



CELEBRATIONS

What a busy time it's been for Cefn Community Council Chair Phil Vaughan as the Clerk checked her diary to join in celebrating a number of significant birthdays and anniversaries in our community!

Harry & Bella Smith of Heol Berwyn celebrated their Platinum Anniversary in February.

Mrs Anne Parlour of King Street reached her 90th Birthday in February.

Mr & Mrs Wright from Acrefair celebrated their Diamond Anniversary in March and then Terry & Megan Walsh from Heol Cefnydd celebrated their Diamond Anniversary in March.

We were delighted to be celebrating with you all.

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NEWS in PICTURES**



The children enjoyed the
Metacubs Sessions.
They were very flexible
with their exercise moves.



*Year 2 had fun using loose
parts to create a vehicle.
They were confident talking
about what vehicle they
had made and where they
would take their vehicle.*



EDITORS COMMENTS

Don't know about you but it is so nice to have the lighter nights now we are into summertime. I would like to say a big thank you to everyone who responded to the Ukrainian appeal, it was very short notice as I wanted to make sure things could get to the warehouse in time to be included in the aid convoy. Thanks to your amazing generosity, both businesses and individuals we were able to send two car loads of essentials, I would also like to thank the driver - my Niece for giving up her time to help get them there and CRNCA for letting us use the Centre. Have been out litter picking and clearing fly tipping with Raf and the CS Team up on Lancaster Terrace and Coed Richards, we collected this in under 2 hours! As some may know I am a Borough and Community Councillor and will be standing for re election for the Cefn West Ward. Please do get in touch on **07532 780007** or email me at: tyger@tygertactics.com



Stay safe and look after yourselves, Tyger.



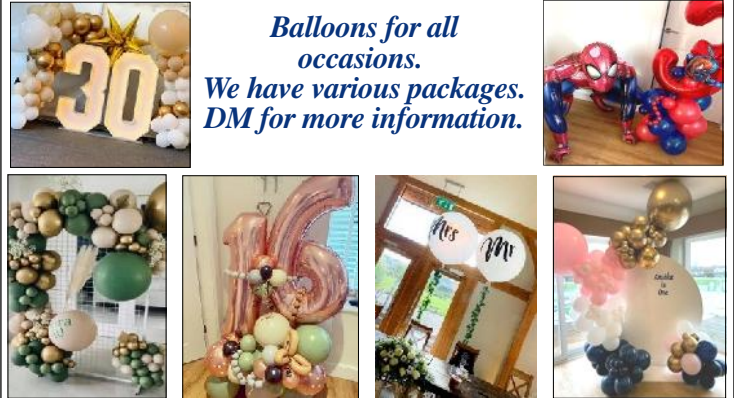
WREXHAM FAMILY INFORMATION SERVICE

Our supportive Outreach Team is here to help and support you with a range of family issues or concerns. Contact us for a chat on **01978 292094** or email: helpfis@wrexham.gov.uk to see how we can help you. Check our Facebook page for updates on resources, events, activities and courses for you.

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ST JOHN'S CHURCH RHOSYMEDRE



At the Hafod Family of Churches which includes St. John's, Rhosymedre have been busy gearing up for Easter, and looking beyond to what we can do to reach out and help. We have a lot of things to keep eyes out for!

See the Church Notices for Easter Service details.

After Easter, we have lots to look forward to. We are trying to keep St. John's open at least 2 afternoons a week. **Tuesday**, between 12 and 3pm and **Thursday** between 12 and 3pm, on **Thursdays, Dawn Jones**, will be there to listen and get to know people over a cup of tea or coffee. St. John's is a wonderful place to just come and relax, and drink in one of the few places of silence.

Our celebrated **Chips and Bingo** has returned, and runs on the **second Tuesday** of every month. There is a small cost to attend (around £5 for the chips), and please let us know if you'd like to attend, so we can make sure that we've got some chips for you. On this Tuesday, as well, you can join us for a midweek Eucharist in St. John's at 11:30am.

This is only the tip of the ice-berg. We have an art project to look forward to, exploring the connection of community and green spaces happening in May (more details to follow), and we will be looking to expand the '**Uplift Your Life Course**' a course for the long-term unemployed, run in conjunction with trained Life Coach, Marie-Claire. We will try to keep you updated here, but remember that you can find all these details and more on our social media channels

<http://linktr.ee/hafodfamily>.

I look forward to meeting you all, For wedding, baptism or funeral enquiries please contact me on **01978 846204** or

e-mail: PhilBettinson1@churchinwales.org.uk



FLYING START CEFN MAWR
The children have been enjoying the outside sand shed purchased with a Flying Start grant.



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PLAS MADOC LEISURE CENTRE

Acrefair LL14 3HL Tel: 01978 821600

We have recently benefited from a Welsh Government Grant to refurbish our pool changing rooms. If you haven't already seen the new changing rooms please come and have a look, I think you'll be as pleased as we are. They are now more accessible with larger changing cubicles, one floor level throughout, family cubicles, a buggy bay and much more. We look forward to seeing you.

Pool

Free family fun swim dates - Fridays 6 -7.30pm 8th April, 13th May 10th June, 8th July)

Free junior swim for under 16's Friday 4-5pm and Saturday 3-4pm

Free over 60's swim Thursday 9-10am (term time only)

Covid Support Hub

Did you know that you can access some key services at the centre? The support hub is growing and we offer access to services on your doorstep.

Citizens Advice - every Tuesday 1.30-4.30pm and every Thursday 9.30-12.30pm

Warm Wales - every Tuesday 10.30am -12pm
Wrexham Foodbank - every Thursday 10.30am - 12pm

Mind - freephone service - Tuesday, Wednesday & Friday 9am - 2.00pm.

Cambrians Savings & Loans

The Wallich - offer an all-in-one free conflict resolution and mediation service. They can support family breakdown, neighbour disputes & landlord/tenant disputes.

Communities for Work

Lateral Flow Test Kits available to collect from reception. No need to book an appointment, just turn up or call the centre for further details.

Coming soon!! Cost price meal once a week at the centre, food education courses, food budgeting tips and dietician advice.

A new 60+ Active Leisure Scheme is starting in April - to join all you have to do is register with **Active60@wrexham.gov.uk**

The first 2 weeks of activities will be free of charge and the following 14 weeks at £3.00 per session. Call the centre for more details and eligibility criteria.

Birthday Parties now available - Softplay, Swimming Pool, Bouncy Castle, Football, Roller Skating

The Climbing wall will be opening soon

BELLRINGERS

St. Collen's has a fine ring of eight bells. Practice Night is **Wednesdays** 7.30pm to 9pm. **Sunday** ringing is 10.30am to 11am but please check on a 5th Sunday in the month. Bellringing can be a rewarding hobby as well as a service to the church and new ringers always welcome. For more information please contact **Richard Archer-Jones** at ricarcher.j@macunlimited.net or **Ruth Stevens** at erstevens@btinternet.com or call **07970 281987**.




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Crane Medical Centre

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

News Update



Welcome to the seventh edition of Crane News.

Hello everyone. Hope you have all been keeping safe and well.

As we all attempt to live greener lives by reducing our carbon foot prints, we must ask ourselves what impact if any, does our healthcare provisions have on our endeavours?

Over the last few months for example work has begun on a change from metered dose inhalers(MDI) to dry powder inhalers (DPI) as the former contains gas propellants that are contributing to global warming. However, for certain groups of patients like young children this formulation is not suitable as they require a different inhaler technique to be applied. If needed in an emergency or if the DPI inhaler proves difficult to use you can still obtain a prescription for MDIs. In addition, your local pharmacy can provide you with valuable and important advice on inhaler technique to remove any uncertainty.

Please remember that any used inhaler canisters may still contain levels of these gases and you should not attempt to dispose of them in your general household waste or recycling but rather take them to your local pharmacy with any other used or unused medications where they will be correctly disposed of. Arguably a more beneficial effect on our health and wellbeing than medication is the act of making positive lifestyle changes. Such positive impactful changes can further highlight the immeasurable cost savings for the NHS that can be created.

