

THE COMMUNITY NEWS

From Cefn Mawr, Acrefair, Plas Madoc, Dee Valley and District
Covid-19 Bulletin No 3, May 5 2020




 **Friday 8th May** 
VE DAY
75th anniversary of the end of the Second World War
community based socially distanced 'Stay at Home' celebration
STREET PARTY
Place a table and chair(s) outside your house on the pavement or front garden
Make your own 'picnic food and have a few drinks.
Keeping to the 2 metre rule
4 to 6pm
Play some music
Decorate the front of you house in red white and blue
Decorate your front window
Dress up in 1940's clothes or in red, white and blue



DEE BOY REPAIRS ZION BENCH
The seat in *Zion Graveyard* in *Top of Cefn* has been in a very sorry state for some time and **Mick**, from **Dee Boys Men's Shed**, has been thinking about how he could repair this for a while but the big obstacle was the old bolts which would need to be removed to enable this repair. *Continued inside on page 2*


Acrefair Garage
Llangollen Road
Acrefair
LL14 3RS

Handwash and detail polish - £12

All door handles sprayed with disinfectant.
All wheels and lower body covered in tfr.
Pressure wash all of the car.
Car washed using woollen mitts and the 2 bucket method.
Car coated in a wax rinse.
Pressure washed off.
Car fully dried using microfiber cloths.
Car detail polished and buffed to leave a lasting shine.
All wheels cleaned and tyres dressed.
All door sills cleaned.
Windscreen washer topped up.

This is a book in service only so to book please message us on Facebook or call us on
07716 046810
Our Covid-19 guidelines will be sent to you after booking in

OPENING TIMES
Mon-Sat 9am-5pm. Sun 10am-2pm.




Why Choose Us?
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Call NOW on 01691 770097 or 07903 879726
Or visit: www.acroofingservices.co.uk

News so far

Remember, you can still access you library 24 hours from the comfort of your armchair, you can have access to thousands of e-books, e-audio books, e-magazines and e-comics. All you need is your library card number and your PIN number. Check it out at www.wrexham.gov.uk/library and follow the online services link.

If you don't have your PIN and would like to request it please email library@wrexham.gov.uk stating your name, address, postcode and Library Card Number.

For those of you who don't currently have a library card and wish to use this service, we have made it possible for you to create a **Temporary Online Membership** which will give you access to all of our online e-books free of charge. Go to www.wrexham.gov.uk/libraries and select **Online Services** then select **Online Catalogue** and **Join the Library**.

We are looking forwards to welcoming our readers and our lovely groups back when it is safe to do so. Keep Reading, keep Crocheting and keep Knitting and Nattering!

ST MARTINS FOODBANK



We have set up a food bank for anybody in the village who is struggling or may be struggling in the commencing weeks due to the current situation. We want to help everyone including the self-employed,

employed, un-employed and the elderly. We are based at **St Martins Village Centre** on Overton Road, we are open **Sunday, Tuesday and Thursday from 6.30 to 7.30pm**. If you are self-isolating or are unable to leave the house please call **01691 770204** or **07598 972767** and we will arrange for a delivery. You can contact us through our FaceBook page SM Foodbank.

We are supported by St Martins School, St Martins Village Centre, St Martins Youth Club, Stan's Superstore, Ridgeway rentals and our Volunteers.

CAFFI CWTCH Tel: 01978 317 800

Meals Matter is a 'free' delivery service for those ordering meals within the WCBC area. Orders, collections & deliveries can only be taken between **10am and 4pm Monday to Saturday**. £5 minimum order, card payments only. We also offer a collection service for customers outside of this area. Phone to check deliveries.

