGE?

Any suspicious text messages should be forwarded to 7727. This enables your provider to investigate the origin of the text

and take action. if found to be malicious.









A E Roberts

↑ Crane Street, Cefn Mawr, Wrexham, LL14 3AB 01978 821863

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TREVOR VISITOR CENTRE NEWS

The Centre is now open 10-4pm 7 days a week. Trevor Scouts will be holding a stall at Trevor Basin again this year. Located by the towpath entrance from the 'Blue Badge holders Car Park'. All proceeds go to 1st Trevor Scout Group. The stall will include lucky dip for children, trash and treasure games for both adults and children and the chance to buy locally homemade preserves and their famous Welsh fruit cake - Bara Brith. 11:20-3pm Sun 26th May, 30th June, 21st July and 25th Aug. Are you a local attractions or activity providers within 10 miles of the Aqueduct and Canal World Heritage Site. If you have leaflets, please could you drop roughly 150 off at the visitor centre. Attractions and activities only please We are currently looking for Volunteer Destination Assistants for the Visitor Centre. Find out more online on the website -Canalrivertrust.org.uk/volunteer

email Trevorvisitor.centre@canalrivertrust.org.uk Call 01978 822 912, or just pop along to the visitor centre for a chat with the team.



RHOS COMMUNITY AGENT

Working for Rhos Community Council I work with residents, over the age of 50, in **Rhos**, **Johnstown** and **Ponciau** signposting to groups, clubs and

activities, helping completing forms and signposting to services who support local people. I have a Facebook page giving up to date information on current events, activities and advice, which can be found under 'Rhos, Johnstown, Ponciau community agent'. Please contact me for information on local support available via phone on 07851798630 or email:

rhoscommunityagent@gmail.com

Thank you. Michelle Wynne

CARERS LIBRARY CARD

If you care for someone and find it difficult to make time for yourself to visit the library then why not sign up for a **Carers Card** for yourself and the person you look after at your local library. You can borrow up to 20 books at a time, borrow e-books, e-magazine and use other e-resources at any time of the day or night, borrow *Books on Prescription* titles, browse the library catalogue at home, and order the books that you want and collect from your local library – books for information, study or pure enjoyment! For more details ask at your local library today.

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What's on at the Activity Centre

TUESDAYS The Changing Seasons Group meets from 12.30-2.30pm, open to all 50+ subs £1. Enjoy bingo, quizzes, swap books, catch up with local news and events its up to you! Refreshments available. WEDNESDAY Lunch Club this is booked most Wednesdays, if you call 07532 484470 before 10.30am you may be able to reserve a place Meals are £3.50p for two course plus hot drink sit down for12.30.meals served by 12.45 at the latest Woollies Knitting, Crochet, & Crafts meet after lunch club from 2-4pm £1 subs apply. Learn from each other, videos, YouTube it's all out there, make for yourself or a charity its an informal group with fun and laughs refreshments available. Children welcome for instruction in holidays by request Games Group Fancy playing card or board games? Maybe jigsaws or marbles pick a game with like minded friends relax, socialise, chat and have a

cuppa £1 subs apply.

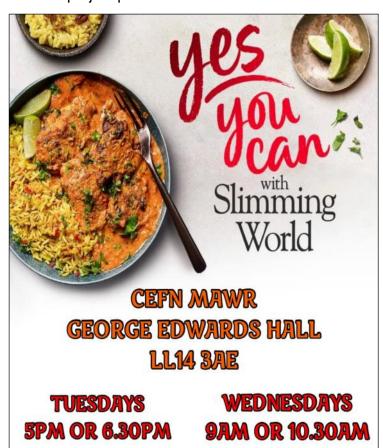
THURSDAYS Men's Shed Group meets from 9.30-12.30pm. Break the cycle of boredom and come down to the Activity Centre, chat or ask for advice with others attending, talk about cars, bikes, men's health whatever. We are an informal group, with tea and snacks available, there are always things to do or make if you want too, you can garden, practices your cooking skills or have a go at repair an item of yours. so give it a try. Subs apply.