We all know it can be a very challenging experience trying to change our habits. The key to success is to implement small, measurable changes. If for example you are finding it difficult to get to the gym why not engage in a free **YouTube** workout at home or go for a walk in the local park or countryside. If money is an issue or you simply don't have a clue where to begin then you may be eligible (dependent upon having certain health conditions) for the **Exercise On Referral Scheme**. The free scheme will introduce you to a qualified instructor who will assist and guide you in creating a structured programme allowing you to reach the realistic goals you set for yourself and to make positive changes in your life.

If you want to break the habit of smoking then **Help Me Quit Wales** can provide you with free behavioural support and medication to help you quit for good. They can be contacted on **0800 085 2219**. If you have an issue with alcohol the website/app **Drinkaware** assists users to track their intake and offers tools to help users make better choices. If however more intensive help is required then the local charitable organisation **CAIS** can be contacted who offer support with drug and alcohol issues.

If your diet is of a concern, then the **NHS Food Scanner** app is there to help you. The food barcode scanner puts the scientific nutritional guidance into more user-friendly information and offers healthier alternatives. If, however you are still struggling to bring about a behavioural or healthier life style changes then you can enlist the support of our practice **Social Prescriber**. Social prescribers are trained individuals who are there to support patients and empower them to take control and facilitate positive life changes. The team are based at **The Rainbow Centre** in Penley and can be contacted on telephone **01978 830730**.

If you are not currently registered with us and are struggling to access healthcare services for whatever reason please contact us today at **Crane Medical Centre** on **01978 810844** or visit our website at www.cranemedicalcentre.co.uk We are happy and excited to accept new patient registrations and welcome you to our practice.

As always, we look forward to updating you in the next addition so until then please stay safe.

TREVOR BASIN VISITOR CENTRE

Happy Easter from Trevor Basin Visitor Centre. We are now officially open 7 days a week from 10 - 4pm. Volunteer Ranger Eric has planted up the hanging planters with bright yellow Pansies to add a splash of colour to the Centre ready for easter. Lynda Slater has been busy planning our **Easter Holiday Eggstravaganza!**

The Easter activity will take place at Trevor Basin on the **15th, 16th, 17th & 18th of April**. Collect the written trail hunt locations from the Trevor Basin Visitor Centre, find the clues dotted around the site and return your answer to the Visitor Centre to receive an Easter chocolate treat. Little ones can also take a seat in the museum where they can colour and decorate their very own easter characters to take home – craft and colouring supplies provided.

Trevor 1st Scouts stall will be returning to Trevor Basin again this year **April 17th, May 22nd, June 26th, July 31st and August 28th**.

FREE Let's Fish at Trevor Basin will be back again this year. 28th May, 4th June and the 6th, 13th, 20th, 27th of August. Sign up online via the Events page at www.pontcysyllte-aqueduct.co.uk/events where you will also find a list of Events scheduled so far this year.



Are you or some one you know looking for a new challenge or looking to feel part of a team? We are looking for Volunteer Destination Assistants at the Visitor Centre. This role includes being part of a passionate volunteer team in a unique location, meeting new people, learning new skills and getting involved. It also includes cash handling, responding to enquires, restocking the shop, light cleaning and general administration, computer literacy preferable. Training will be provided, pop into the visitor centre for a chat to find out more or call us on **01978 822 912**. See our Facebook page for updates

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Castle Street, Llangollen. Open **Mon, Tues, Wed, Fri & Sat** from 9.30am to 5pm, come and browse our fantastic display of local Welsh Artists and Crafters with local scenes in art and scenic photos, Cards, Jewellery, Sewn Crafts, Books and Woodwork. 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 too.



May 14 The G scale model railway show Llangollen Garden Railway Festival
lgrf.co.uk **May 20/21/22** The Red Dragon Music Festival - The Llangollen Red Dragon Music Festival VI Tickets, Fri 20 May at 18:00 | Eventbrite
May 28 Chris Dyer toy and train fair.
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LLANGOLLEN MUSEUM NEWS

We will be open every **Tuesday, Wednesday, Saturday and Sunday** from 11am to 4pm.

Keep an eye on our Facebook page for events and activities on [https://www.facebook.com/](https://www.facebook.com/Llangollen-Museum-360178724443)

Llangollen-Museum-360178724443 We are always on the lookout for more volunteers to help us keep the Museum open as many days of the week as possible. We think that the Museum is a fantastic resource, both for everyone in the local community and visitors, and so, if you are interested in local history and have a few hours to spare each week, please contact our manager **Gill Smith** on **07516 023524** or email: gilliansmith2@hotmail.co.uk



MUSIC HALL SHOW

The Colleen Players: The next Music Hall & Variety Show will take place on **6th May 2022** at 6.30pm. St Colleen's Community Hall. Tickets £15 and includes Supper are available from the Box Office please call **01978 861768**

Prize for best dressed Victorian!



COUNTRY MARKET NEWS

We are delighted to let you know that the Llangollen Country Market is

reopening, we will be welcoming our usual customers and hopefully some new ones too. We will open on **Friday 29th April** from 9.45 to 11.45am at **Llangollen Memorial Hall**, Market Street, Llangollen LL208PS, it is opposite the main carpark. There will be the usual tea and coffee facilities, and you can browse the old and new stalls. Including craft stalls, plant stall, baked cakes, jewellery and more. Come and support local makers knowing that everything is homemade and with a varied price range. Come and say hello, we need support from the local community to grow strong. We are also still looking for volunteers to help out at the event, and new stall holders. The market will be open on the last Friday morning of each month, if it proves popular we will add more Fridays.

FROM MISSION HALLS TO MUSIC HALLS

Ladies & Gentlemen! Sunday night singalongs with **Fr Lee** are back! One minute of supreme entertainment packed solidly into one hour! So, let those tongue trilling and jaw loosening exercises begin that we may wondrously and unwearingly **WARBLE FORTH!** Join Fr Lee as he live-streams on Facebook at 6pm on a Sunday night, like and follow our page to get the Sunday night song sheet link too.

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KIDDIES WORLD NEWS

Our Parent & Toddler Group is a place where toddlers can come to play and explore in a safe stimulating environment. It is also a place for parents, grand parents, carers etc to come to support one another.

Sessions are Monday, Wednesday and Friday- 9:15am to 10:45am. For further information please contact Kiddies World on **01978 810242**



THE HAMPDEN BOWLING CLUB ACREFAIR

The Hampden Crown Green Bowling Club invites all members and potential members to get in touch as we are back bowling playing at the Royston Green. All ages are welcome. Please call Isobel on **01978 820179** to register or for more information.



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CEFN COMMUNITY COUNCIL NEWS

The George Edwards Hall is available for bookings, the Clerk can be contacted on **01978 821298** for any enquiries. Currently we have *Slimming World* who now hold sessions on Tuesday from 5pm - 8pm, and Wednesday mornings from 9am - 11am *DanceZone* on Mondays 5pm - 8.30pm and Thursdays 5.30pm - to 8.30pm *Line Dancing* on a Wednesday from 7.30pm - 10pm. Wrexham Foodbank have relocated to Plas Madoc Leisure Centre they are there to help every Thursday from 10.30am to 12noon.

Cefn Community Council are pleased to confirm the annual **Garden in Bloom** competition will take place this year on **7th July 2022** after having to postpone the last two years due to Covid. Please contact the clerk for an application form on **01978 821298**



Cefn Community Council Bowling Green is open for public use from Monday to Friday between 12noon to 3pm.

The MUGA - Multi Use Games Area on Plas Kynaston Lane and all 12 of our **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: We have completed the upgrade to our street lights with energy efficient LED bulbs. If you notice any street lights out please can you report them with the number off the lamp post to the Clerk on **01978 821298** thank you.

Birthdays: If you know of members in our community who are going to be celebrating their **90th** or **100th** birthdays please can you let the Clerk know on **01978 821298** thank you.

Wedding Anniversaries: If you know of members in our community who are going to be celebrating their **Diamond, 60 years or Platinum, 70 years Anniversaries** please can you let the Clerk know on **01978 821298**

Trefynant Cemetery: we respectfully ask when visiting the Cemetery to keep your distance as we know some visitors are still concerned. **Polite Notice** - Please use the one-way system, no turning around by the brick cabin. Thank you for your co-operation.