DEE VALLEY PRODUCE

All Produce is daily market fresh, prices subject to change daily, fruit, veg, plants, dairy, eggs, jams and chutneys. Shop opening **Monday to Saturday from 9am to 5pm** closed Sundays. Deliveries and collections available all week if you can visit the shop we would be delighted to see you but we ask no more than 3 customers in the shop at any one time please so we all stay safe. Call: **01978 861805** Payment will be taken securely over the phone. or email us at [deevalleyproduce@gmail](mailto:deevalleyproduce@gmail.com)

ZION BENCH

Continued from page 1

Mick started to work on the bench and John, from the bungalow below the graveyard plugged him into his garage so he could use an angle grinder to remove the bolts. He then painted the frame and replaced the seat and back rest. In the photo we see him having a cuppa with the job complete. He has had a lot of praise from locals who are enjoying being able to have a sit in this nice weather and take in the view. One couple even brought their lunch with them and sat enjoying 'Lunch with View'. Big thank you to Mick from us all in Top of Cefn.

WREXHAM COUNCIL Crematorium – Garden of Remembrance reopens

New guidelines issued by Welsh Government have allowed us to relax restrictions at our crematorium. People can now visit the Remembrance Garden at Pentre Bychan, which was previously closed. Changes in legislation now allow for people to visit burial grounds or gardens of remembrance to pay respects to a loved one. We know that many people have found the closure difficult in recent weeks, and will welcome this news. Our gates will be open at the normal times. Our cemeteries at Wrexham and Pandy continue to remain open. Please adhere to social distancing when you visit the crematorium or cemeteries, thank you.



FARM AND PET PLACE GLEDRID

Open weekdays from 9 to 6pm this may be subject to change. Click and Collect only service - please order online at

www.farmandpetplace.co.uk or phone in advance on **01691 770084** or **01492 542662**. If you have had any problems with placing a Click & Collect order please let us know via Facebook messenger. We are here to help. Thank you for your support and stay safe.



HOME FARM OVERTON 01978 710141

Offering home delivery of our usual produce: sausages, bacon, eggs, meat pies, sausage rolls, cooked meats etc we also offer milk, cheese, bread, potatoes and other vegetables. Self isolating? We can deliver to a safe place. We have a portable card machine for payment or you could simply place your order with us and we can send you our PayPal details! Replies may be delayed on our **Facebook** page but we will reply as soon as we can! Thank you.

The Little Kitchen, Cefn Mawr

Due to demand from our customers, we are opening

Tuesday 5 May for a 2 week trial.

We will be open for takeaways from 8am.

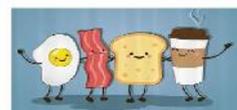
Please feel free to pre-order via telephone

01978 814923.

Check our Facebook page for offers

WE ARE OPEN

TAKE-AWAY ORDERS ONLY!





**FRIDAY
8th MAY**

**VE
DAY**

**75TH
ANNIVERSARY
CELEBRATION**

Join your neighbours
in a nationwide 'stay
at home' street party!

Prepare for the day by decorating your house in red, white and blue.

11am

2 minutes silence on your doorstep

3pm

Churchill speech shown on BBC

Then grab your picnic blankets or garden table and head to your front garden for:

4pm

Tea & scones (or coffee & cake)

6pm

Dinner and raise your glass to your neighbours

9pm

Nationwide sing-a-long to 'We'll meet again' with Royal British legion after the Queen's address

Please remember to follow the social distancing rules.

GET THE BUNTING AND FLAGS OUT

Not the way we were hoping to celebrate VE Day here in Cefn and District, there was to be a celebration at the George Edwards Hall, a display of memorabilia and we were gathering recollections and photos of those times from both our Community and the Evacuees for a commemorative booklet, this will now

take place when it is safe to bring all our community back together.

So we urge you to get ready to *Party like it is 1945!* Dress up, put the flags out, create some of those war time recipes, picnic in your garden, talk to your neighbours over the fence or hedge and remember your Relatives who all played their part and have fun.

YSGOL CEFN MAWR UPDATE



Dear Families of Ysgol Cefn Mawr we hope you are all keeping safe and well. We miss you all very much and can't wait to have our school family reunited again. A big thank you to all of the families who are trying their best with the home learning work, we really enjoy seeing the work you have been doing. A reminder that home learning for each class is uploaded every Friday on the school app and on ClassDojo. We are looking forward to receiving your work to celebrate VE Day, then we can create a display in the hall and share the pictures with you on the app. Please remember if you need any support or just want a friendly chat contact the school on **01978 820719** or your child's class teacher on **ClassDojo**.