DISABILITY AIDS

At the centre we have a limited number of things to hire, buy or happy to receive so we can share. Eg wheel chair for days out or walking frame Call **07532484470** to see if we have what you need.

VOLUNTEERING OR JUST GIVE A HAND

If anyone would like to help out at the centre to get out of the house or beat boredom, come along have a chat and see if there is anything you would like to do for our charity especially helping with our Community Garden project please call Kris **07532484470**



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PLEASE LIKE AND FOLLOW OUR FACEBOOK PAGE :CEFN & DEE VALLEY NEWS.

We post an electronic version of each edition of the newsletter there which you can download, share with friends or send to family who live away. We update this page with news and information from our Advertisers and their services, together with local events and activities. We also post an album of photos that includes the ones we could not fit in to this edition of the newsletter for you to enjoy.



ERDDIG NORDIC WALKERS

Nordic Walking is a lovely form of exercise which uses specially designed poles to enhance your natural walking experience. It's unique technique is an effective way to exercise which can be shared by people of varying levels of fitness and ability. We are Affiliated to the National Trust with our base at Erddig Hall.

Our aim is to promote fitness and well-being throughout for both your training day and all your future walks you join us for. Nordic walking done correctly with poles enhances your natural walking experience and ensures the whole body gets a work-out. The first Saturday in every month is our training day in Erddig Hall and the training is given by our British Nordic Walking trained instructors. The instructors, after your registration details have been completed will provide you with the training poles adjusted to the right height for you which you can then use for the first 6 weeks. You will then receive the full training in the correct Nordic Walking Technique and be given the opportunity to discuss any concerns or issues you may have for them to advise you and to ensure you get the most out of the exercise.

Following your training you can then join one of the weekly walk groups to practice what you have learned with the support of the walk leaders who accompany all walks. All this for just £1 a walk, no membership charge and free training, why not come along and give it a go. Whatever your age, come and discover the benefits of Nordic walking and improve your quality of life whilst enjoying the great outdoors. Please contact us to book on our next training day through our Erddig Nordic Walkers website.

www.erddignordicwalkers.co.uk



CINEMA CRYPT THE NEW COMMUNITY CINEMA

based at the George Edwards Hall Cefn Mawr LL14 3AE are delighted to bring you the following films.

May 25th One cut of the dead rating 15
June 22nd Big - Family comedy
July 27th Hook - Family film
August 24th Labyrinth - Fantasy
September 21st Tombstone - western
Doors open at 6pm showing at 6.30pm

Tickets £3 at the door, refreshments available, we take cash or card, free car parking at the rear of the hall. Disabled accessible. See our Facebook page.

YSGOL RHOSYMEDRE NEWS

Reception learners in Dosbarth Offa have been developing their creativity and experimenting with different processes and tools in our 'Kings and Queens' topic. Learners have been building, drawing and constructing castles and designing and making crowns.



Children enjoyed talking to and singing for Plas Telford residents at as part of their sponsored Singathon. Ys1 and 2 raised a staggering £1300 during these activities, monies raised will go towards school funds which will then be spent directly on learners. Thank you to everyone who took part and made such generous donations, we are so grateful. In March Y6 learners went to Glan-Llyn where they thoroughly enjoyed Raft Building, wall climbing, canoeing and lots more! Last week we visited Ysgol Rhiwabon and took a glimpse at what exciting lessons our near future hold. Learners made biscuits which was great fun! Last half term the Y6 topic was

'y ddraig goch'. Learners discovered the legend behind our amazing Welsh flag and did lots of art based on the legend. Staff and learners were particularly proud of the Red dragon eyes made using clay.