Community Litter Picks: as a Community Council our Councillors have been carrying out monthly litter picks around all areas of the Cefn Ward and if you would like to join them please contact the Clerk on **01978 821298** for details of the upcoming areas, dates and times, also check our Facebook page, litter pickers and bags are provided. If you know of a litter 'hot spot' please do get in touch with the Clerk, thank you. Members and volunteers took part in a litter pick and



landscape works at Cefn Bank together with Our Picturesque Landscape Team in February to help transform the wonderful space for the community to enjoy.

Special thank you to Richard Southwell of *Southwell Joinery* for providing new stairgates for the George Edwards Hall



Elections: The upcoming elections on 5th May 2022 will see sixteen Councillor vacancies for Cefn Community Council.

This covers four wards:

Cefn 5 seats, Plas Madoc 5 seats, Rhosymedre & Cefn Bychan 1 seat and Acrefair & Penybryn 5 seats.

Please follow our Facebook page and website for up to date information

Cefn Community Agent: Please remember the Community Agent is able to help and offer support to the over 50's and can be reached on **07925 048711** or email her on **cefncommunityagent@gmail.com** Please follow us on Facebook and Twitter **@cefnCouncil** for the latest information relating to the community.

REPORTING STREET LIGHTS

Street Lighting for Cefn Community Council area These lamp posts will usually have a number on them and should have all been upgraded to the new energy efficient bulbs and should be reported to the Clerk who can be contacted on **01978 821298** or by email: **cefnmawrparish@btconnect.com**

WCBC Street Lighting

Typically these are the lights on main roads, and some estate lights please use the facility online at: **<https://www.wrexham.gov.uk/service/street-light-reporting>**

COMMUNITY AGENTS UPDATE

Hello community. Easter is just around the corner, and spring is in the air. As the flowers and trees start to bloom again, why not contact me to book on to our next course of **Uplift Your Life**, held on Friday afternoons at St. Johns Church, Rhosymedre. In addition to this, please contact me if you would like further details about the **Men's Shed** and the projects they are running, the **Community Pantry**, and the **Luncheon Club**. Also, on the last Tuesday of each month there is an **Information and Advice** drop-in at the **CRNCA** from 10am till 12 noon where you can find myself and other agencies on hand to provide assistance. One final note; there is a certain date coming soon in May and it would be lovely to see someone else, other than me, dress to celebrate it. Star Wars fans should get tis straight away. Please email or text me to request more information, or drop into Tesco where I seem to meet up with most of you guys. No questions are too big or too small. See you all soon. Marie-Claire. Text **07925 048711** or email cefncommunityagent@gmail.com



CEFN AND DISTRICT MUSEUM

'Cefn Mawr and District Museum continues to be open each week for visitors. Our opening hours are Mondays, Wednesdays and Fridays from 10am to 12.30pm, with the exception of public holidays. In fact, we shall be closed in the immediate future on Good Friday and Easter Monday. We have relaxed our restrictions in line with Welsh government advice, so you are not required to wear a mask when entering the Museum, though you can of course do so if you wish. We look forward very much to seeing you soon. We still haven't got a reopening date for the Cefn Mawr Historical Society, although we hope it will be back in action before too long. You can contact me directly on a.tiltman@hotmail.com or through a message on Facebook. Alan Tiltman, Archivist

DISCLAIMER Whilst **The Community News** makes every attempt to ensure the accuracy and reliability of the information contained in these pages.

The Community News does not take responsibility for advertisements and articles which are the sole responsibility of the contributors.

LADS N DADS

BARBERSHOP

OPEN Appointments Only

OPENING TIMES

Tuesday 9am - 5pm

Wednesday 9am - 2pm

Thursday 9am - 6pm

Friday 9am - 5pm

Saturday 9am - 2pm

LADIES any day by appointment only

Please phone to book in **01978 822400**



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34 Well Street, Cefn Mawr LL14 3AE



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Cefn Mawr,
LL14 3AB.

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Tel: **01978 821863**

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GEORGE EDWARDS HALL, CEFN MAWR

Is available for hire for parties and events. As well as the main hall there we also have available the Lower Room (which has a fully equipped kitchen), and the Council Chamber, for those requiring a smaller space for meetings or smaller parties. If you are interested, please call **01978 821 298**, or use direct message on Twitter, thank you.

BLOOD DONATIONS

*If you could save a life in an hour would you do it?
How about saving 3 lives with one hour and just one blood donation?*

Book to donate in the Wrexham area here

<https://wbs.wales/CefnCommunityNews>

The Pavilion, Abbey Road, Llangollen LL20 8SW

Tues 26 April 12 noon - 3pm & 4:30pm - 7pm

Plas Madoc Leisure Centre LL14 3HL

Thurs 19 May 12 noon - 3pm & 4.30 - 7pm

Hafod Colliery Centre, Broad Street, Rhos LL14 1RB

Wed 1 June 12 noon - 3pm & 4.30pm - 7pm

ROWLANDS PHARMACY CEFN MAWR
Medical Hall, Crane Street, Cefn Mawr LL14 3AD

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

Saturday 9am to 1pm. **Tel: 01978 822600**

ALEXANDERS PHARMACY ACREFAIR

52-53 Peris, Acrefair, Wrexham, LL14 3LF

Do ask about our free prescription delivery service.

Open: Mon to Fri 9am to 6pm. **Closed** Saturday.

Tel: 01978 810272

L ROWLANDS & CO RUABON

The Medical Centre, Ruabon, LL14 6NH

Open: Monday to Friday 10am to 12pm then 2pm to 6pm **Saturday** 10am to 1pm **Tel: 01978 821802**

URGENT MEDICAL OUT OF HOURS 111

Patients in North Wales can now call 111 for free access to urgent out-of-hours medical care and round-the-clock health support and guidance.

This easy-to-remember number is **free to call** from **landlines and mobiles** and provides access to both **GP Out of Hours Services** and health advice from **NHS Wales** *remember its free to use and open 24/7*

IS THAT POTHOLE DANGEROUS . . . OR ANNOYING YOU?

DID THE COUNCIL MISS YOUR BINS THIS WEEK?

IS THAT STREETLAMP OUT . . . (Or lit up all day)?

DANGEROUS TREE? NOISY NEIGHBOURS?

OVERFLOWING CULVERT? BLOCKED GULLY?

FLY TIPPING? ABANDONED VEHICLE?

. . . . Who Ya Gonna to Call ? ? ? ?

SET UP A 'MY ACCOUNT' with Wrexham Council at:

<https://myaccount.wrexham.gov.uk/en>

Report it and track it online . . . in half the time!

Mae yna apwyntiadau ar gael o hyd yn eich ardal



Appointments still available in your area





LEARNING TO

Spin Yarn

ON A WHEEL

TY MAWR COUNTRY PARK SPINNERS, KNITTERS & WEAVERS

Learn to spin your own yarn at this Hand Spinning Workshop with Fiona Nesbit at Ty Mawr Country Park, Cefn Mawr on Wednesday May 11th 2022 from 10 - 3pm. Cost £10 - £15

Bring your own spinning wheel or there are spinning wheels available for you to use, if you don't have your own. Please contact June on **01978 711941** or email junemclaughlin@btinternet.com to book a place on the workshop or for further details.

Ty Mawr spinning Group meets at the Country Park on the **first Wednesday** of the month from 1 - 3.30pm. Our next meetings will be April 6th, May 4th and June 1st. We are happy to welcome anyone interested in learning to spin, knit, crochet, in fact anything to do with wool, in a very large and spacious barn. Please bring your own refreshments. Thank you

TY MAWR COUNTRY PARK UPDATE

The park is fully open, to check Kiosk opening times look on Linden's Cupcake Facebook page. The toilet block is also open. Do you have fruit and vegetables that you are going to get rid of cos you will not use them? If you do, did you know we can use them to feed some of our animals? These can be peeling from preparing veg, the only veg/ fruit they don't eat is potatoes, onion family or lemons. Please leave them by the rangers office and we will pick it up when we see it.

For park information please call **01978 822780** or email: countryparks@wrexham.gov.uk

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

To advertise in the **Community News** please call **Tyger** on **07532 780007** or message the **Community News Facebook** page.