A reminder to all parents that the weekly home learning tasks are uploaded to the school **website/app** and **ClassDojo** each **Friday**. Please contact the school if you need help with access to any of these. Tel: **01978 820719**, or email: mailbox@cefnmawr-pri.wrexham.sch.uk. We miss all of the children and look forward to the day when our school family can be together again. Stay home, stay safe and protect the NHS.

MATTS BARBER SHOP CEFN MAWR

Hi all, as there's been nothing to update you on in regards to the shop opening just thought I would let you know we are missing you all. Until we get the green light from the government we will remain closed, as soon we hear something, you the Matts Barbershop Community will be the first to know.! I also would like to praise all those in our industry who have continued to remain closed in order to protect the health and safety of their customers AND their local communities [#staysafe](#) [#loveyourbarber](#)





The Towers Childrens' Day Nursery

Full or Part Time Childcare
From birth to 5 years



Proprietor: A R Roberts B.ed, M.A.



The Towers, Llangollen Road, Acrefair
Wrexham LL143SG

Tel 01978 822446



TOWERS DAY NURSERY

Due to the latest guidance we will be opening the nursery ONLY for key worker's children until further notice during the current crisis.

Sessions are 8am-1pm, 1-6pm or

8am-6pm for birth to 12 years.

For any further information about Towers Day Nursery or to book your child in please call us on 01978 822446 thank you.



YSGOL ACREFAIR UPDATE

We are continuing to miss seeing all of our children and families in school each week but have really enjoyed seeing the work that the children have been doing at home on **SeeSaw**. In school we have been doing lots of activities including baking and gardening. A small amount of the building work has been able to continue so we are hoping that the school entrance will soon be finished.

We also loved seeing the videos that the children sent us of themselves, which Mr Allman compiled into a lovely video which has been shared on our school **Facebook** page. It made us all smile to see so many families getting involved.

At school this week we are going to be busy making decorations for the children's VE day parties at home and finding out more about what VE day actually is. Some children had special parcels delivered on Monday so that they can enjoy a 'book and a biscuit' at home. We can't wait to hear what you think of your stories. Remember to get in touch with Mrs Halley if you would like to be part of the book club and share some new stories too.



APPLICATIONS
FOR 2020
NURSERY
ADMISSION
DECISIONS OUT
ON FRIDAY, MAY 8



NEWS.WREXHAM.GOV.UK



Llangollen Road,
Acrefair LL14 3RP
(by the Eagles Inn)



01978 810 375

Order online at Food Hub and
www.acrefairkebab.com

Free Delivery starting from 4pm
Minimum order £9

- ♦ Chicken Meals ♦ Kebabs ♦ Burgers ♦
- ♦ Pizza Special Meals ♦ Kids Meals ♦

OPENING TIMES

Mon, Tues, & Thurs 4 to 11pm.

CLOSED WED,

Fri 4 to 12am, Sat 2 to 12am,

Sun 2 to 11pm

Free Car Parking
Opposite



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How to order from Fry Fresh



Download the
Fry Fresh App



Create an
account



Place your
Order



We deliver
to your door



FRY FRESH EDIBLE OILS LTD - 01978 799704

The sun is back! Fry Fresh have everything you need to enjoy this weather safely at home during lockdown! Having a barbecue? Order the food you love from our app; Chicken Breast, Burgers, Sausages, BBQ Ribs, Peppered Grill Steaks, Gammon Steaks, Ketchup, Garlic Mayo, Mustard and BBQ Sauce - just a small selection of what you can buy! All deliveries are contact free to ensure your health & safety! Free next day delivery, Download our Fry Fresh App for full product details

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.