STREET LIGHTING FOR CEFN CC AREA

Lamp posts will be numbered and should be reported to the Community Council on **01978 821298** or by email: admin@cefncommunitycouncil.gov.uk

WCBC STREET LIGHTING REPORTING

Please use the online facility, type in the post code it will take you to a map where you can identify the light or road sign:https://www.wrexham.gov.uk/service/street-light-reporting





THE DEE VALLEY FEDERATION OF SCHOOLS

Friday 1st March 2024 saw the coming together of the Federation schools which

includes Ysgol Pentre CIW, Ysgol Froncysyllte and Ysgol Y Garth to celebrate our annual Eisteddfod. The day was filled with music, dance, poetry and song as we celebrated Dewi Sant. It was the first time that the Eisteddfod had been held in person with all three schools since COVID and it was a joy to be warmly welcomed into St Mary's Church in Chirk for the day. The morning saw all age groups complete well being and get to know you tasks to aid further Federation work and future transition of pupils to secondary school. We held our own Twmpath where all pupils were able to show off their Dawnsio Gwerin skills that they had been practising back in their individual schools. The afternoon saw our pupils compete in the Federation Eisteddfod. They took part in photography, poetry, art and handwriting competitions as well as perform beautiful Welsh songs to the audience. It was wonderful to see our pupils take to the stage and celebrate our Welsh culture and language.



We would like to thank our judges who had the very difficult job. Diolch i Mrs Hilary Harriman, Rev. Matt Wilkinson from St Mary's Church and Mrs Buddug Selway-Jones from Wrexham's Welsh Language Advisory Team. We would also like to thank our Federation families who supported the day.

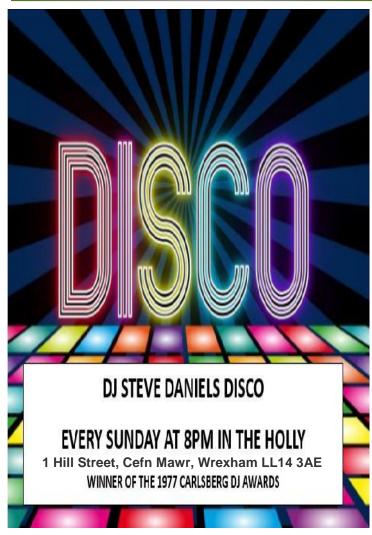


GOVERNOR VACANCY

Are you interested in becoming a school Governor? We have a vacancy at Ysgol Cefn Mawr for a Community Governor:

Community Governors play an important role as members of the governing body, which is a voluntary role, responsible for assisting the Headteacher and Governors to promote high standards of educational achievement for all learners. The term of office for governors is 4 years. You will be required to have a full DBS. There will be training available from Governor support. If you are interested in becoming a governor, please contact Ysgol Cefn Mawr on 01978 820719, or by email mailbox@cefnmawr-pri.wrexham.sch.uk







TY MAWR COUNTRY PARK NEWS

Thanks to a fantastic new collaboration supported by Cefn Community Council and Coleg Cambria's Jobs Growth Wales Enrichment Students who came together to give Ty Mawr a much-needed spring clean. Cleaning the park, painting, spruced up signs and areas around the park to make it more inviting for everyone. Their next visit saw them lay a path in the new forest and helping reinstate a flower bed. Special thanks again to Donna from Coleg Cambria for organising such a well coordinated event and to Andy, Cefn Community Development Officer for forging this valuable partnership.

Unlock the Magic of Animal Sponsorship at Ty Mawr!



Did you know you can sponsor your favourite animal? The sponsorship scheme has been running since 2006 and has proved to be hugely popular.

Money from sponsorship helps towards the upkeep of the animals, including housing, feed, and veterinary bills. For just £10 per year for small animals and £15 for larger animals, you'll receive a personalised certificate, and a chance to meet your chosen animal on a chosen day! Don't miss out on this incredible opportunity to make a difference and connect with the amazing animals at Ty Mawr. To sponsor an animal, at Ty Mawr, go to Wrexham County Borough Council website https://www.wrexham.gov.uk/.../ty-mawr-country-park... and follow the details given and become a proud sponsor today!