CEFN MAWR CONVENIENCE STORE (Hinds Shop)

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CRNCA NEWS

Registered Charity Number 1122422

Tel: 07531 310335.

Bro Gwilym, Cefn Mawr LL14 3PA

The clubs and group continue at the Activity Centre for all to come along and participate in even if only for a look to see if you would like it.

Changing seasons

Over 50s club every Tuesday 12.30 -3pm subs apply. Fun games, craft, chat it's your choice



CRNCA over 50s Lunch Club



Wednesday served at 12.30pm 2 course meal plus hot drinks for £3 Ring Kris on **07531310335** to book

The Fabulous Woollies Knitting & Crochet Group

Wednesday 2-4pm subs apply all welcome to call in

Games and Hobby Hour



Cards, dominos, jigsaws, if you need time from home come along and have a game with likeminded friends maybe copy some old photos and chat

about the local history. This follows directly after Wednesday lunch club.

Men's Shed

Thursday 10-12.30pm We will shortly be having electrics to the container to allow for some real work to commence making items for yourself or to raise funds, you can do some gardening, or just chat over a cuppa and snack. Subs apply, our Community Agent will on occasion be available at this time if you wish to speak with her.



Eco and Garden Project



Thanks to a successful bid from **The Dee Valley Trust** a number of garden improvement will be commencing in the grounds of the activity centre including: *New*

fencing. Pathways. Fruit tree planting. Patio & seating area. New bin store amongst other things. So if you like try your hand at gardening or would like to create a container garden come along after Easter and help us enjoy nature and improve food sustainability.

The Old Canteen Activity Centre is run and maintained by community volunteers if you feel you can contribute to any of our projects even for an hour please call **kris 07531 310335** We really could do with a little help, even if it just for an hour at a time.

Any one wishing to help cook with another volunteer on a Wednesday? Once a month simple homemade food like you do at home never by yourself so give it a try.

Diary Dates for up coming events at the Activity Centre

October 1st Halloween Fayre 10-1pm

Come and see amazing Halloween crafts ideal for the great day many local stalls and fundraising groups.

November 26th Christmas market 10-1pm

Find that special little something that will delight you and your friends or family.

CHURCH NOTICES



Fake News! We are all bombarded with information daily by the news reports on our Smartphones television, radio, newspapers, even by word of mouth!

Technology is so clever now that photos or video scenes can be enhanced or even doctored to plant beliefs or doubts in our minds!

So, what can we believe to be true? Are we really wise enough to see through all the lies that are presented to us as truth? As I write this letter, we know that this is a very real situation happening in Russia right now. President Putin continues to assure his people that Ukraine is the enemy attacking them (supposedly supported by the West) and that **Russia** is the innocent party! – Although there are no signs of destruction on their land for anyone to see! – Yet, because of his lies many believe him, and uphold him as an honourable man! However, we have all seen the news reports of the horrific situation that is now taking place in Ukraine. Innocent people going about their normal lives one day, now fleeing for safety as many of their loved ones have lost their lives. Homes, hospitals, schools. orphanages and many properties have been reduced to rubble, thousands upon thousands of livelihoods and future plans have been destroyed overnight.

So where is God in all of this? Can we trust or even believe that He exists? In the bible there are many accounts of wars and Jesus even says there will always be wars – Why? Because of human selfish desire for power, authority, falsehood and greed. But God promises to always provide for the innocent and wants to be involved in our lives to do this. This is what is happening now by many surrounding countries, through the hands of people who want to show their love and concerns to strangers, providing homes, food, clothing, safe transport etc. etc. I'm sure many reading this have also donated in some way towards showing that kindness too. Why?

Because in our hearts we know that this war is evil, but God's love works through us, His creation, by wanting to help those in need. So, what is the truth? As we approach Easter perhaps you might want to know a bit more about God? If Jesus ever existed? If He really died on a cross and if so, what for?

CaféChurch meets in the CRNCA (Old Canteen) on the first Sunday of every month at 10.15am, to discuss and answer some of these questions in very friendly surroundings, with free cakes and a cuppa. We'd love you to join us. All ages welcome. Or we have a monthly Social, Thursday Evening 11 days after CaféChurch at 7pm. If you'd like to know more, please telephone **Colin or Rowena on 01978 824785**, or leave a message on **07790 026430** and we will return your call.

RHOSYMEDRE METHODIST CHAPEL

We are open for worship every **Sunday at 11am** We will be celebrating the **189 Anniversary** of the chapel on **Sunday 24 April at 11am**, all are welcome to join us. For more information please call **01978 821177**.

CHURCH NOTICES Continued

CATHOLIC CHURCHS

Llangollen, Chirk and Ruabon churches are open for Mass, Llangollen Saturday at 6pm, Chirk Sunday at 9am and Ruabon Sunday at 11am. please see local Church Notice Boards for more information, thank you. For other devotions including weddings, births, confessions and funerals please contact:

Fr John Bosco Bukomba by email at:

[PriestRuabon@rcdwxm.org.uk](mailto: PriestRuabon@rcdwxm.org.uk)

EASTER SERVICES ST RICHARD GWYN PARISH

Palm Sunday Sat 9th April 6pm Llangollen

Palm Sunday Sun 10th April 9am Chirk. 11am

Ruabon.

Tue 12th April 10am Chirk.

Wed 13th April 10am Llangollen

Annual **Chrism Mass** in The Cathedral on Wed 13th

April at 7pm

Maundy Thursday Mass Thurs 14th April Ruabon

7pm.

Good Friday Fri 15th April Veneration of the Cross

Ruabon 3.30pm.

Easter Vigil Mass Sat 16th April Ruabon 8pm

Easter Sunday Sun 17th April Chirk 9am. Llangollen

11am



The Mission Channel based in Llangollen are now broadcasting on YouTube every Saturday at 7pm. With an increasing work load we are looking for good Christian volunteers to help with TV Productions. Full training will be given to volunteers willing to give their time and hopefully become part of our team.

Training opportunities for *Channel Hosting, Camera Operators, Post Production Editors and Production Helpers*. If you would like to help us with this work of love please don't hesitate to contact us we look forward to hearing from you. **Executive Producers:**

Pastor Brian Smith 07511 555451 or

Joe Pemberton 07957 728473.

email: [church@citychurchllangollen.org.uk](mailto: church@citychurchllangollen.org.uk)

or: [missionchannel@citychurchllangollen.org.uk](mailto: missionchannel@citychurchllangollen.org.uk)

www.citychurchllangollen.org.uk



ST JOHN'S CHURCH RHOSYMEDRE

First, our Holy Week and Easter services. On Good Friday, we will do an hour of

devotional service. This is a service with a time to think back (reflect) on things, and to explore what Good Friday means, through readings and music. Everyone is welcome to join us for any of these services! Easter Saturday at 8pm in St. John's, we have a service of Holy Fire, where we light a fire that is blessed, and we take candles into church to celebrate the return of the light, a metaphor for Jesus. Our main service on Easter Day (The Eucharist, the one with the bread and the wine) will be at **9:30** in **St. John's**. **Please note the change of time for St. John's**. Everyone is welcome to come and join us to celebrate the risen Christ! At the time of writing, we are asking everyone who attends to please wear a mask.

15th of April Good Friday 2pm - St. John's, Last Hour Before the Cross.

16th of April 8pm - St. John's, Holy Fire and Blessing

17th of April Easter Day 9:30 Eucharist at St. John's.

Our normal Sunday Services will be back at 11am

you can follow us on Facebook @ **Hafod Family of Churches** on Twitter (@HafodFamily, or even on

Instagram! **Hafod Family**. I look forward to meeting

you all, Rev'd Phil Bettinson **01978 846204**

or e-mail: [PhilBettinson1@churchinwales.org.uk](mailto: PhilBettinson1@churchinwales.org.uk)



LLANGOLLEN GROUP OF ANGLICAN CHURCHES

Palm Sunday 10th April The

Commissioning Service for the

extended *Valle Crucis Mission*

Area will take place at **3pm** at **St**

Collen's Church,

We would appreciate any *cake*

donations for the reception after

this service. **NO MORNING SERVICES THAT DAY.**

Good Friday 15th April: 2pm at **St Collen's** A

service of readings, music and reflections.

Easter Sunday 9.30am Mass at **St Tysilio's**; 11am

Mass at **St. Collen's**; 9.30am Morning Prayer at

Trevor Church

Weekly **Mass and Communion** in **St Collen's** on

Sundays 11am please observe current guidelines.

Expand: a new meet-up group for people of all faiths

and backgrounds who are interested in the

metaphysical, mystical experience and conversations

around consciousness. This is a group for people of

all beliefs and backgrounds; a safe space to

explore faith/beliefs in a positive and inclusive group.

No special knowledge or religious language needed.

Just what people have learned in life so far.

To register your interest, please email:

[frleetaylor@hotmail.co.uk](mailto: frleetaylor@hotmail.co.uk)

TREVOR PARISH CHURCH

The Church in the wood, Services are held at Trevor

parish church every Sunday at 9.30am. A service of

Holy Communion led by Fr Lee Taylor is held on the

4th Sunday of the month. All are welcome.

COMMUNITY SUPPORT


LLANGOLLEN FOOD SHARE HUB



At the Castle Street end of Market Street Car Park, off Market Street. If you have queries or trouble finding us please call **07835 261343** or Facebook

us. Open for food share **2 - 3pm each Wednesday**. Open for donations on **1st and 3rd Tuesday** of every month from **10 - 11am**. **Crisis / Emergency support:** if you are in crisis or need some emergency support we can help out of hours please get in touch. If you want to talk in confidence about how we can help, message us on Facebook or text us on **07835 261343**. If you know of anyone struggling, please pass on our details for them to contact us. We can deliver to those unable to collect. *We also share supermarket surplus with the our community to stop food waste, do check our Facebook page for details as we usually post details of our Community Food Share when there is more than we need, help us save food from going to landfill. Just bring a bag and help yourself from the table outside. Food share is for everyone.*

WREXHAM FOODBANK PLAS MADOC

 Wrexham Foodbank continues to provide emergency food parcels and toiletries to those in financial crisis. To receive a food parcel you would just need to get a referral from somewhere that can help you with other support too such as your housing officer, social worker, health visitor, community agent, school or the Citizen's Advice Bureau. You can also call the **Help Through Hardship** free helpline on **0808 208 2138**. There are eight centres where parcels can be collected, but if you are unable to get there someone can collect on your behalf, or you can request a home delivery. Our centre at **Plas Madoc Leisure Centre** is open Thursday mornings from 10.30-12 noon, using the red fire exit door by the main car park. Foodbank donations can be made at our warehouse on Ruabon Road, on Tuesdays and Fridays between 10am -3pm, or in most supermarket stores. For more information visit

www.wrexham.foodbank.org.uk, follow them on Facebook and Twitter. If you are interested in volunteering then please contact **Sally** on info@wrexham.foodbank.org.uk or **07538 547971**.

THE COMMUNITY CAFE & FOODBANK RHOS

We support families and individuals in the community with our foodbank, please get in touch to organise a food parcel. Generally we are here midday on Tuesday, Wednesday and Thursday but please do contact us on **01978 447477** or message us on our **Facebook** page before coming up to see us.

WCBC BENEFITS ADVICE

Our Welfare Rights Unit provides telephone advice to Wrexham residents on all matters relating to Social Security entitlements including advice on Universal Credit, Jobseekers Allowance, disability benefits and so on. Please call **01978 298225** between **9.30am and 12pm, Monday to Friday**.



YAB - YELLOW & BLUE HUB
11 Henblas Street, Wrexham LL13 8AE
email: info@yellowandblue.org
Tel: **01978 799886**

What's in YAB

Mondays - Motivation Monday

Coffee and Chat. Stepping stones next steps. Mombies parents support group. Transformation Mondays. Andys Man Club.

Tuesdays - Giving Tuesdays

Inductions for volunteers. Giving Tuesday YaB Community Support Network groups Volunteer coffee and chat. YaB youth

Wednesdays - Wellbeing Wednesdays

Inclusivity at the Hub. Friendship Hub. One love choir Homeless and temporary housed provision. Wellness sessions

Thursdays - Generation Wrexham

Veterans Model Making. Cream tea and craft. Live singers. Memory Café. Wrexham Memory lane with guest speakers

Friday - Community Friday

Craft Sessions. Yab Peoples Library. Cohesive Communities. 'Yellow and you' evenings - see board for latest events. Communities for work

Saturdays at YAB

No more blues evenings. See board for latest events Plus the hub has a host of people/volunteers/events that are inclusive and welcome.

See our Facebook page for more updates.



GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?

ANDYSMANCLUB are talking groups for men to **HELP YOU** through those storms.

FIND OUT MORE info@andysmanclub.co.uk
www.andysmanclub.co.uk #ITSOKEYTOTALK

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EVERY MONDAY @ 7PM EXC. BANK HOLS

ANDYSMANCLUB LTD is a Registered Charity in England and Wales (1179647) Scotland (SC051485) and a Company Limited by Guarantee, registered in England and Wales (1119152)

FRIENDS OF PARKIES

We are a charity based on the border of North Shropshire and South Clwyd in St Martins, which offers support for those diagnosed with Parkinsons, their carers and families. We meet socially every 2nd Wednesday of the month to share information and to help/support one another. We offer support for people recently diagnosed with Parkinsons who don't know where to turn for help and information. The group has a diverse range of people of all ages so don't think you are too young or too old - everybody is welcome. We have guest speakers at our social meetings who offer help and advice accessing Parkinsons support. We also arrange social outings which have included in the past a canal cruise and a visit to Keele University to see the research work being undertaken to treat Parkinsons. Sounds interesting? Give us a call for an informal chat and more information. Tel: **Elaine** on **07760 685447**. We also have a Facebook page - **friends of parkies**.

PLAS MADOC NEWS & UPDATES

THE LAND Plas Madoc Kettle Club is run by the AVOW Play Team (**The Land**) it's an informal, friendly group where parents, grandparents and carers can meet up and have a chat over a brew. People can also access support, advice and opportunities to attend free training. The group is free to attend and everyone is welcome. In addition the **Play Team** have dedicated parent support which can be accessed Monday to Friday. Please check our Facebook page for weekly details of times and where we are meeting. If you would like more information please contact claire.pugh@avow.org or find us on Facebook @ **WE ARE PLAS MADOC**

If you need help with anything you can get in touch with us on our Facebook page **We Are Plas Madoc** or you can call or text **07394 465113**. check to see what other things are happening please feel free to share this number with any friends and neighbours that may need support. **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

MUNCH AND BRUNCH

Munch & Brunch runs every **Tuesday at 10am** on the Plas Leisure centre overflow car park. Come along have a brew and meet new people.

FRUIT & VEG PACKS

Healthy Fruit, Veg & salad bags available at a total cost of £5 collection **Wednesday 10am-12pm** on the Plas Madoc Leisure Centre overflow car park. To order please message the **We Are Plas Madoc** Facebook page, email weareplasmadoc@avow.org or call **07394 465113**.

FREE ZUMBA SESSIONS Wednesdays from 5.15pm-6pm at Plas Madoc Leisure Centre. We have free Zumba sessions funded by the *Community Foundation Wales*. Booking is essential as we have limited numbers please message us on our Facebook page to book on or call **07394 465113**



LITTLE SUNFLOWERS



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.

VETERANS GATEWAY We want veterans and their families to get the support they need, easily, wherever they are, or wherever they need it. We are the first point of contact to make that happen. When you need to be referred to the right help quickly, **Call 0808 802 1212** or **text 81212** visit our website <https://bit.ly/38UiaL2> or find us on Facebook, **open 24/7**

PLAS MADOC POST OFFICE & TOP SHOP

We are open
Mondays to Saturdays 7am to 7pm.
Sundays 8am to 8pm.
Tel: 01978 820729



LOCAL PEOPLE IN WREXHAM USING THEIR TALENTS TO HELP OTHERS

An innovative scheme now in Wrexham is supporting 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 or in the local community. 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. *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 **Tom Hughes** 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 Tom's help and support is free to local people. To contact Tom to find out more: call: **07880 195 114** or email:

tom.hughes@communitycatalysts.co.uk

Do visit our Facebook page **Community Catalyst Wrexham** and see some of the newly launched Services Tom has helped to develop.