Diary Date We are bringing back our popular Fun Dog show on July 14th booking in from 11am show starts at 1pm, no pedigree classes. Stalls, games and craft workshop plus lots more see our Facebook page for information. See our Facebook page for park events / information, call 01978 822780 or email: countryparks@wrexham.gov.uk

HOP ON HOP OFF BUS

The Dee Valley Picturesque Bus is back for the forth year, this service No 199, is a circular route running every Saturday to August 31st 2024, linking Llangollen and



the surrounding villages to popular local attractions including *Pontcysyllte Aqueduct, Wenffrwd Nature Reserve, Horseshoe Falls, Valle Crucis Abbey, Plas Newydd Historic House and the Horseshoe Pass,* giving both visitors and local residents the opportunity to explore the wider area without using their car. Offering a hop on/ hop off facility with a 1Bws ticket price allowing unlimited travel on the service through the day, making it ideal for getting off to visit a site and then back on the bus later and provides free travel for Welsh Bus Pass





YSGOL MIN Y DDOL NEWS



Our Ysgol Min y Ddôl school community has been very busy this term developing our outdoor spaces. Our school Council and

Governors worked together to decide on their favoured local tender for building our new school allotment – all cases were anonymous to make the process fair. Big thanks to everyone who guoted for the job, we appreciate your time and efforts and are very lucky to have so many great businesses on our doorstep. We held a well-being and eco week whereby pupils developed the 5 ways to mental wellbeing through getting outdoors, whatever the weather, to create an allotment, filling up the beds using wheel barrows and soil improver donated from the council, fruit and vegetables donated from parents to sow and plant in the beds and signage to paint which were donated from a local group who had no further use for them. Other pupils were busy weeding, re surfacing our areas covered with bark, litter picking within the school grounds and in the community with Tim from Keep Wales Tidy, a very busy but productive time! Parents also worked hard to stain fences/benches and re-felt our shed roofs – a whole school project which has resulted in lots of learning, working collaboratively and improving/ developing our already wonderful school! We are a school that focusses on creative learning and developing key life skills through our innovative provisions and experiences. If you would like to see and hear what else we do, please get in touch.



Holders through Transport for Wales! For the full timetable and ticket prices for the Picturesque Bus service please visit the Clwydian Range and Dee Valley AONB website, Denbighshire bus timetable webpage, 1Bws webpage, or pick up a leaflet from Llangollen Tourist Information Centre.

https:www.clwydianrangeanddeevalleyaonb.org.uk/projects/the-picturesque-bus/orhttps: www.denbighshire.gov.uk/en/parking-roads-

and-travel/public-transport/bus-timetables/bus-timetables.aspx

PKC GROUP UPDATE MAY 2024



Dear All, The United Nations weather agency has sounded a "red alert" about global warming, citing record increases last year in greenhouse gases, land and water temperatures and melting of glaciers and sea ice. Never have we been so close to the 1.5C lower limit of the Paris agreement on climate change. In the 12-month period from March 2023 to February 2024, the average global temperature pushed beyond that 1.5-degree limit, averaging 1.56C, according to the European Union's Copernicus Climate Service. Here in our community, we experienced a long hot summer last year and will most likely see the same this year after a very mild winter, just gone. One of our main roads the B5605 still remains closed after Storm Christoph, now 3 years ago, when the highest ever levels for the river Dee were recorded by NWR. The climate crisis is affecting the world including our community and this is a fundamental reason why we are setting up the Ebenezer with our own Citizen Science Lead Climate Crisis Mitigation Centre. We ask WCBC and our local councils once again to work with us and help us achieve the world's first such centre for our community, the Pontcysyllte World Heritage Site, Wrexham County, The Nation of Wales, and mankind in general.

This is action now where we want to explore and promote practical action that can be taken in our community to help reduce our carbon footprint and address as many environmental issues as possible, whilst looking after our people and the future of our children and grandchildren as has always been a goal of the PKC Group. This agrees with the Welsh Government Future Generation Act 2015 and UN Policy. We will be asking the UN and Welsh Government (take note Ken) to get in touch with us as we have already with other organisations such as The Circular Economy Foundation and The Guardian Newspaper. Our intention is to show how we can make positive steps here in our community to help address the global issue.

Regards, David Metcalfe, Cefn & Llangollen Rural Community Councillor & Dee Valley AONB Champion.

www.pkcgroup.wales

Holly Bush Inn, Cefn Square, Cefn Mawr, Pontcysyllte World Heritage Site, Wrexham, LL14 3AE, Tel 01978 449 814