WREXHAM COMMUNITIES FOR WORK PLUS

Wrexham Communities for Work Plus are a dedicated team of highly skilled staff who are able to support people living within the whole of Wrexham by providing one-to-one mentoring which is tailored to suit individual needs.

We are able to offer support and advice relating to

-] Essential skills
-] Education & training
-] Digital skills Interview tips and techniques
-] CV & job application support
-] Motivation & Confidence
-] Advice for becoming Self Employed
-] Volunteering/Work Placements
-] Paid Employment
-] Better off calculations

If you are currently unemployed and struggling to find work or even if you are considering a change of career then our friendly team is on hand to help on your path to finding your ideal job.

The team have two bases, one in the **Caia Park Partnership**, they can be contacted on **01978 802418** or **01978 318853** and the other in the **Opportunities Centre in Plas Madoc** who can be contacted on **01978 820520**. Please give us a call for an informal chat or to arrange to come in for an appointment, the kettle is always on.

RAISE THE ROOF CHOIR

Once every week our choir meets to sing,
Who knew what joy this experience would bring?
We're at Rhos-y-Medre in the Church of St. John'
Why don't you join us? Just come along.
The reading of music's not always required
But a musical ear may be somewhat desired.
Soprano or alto, which best suits your voice?
It matters not really, there's always the choice.
Yours may be a tenor, or perhaps it's a bass,
Especially for you, we'll ensure there's a space.
We're not a large choir, our numbers are few,
And our newest recruit, well, it just might be you.
Community singing, now who would have guessed,
That we'd be so in tune? Though we do try our best.
We sing and we laugh, and we chat for a while,
The happiest people with always a smile.
And then when we leave as the choir session ends,
We know that we've spent our time there with friends.
So please don't be shy, or don't be aloof,
Come in, come to join us, and help ' Raise the Roof ' .
If you have any questions you wish to ask, please contact our choir leader,
Nova Evans on
nova.4song@gmail.com or you can look us up on the **Raise the Roof** Facebook page.



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Do you have what it takes to be an Air Cadet? Want to get involved in the fastest growing Youth Organisation in the UK and get the opportunity to try your hand at the multitude of activities

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Fron Male Voice Choir

WE ARE BACK

Don't save your singing
for the shower!

COME & JOIN US

No experience necessary and you don't have
to be able to read music

However you **MUST** be prepared to:

- Make new friends
- Have fun
- Feel less stressed

The Fron Choir meet at Ysgol Acrefair Primary on Mondays and Thursdays, 7pm until 9pm and they are recruiting 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!



1ST TREVOR SCOUT GROUP

We are 1st Trevor Scout Group and we are now fully open after Covid and have some vacancies. The group has 2 sections for both girls and boys. Beavers age 6-8 years and Cubs age 8-11 years we meet every **Thursday** evening during term time and our HQ is next to the **Community Centre on Trevor Estate**.

Scouting offers a wide range of flexible activities which provide adventure and challenging for both the young people and our Leaders. At the moment we are looking for volunteer potential Leaders and Assistant Leaders to join our team within the group. Whatever your skills, experience and interests, we can find a



role for you. As an organisation we can help you develop your skills and indeed learn new skills , we provide full training and support. We have children from all over the area, including Plas Madoc, Rhosymedre and Cefn as well as Trevor, Garth etc. It would be great to hear from you. To discuss further please contact me: **Elaine Anderson**. Group Scout Leader on **07939 476208**.

WALES NATION OF SANCTUARY UK

HELPLINE (Courtesy of Welsh Government)

A helpline has been launched for people arriving in Wales from Ukraine and for people who are acting as sponsors to provide advice and guidance.

For callers in the UK, the number is:

Freephone: **0808 175 1508**

For callers outside the UK, it is: **+44 (0)20 4542 5671**

The helpline will be available from 9am to 5pm 7 days a week. Additionally, detailed guidance is available under 'Homes for Ukraine: Guidance for Sponsors' on the Welsh Government website here: <https://gov.wales/homes-ukraine-guidance-sponsors-html>

With an abundance of supportive links and resources and a great deal of vital information, any relevant sections should be read in full.

#ukraine #StandWithUkraine #helpline #wales #cymru #RefugeesWelcome #refugeesupport #guidance

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CEFN LIBRARY UPDATE

Mondays

Citizens Advice every **Monday** from 1 - 4.30pm to provide free, independent, confidential and impartial advice on any issue brought to them. It is a sit and wait service, no appointment needed.

Knitting and Crochet group every **Monday 2-4pm**. Pop in and join this friendly bunch, bring whatever you are working on or just come for a natter! Tea and coffee available but please bring your own cup.

Wednesdays

Cylch Ti a Fi - 1.30-2.30 this group runs every week (term time) and is aimed at under 4's it is suitable for welsh and non welsh speaking families. In Ti a Fi your child will learn and sing simple welsh songs, listen to welsh stories and take part in simple craft activities. The sessions are free of charge but places must be booked in advance. To book, please contact Llinos on **07483324364** or **llinos.rowlands@meithrin.cymru**

Lego Club NEW!! We have re-introduced our popular Lego club, this club will be on every **Wednesday** from 3.15-4pm. Suitable for ages 4+ but we do have building blocks available for any younger children who wish to come along. Lego club is **FREE** and we will provide a drink of squash and biscuit.

Blue sacks and Green caddy bags - we are now a distributor for household recycling bags, if you need any just pop in and ask. During the February half term we were lucky enough to have a construction session here run by Xplore!



FREE EASTER ACTIVITIES

Monday 11th April 1.45-2.15pm Storytime with Jacqui Blore - Animated and interactive stories with The Story Teller. Audience participation greatly encouraged! **Wednesday 13th & 20th** Lego Club 3.15-4pm **Arts & Crafts** Selection of simple Easter/Spring arts and Crafts will be available throughout the half term, suitable for ages 3+ **FREE**

We will be closed Good Friday April 15th and Easter Monday April 18th For more information please call us on **01978 820938** or email **cefnmawr.library@wrexham.gov.uk**

Open Mon 1 to 5pm, closed Tues, Wed & Thurs 1 to 5pm, Fri 9am to 5pm.



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NEW BUILD FOR BRIGHT STARS PLAYGROUP AND CYLCH

We have all been watching with great excitement the delivery and construction of the new buildings on **Ysgol Cefn Mawr** school site. The buildings are near completion and are currently being fitted internally and new playgrounds installed for each building. They are eco-friendly, air conditioned and are going to be a fantastic new learning environment for our local youngsters, who deserve the very best start to their pre-school experience. A big thank you to **Elite Construction** who have caused very little disruption to the school during the build and to local residents who have been very supportive throughout the construction work. We will soon have a date for completion and will organise an open day for the community to have a look around. Our grateful thanks to **Wrexham County Borough Council** who have worked with **Ysgol Cefn Mawr CP** to organise and fund this project through a Welsh Capital Grant.

INDEPENDENCE AT HOME WITH THE VISITING WARDEN SERVICE

Are you aged over 60? Do you know anyone over 60? Would you/they welcome a reassuring visit? Then we may be able to help you with our new Visiting Warden Service. What does the service offer? Our Wardens are experienced in giving advice and support on the many circumstances and issues faced by older people.

To find out more or to apply for the Visiting Warden Service please contact the Supported Housing Team Tel: **01978 315 460** or **01978 315 453**

Email: housing@wrexham.gov.uk

Post: **Housing and Economy Department, Ruthin Road, Wrexham. LL13 7TU.**

LOCAL LITTER PICKERS INFORMATION

Are you litter picking around your area? Do you know the best way to report it? Please reported your litter pick with the location and number of bags to *Pride in our Streets* on **01978 298989** Mon to Fri. Any weekend picking must be reported with the same details & pictures if possible emailed to wrexhamliter@wrexham.gov.uk. Or you can let me know and I will sort the collection for you, I can also give you bags. Thank you for caring and making a difference call me on **07532 780007**



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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 Union 01978 266843
Caritas Surgery Cefn Mawr 01978 720450
Childline: 0800 1111
Citizens Advice 0300 330 1178
Citizens Advice Bureau, 01824 703483
Social and Welfare Service
Citizens Advice Bureau, 0844 826 9690
Legal Service
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
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

Community Groups

1st Trevor Scout Group 07939 476208
Hampden Crown Green Bowling Club 01978 820179
*Now things are getting back to "normal" and groups are getting back together please let me have your group name and contact number to include in this section - I will only be including those who have confirmed that they wish to be added. Email tyger@tygertactics.com or message me via **The Community News** page on Facebook, thank you.*

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, street lighting
Transport 01978 298996
Blue Badges, bus passes
Welfare Rights 01978 298225
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**.

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We are open Mon 12pm – 5pm, Tues Closed, Wed 12pm – 5pm, Thurs 9am – 1.15pm, Fri 12pm – 5pm
Tel:01978 822002
Email:ruabon.library@wrexham.gov.uk

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RUABON COMMUNITY AGENT

Supported by Ruabon Community Council, the Community Agent works with over 50's in Ruabon providing easy access to a wide range of information to help people make informed choices about their present and future needs. If you are not sure who to turn to and you live in Ruabon? Or if you just want to chat about concerns or issues that may be bothering you? This service is free! Contact Community Agent **Paul Tincello** tel: **07947 530140** or email: communityagentruabon@gmail.com

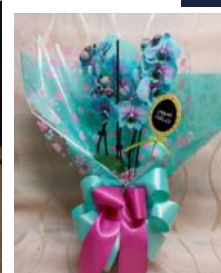
PLEASE LIKE OUR FACEBOOK PAGE

Community News Cefn Mawr, Dee Valley & District. We post an electronic version of the newsletter there which you can download and share with friends and family who live away. We keep updating this page with news and information from our advertisers and their businesses, services and events.

We also post an album of photos that includes the ones we could not fit in to this edition of the newsletter.



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YSGOL ACREFAIR NEWS

As we come to the end of the Spring term, we have lots to celebrate, not least being able to return to some form of 'normality' in school.

Recently we have been able to enjoy some of the things that we have really missed including our celebration assemblies and opportunities for classes to mix and work together.

March has seen us all enjoy our whole school inquiry into the question 'what makes Wales special?' The children answered this in their classes and through their eisteddfod entries which were outstanding. Together we have created a school museum which



We have also recently participated in our book week during which each class undertook lots of fun activities based upon their class book of the week. Children throughout the school have continued to enjoy PE sessions with our coaches from progressive sports and the after school dodgeball club has been brilliantly attended by pupils in years 3 and 4. We are all looking forward to the sports week which will be held next term. Recently the whole school enjoyed a visit from Artefact Theatre and a show all about climate change and how we can protect our planet. This ties in with lots of our learning throughout the school including I'm Years 5 and 6 where the children are learning about Goal 15- Life on Land. We are all looking forward to the Easter Holiday and the wonderful summer term which lies ahead.

SUPPORT FOR YOUNG PEOPLE

Info Shop 01978 295600 information/support/advice

Outside in Counselling Team 07800 689039 or

outside_in@wrexham.gov.uk

Young Minds text YM to **85258** for urgent help

Shout text **Shout** to **85258** here for you 24/7

Childline online, on the phone **0800 1111** anytime

Samaritans 24/7 **113123** - free or email

jo@samaritans.org

HopelineUK call **0800 068 41 41** text **07860 039967**

Or **pat@papyrus-uk.org** prevention of young suicide, open 9am-midnight daily

Barnardo's Housing **01978 317092** or **07736 847640**

Education Welfare Service **01978 295570/1**

WCD Young Carers **07932 225338** or **07984 464886**



YSGOL RHIWABON NEWS

This term, Year 7C have been studying the solar system. As part of their project they've calculated the relevant distances of the planets and plotted them on the school field. They also created their own personal mnemonic for remembering their order. Afterwards in groups, they were allocated a planet and worked had to research using textbooks and Chromebooks. They created presentations which they delivered to the whole class - teaching other students about their planet. All groups were extremely successful, and they were then presented with a certificate by Mr Callum Edwards as Mission Accomplished!

Ukraine Donation The donations from parents and pupils at the school have been delivered to The Polish Integration Support Centre CIC warehouse just outside Chester. Headteacher, Mrs Melanie Ferron-Evans, said *"Thank you to everyone who donated to the Ukraine Appeal. All the items have been delivered to the PISC warehouse today. The kindness shown by all parents and staff has been tremendous and I thank you"*.

WCBC ESTATE OFFICE UPDATE

The Plas Madoc Estate Office is now open to the public on a strictly 'one in' and 'one out' basis adhering to all social distancing rules and the wearing of facemasks is recommended whilst attending the office (unless medically exempt).

We are open for all queries and advice and our Kiosk is open for the payment of rent and council tax by card only as we no longer accept cash. Reception open to the public 9 am – 4.30 pm **Mon – Thurs**, 9am – 4pm **Fri**. Our staff are now out and about on the estates but if you want and interview with an officer, these are **by appointment only**. To arrange an appointment, please telephone **01978 292061** where we can book a slot for you to attend the Plas Madoc Estate Office. Or we can visit you at your home if your query is unable to be dealt with over the phone, whilst still current guidelines and wearing the appropriate PPE. We must ensure that our staff, tenants and residents are still kept as safe as possible during the current on-going situation. If you have **URGENT OUT OF HOURS HOUSING REPAIRS** contact housing on **01978 298993**.

PSCOs UPDATE

We have received a report of a person cold calling in Plas Madoc, claiming to be from a gas company. The person involved was extremely pushy, did not have any identification, and quickly left the area once challenged by the resident. A scammer may knock on your door pretending to be a trader, charity collector, or simply in need of help. They may seem polite and friendly, but that doesn't mean you can trust them. Anyone who calls at your door should have some form of identification. You are within your right to ask for this. Never give out banking or personal details to anyone that you are unsure about. If you can't be certain that a visitor is who they say they are, then ask them to come back at a later date, this allows you time to check details or have a friend or relative with you. Remember its OK to tell visitors that you are not interested or ask them to leave if you aren't comfortable.



Things to remember:

Stop - are you expecting anyone?

Lock - If you aren't expecting anyone, keep any outer doors locked before answering the front door. Consider looking through the window or spy-hole to see who is there first.

Check - Ask for an ID card and examine it carefully. If you are still unsure, never call the number on their I.D card to check them out. Ask the person to wait outside, shut the door and find the company number on the internet or from a bill. If they are genuine, they won't mind if you keep them waiting. If you are being pressured or feel unsafe, contact friends, family or the Police.

Not sure? Don't open the door!

For more information and advice, you can contact your local Trading Standards department at www.wrexham.gov.uk/service/trading-standard or report any suspicious incidents to North Wales Police via **101** or **999** in an emergency

Thank you,

PCSO Lara Shiers

Lara.Shiers@nthwales.pnn.police.uk



TESCO CEFN MAWR NEWS

Thank you to everyone who continues to still donate to our Ukraine collection, this is located at the front of our store. Winner of the recent bags of help round up is **Young Lives vs Cancer**. Well done, new projects to vote for have started, good luck to all involved and don't forget a blue token at the checkout.



Proud to be supporting our local community



CEFN MAWR COMMUNITY SOCIAL CLUB
PRESENTS
CHARITY GALA NIGHT
GOOD FRIDAY 15TH APRIL
ALL PROCEEDS TO **EMYR HUGHES**
7.30PM -TILL LATE
TICKETS - £3 RAFFLE TICKETS ONSALE

There will be a great charity show here in the club on **Friday 15th April**, starring the fantastic **GEMINI magic and illusion act**, **FOO BOO solo guitar vocalist and the dancer from Clapham** and **Hitman & Hez disco**. This is to raise funds for the family of *Emyr Hughes* who has been fighting long term illness. This will help them to cover some of the financial costs and reduce their burden of worry. The club would like to wish Emyr a speedy recovery and warmest wishes to all the family.
We have *Mary & Libby Prile*, mother and daughter act live on **Friday 29th April**, tickets £3 available from the club. The Club continues to serve the local community in every way possible and we thank everyone for their continued support.

On 26th March Tesco Cefn Mawr turned 10, we had a great night partying and all enjoyed a night off . To all of our customers past present and new, thank you for all your custom.

We have been supporting many Community groups over the last couple of months, get in touch if we can help. Just message our Tesco **Cefn Mawr Community** Facebook page, or leave a message with the Customer Service Desk thank you. Don't forget you can recycle your old batteries in store and soft plastics in the container outside.

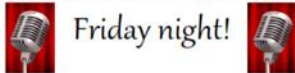


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- Tues: 8:00pm – 10:30pm
- Sat & Sun: 8:30pm – 11:15pm



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YSGOL MIN Y DDOL NEWS

March was a busy month at Ysgol Min y Ddôl, with our St David's Day celebration then we joined WCBCs St David's Day March celebrating our heritage and traditions. Our pupils feature heavily in the days media due to their amazing efforts of singing and participating. We held an Eisteddfod, the children competed in singing, reciting, musical instrument and art competitions, every pupil took part and were absolutely brilliant. A big thank you to our Governors and Head Teacher's from other Welsh schools for judging all the entries.



Our Nursery and Reception class visited Park Hall Farm' as part of their topic work learning about the animals and the farmer's jobs and got to use the language and information they've learnt in class in a real life context. Other classes have had the opportunity to learn by experiencing different activities. Dosbarth Derwen visited Xplore in Wrexham learning about solar power and its benefits and have also had the pleasure of going on a residential to Nant BH learning about team work, resilience and perseverance. Dosbarth Wiwer visited the local Church meeting the Vicar to learn all about the sacred building. Two of our football teams took part in the Active Wrexham football tournament at 'The Rock' this month. 24 primary schools came together to play friendly matches, it was an absolute pleasure to see them all enjoying being together again. In Ysgol Min y Ddôl we regularly share what's happening in the world with our pupils and have an open and honest dialogue about their views, the views of others, what triggered such events and how it may have been prevented.



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The conflict in Ukraine is currently a hot topic amongst our pupils and we felt it needed exploring further therefore we altered our expressive art sessions to focus on the event. Here is a display of all their creative efforts which include both art work and their letters to Putin. Their conversations, reasoning and questions are commendable, da iawn chi.



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MAELOR ABC SUCCESS

Maelor boxer **Cory Jones** was selected to box in his first international for Wales since the lockdown over in Ireland on 3rd March he was up against **Aaron McKenna** the all Irish champion and won on 4 to 1, it was Cory's first bout since winning his second Welsh title in

January this year in Cardiff, Cory now has Schoolboy and Junior Welsh Championships vests to his name, Cory was excited to have news from S Wales that he was selected to attend the GB training camp in Sheffield this is a great honour for Cory as very few boxers get to be invited to the elite setup and rub shoulders with Britons top boxers. **Cory Jones** has now been told he has been selected to represent **Wales** and the **Maelor Boxing Club** Cefn Mawr at the *International European Youth Championships* in Bulgaria he is one of only three that have been picked, he goes the Cardiff this weekend and flies out next week for 10 days and will compete with the best of Europe. The lads, Coaches and Committee of the Maelor ACB Cefn Mawr wish him good luck.



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YSGOL CEFN MAWR NEWS

Super learning week - Celebrating our Welsh heritage

We had a brilliant week in school after the half term break. All classes read the story *The Quilt* by Valerie Lebond, its about a family who live in Wales and move to America, it discusses all the aspects they enjoyed about living in Wales and what they missed about their home and the longing for their Welsh home "Hireath". Pupils from Nursery to Year 6 worked on the cross curricular themes to produce some fantastically creative work, which including designing and making their own Welsh themed quilt, testing materials for different properties, designing and making their own



Welsh Love spoons, drama and freeze frames from the story, map work, creating Welsh Celtic symbols outdoors using hoops and cones. Classes made and enjoyed tasting Cawl. Each class also created their own Welsh folk dance, learned a Welsh poem and a Welsh song which they performed for the school on St David's Day, dressed in traditional costume or colours of the Welsh

flag. We ended our week with the much enjoyed school Eisteddfod. We were all terrifically proud of our pupils and their achievements during the week. A big thank you to parents and pupils for their homework, to design a welsh themed fairy cake which they completed during the holiday, the entries were fantastic. The week showed our pupils are really are Ambitious, capable learners, Enterprising Creative Contributors, Ethical Informed Citizens and Healthy Confident Individuals who are ready to embrace the New Curriculum for Wales and be prepared for their learning journeys and lives ahead of them. We are proud of their resilience and energy for learning despite how challenging the last two years have been. Keep up your fantastic learning attitudes!

Sports It has been fantastic to return to some normality and attend sporting fixtures off site. We are incredibly lucky as a school to have Mr Rob Evans working with us in school during the last two years. Mr Evans is ex Captain of Wrexham AFC, he coaches at Wrexham AFC Youth Academy and plays at a professional level. Mr Evans has been taking after school football clubs for pupils in Y3/4 and Y5/6 in addition to taking extra PE sessions



weekly for pupils to improve their Health and Wellbeing. We have recently participated in 2 days of non-competitive and competitive football at The Rock - home of Cefn Druids. The weather and facilities were fantastic. We have taken mixed teams of boys and girls. They thoroughly enjoyed the occasions and played well. Thank you to Active Wrexham for organising the events. We look forward to further sporting fixtures. Thank you to our parents for your support at the events.



Dear All, the red circle here covers our entire area including all wards and villages in the central section of the Pontcysyllte (WHS) World Heritage Site. The circle radius is 2 miles and there are 10,000 of us living in it. We outnumber the combined populations of Chirk and Llangollen (4.5K+4.5K= 9K), and yet we seem to have the poorest of everything. This is wrong and needs correction. Despite the very high visitor count, 330,000 to the aqueduct and 70,000 to Ty Mawr Country Park our community sees very little benefit from WHS status. Our community remains locked in post-industrial depression with one of the highest unemployment rates in NE Wales. Given the high visitor counts we should be booming, but sadly again we have by far the poorest economy in the WHS with Chirk and Llangollen streets ahead of us.

The Trevor Basin Master Plan offers our community little and is allocating 1.5

hectares of land for development. This will no doubt result in new business to the area, i.e. retail chains and other national consortiums. These will operate at unfair advantage (with visitor revenue income) to our currently struggling businesses (without visitor revenue income). This will result in further closure of our own local business interests in preference for outside concerns. This will be similar to what happened in Cefn Mawr with the arrival of Tesco.

The Levelling Up Fund, £15 Million Pounds promised for the WHS and £4.5M scheduled for our area. This is good news but what it is going to be spent on? Do we need another visitor centre as we already have one at Trevor Basin, one at Ty Mawr Country Park and if WCBC would work with us, we can reopen the Ebenezer? Do we need a Tree Top Walkway and other nonsense, I don't think so and yet here is £4.5M being spent on it? However, whilst this is going on the B5605 remains closed, for over a year now, damaging our economy further. Our community is subject to almost regular traffic chaos whenever the A483 closes. The B5434 now carries 3 times the heaviest traffic flow ever seen, and the Bont Bridge is slowly being destroyed. Our remaining roads are riddled with potholes and our bus services have been decimated and flooding in our community, that is nowhere near a flood plain.

Medical Facilities, 2000 of us signed the petition for a New Medical Centre at the old Co-Op Supermarket Site years ago, but where is it? We are the largest population but still have the poorest medical facilities. Llangollen has a state-of-the-art Medical Facility recently fitted with a new Solar Cell roof on the site of the former Woodlands Night Club. Chirk does even better with their New Medical Facility next to the Hand Hotel and an excellent Community Hospital as well. Well done, Chirk, but unfortunately not well done for us.

Rail Transport, with the coming fuel price hikes and ever rising cost of vehicles, and recently announced bus schedule cutbacks, rail transport will become ever more attractive and viable. Ruabon and Chirk both have railway stations left over from another age (in the wrong places) whilst we could reopen Rhosymedre Halt, at the centre of our community, serving it well. There is a lot more that needs addressing in our community, and I will be posting on Facebook as we go.

Regards, David Metcalfe, Cefn 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