PLAS MADOC AREA SUPPORT AND LINKS

WE ARE PLAS MADOC ~ WAPM

Aims to ensure people are aware of the support available and can make contact if they need it also keeping residents connected. We have established a **WAPM WhatsApp** support group as some members of our Community may need some support -whether that be help to pick up a prescription or just a friendly chat! Current requests include foodbank parcels, food shopping and prescription deliveries. If anyone is interested in volunteering they can email **WAPM** through donna.jordan@avow.org

We Are Plas Madoc mobile number: 07394 465113

WAPM Support Group link: <https://chat.whatsapp.com/BF3emsMzUqJ8zxBcx123hr>

THE LAND - claire.pugh@avow.org

Hope you're all well. As we plan for the week ahead, it's a chance to reflect on what an awesome community we have, you're all amazing and it's a real privilege to be part of it! Unfortunately, we're still not able to run as normal just yet, but we're still here working away and will continue to be here to support you in any way we can. Massive thank you to all the staff and volunteers who are working tirelessly – whether it's delivering resources, friendly phone calls, looking after the plant nursery, picking up shopping/prescriptions, quizzes (to name just a few!), the effort from everyone is incredible! We'd also like to thank our funders including **We Are Plas Madoc**, **BBC Children in Need** and **Families First** - you've enabled us to adapt and continue our work during these difficult times, your support has been vital, and hugely appreciated. Stay safe everyone and please get in touch if you need anything. Facebook - <https://www.facebook.com/playon.plasmadoc>

The Land is continuing to provide support to Parents/Families within '**Kettle Club**' running regular quizzes and a weekly chat group. - <https://www.facebook.com/groups/1100684493315531/>

Little Sunflowers are sharing resource and activity ideas on their Facebook page for more information please email sharon.evans@avow.org

Please note if you live in Plas Madoc and the following adjoining streets:

Ash Grove, Oak Road, Maple Drive, Maes Madoc and also Chatham Close, Off Rock Road we are here to help and support you and your families. Please contact us on the phone numbers above.

PLAS MADOC POST OFFICE & TOP SHOP
Mondays to Saturdays 8.30am to 7pm. and
Sundays 9am to 7pm. Please help us by following the Guidelines when shopping or waiting to come in, thank you. **Tel: 01978 8207294**



Dragon Dinners
Hot Meals on Wheels

DRAGON DINNERS
Delivering Hot, Home Cooked Meals to over 55's, Carers and anyone unable to make a meal. Hot Dinner + Hot Pudding £5.65. No delivery charge & no minimum order, 5* FSA rating. Fully Insured and Registered with WCBC. Please call us for availability **07904 045216.**

This is the befriending service set up by **We are Plas Madoc** so don't feel abandoned or isolated, we are here for you just call us.

CHINWAGS

FEELING LONELY? FANCY A FRIENDLY CHAT?



Calls are free!

Please call or text 0739 446 5113 or message 'We are Plas Madoc' on Facebook and we will arrange a suitable time to call and have a chat.

WE ARE PLAS MADOC

A massive thank you to the **Community Foundation Wales** who gave **WAPM** funding to provide many residents with a delivery from the amazing



Convent Garden Wrexham, a total of 79 Families and the Elderly received these boxes. On behalf of Plas Madoc, I would also like to thank WAPM for their continuous efforts to support our community during this difficult time, It is Team work and effort from us all. *Donna - Community Development Officer*



**FRESH
FRUIT
AND
VEG BOXES**

**AVAILABLE TO ORDER
CALL COVENT GARDEN
TODAY
01978266691**

CEFN SPICE 01978 824222

1 Railway Terrace, Cefn Mawr
 Free deliveries from 5pm to 10pm, within a 4 mile radius, minimum order £15
 Email: info@cefnspice.co.uk or order online from www.cefnspice.co.uk. We are open Wednesday to Monday from 5pm to 10pm, closed Tuesday

CRAIG ROBERTS TRADITIONAL BUTCHER Crane Street, Cefn Mawr Tel: 07717 203181

Home delivery only, contact us via Facebook or text, with: *Name, Address & Order details*. Please place all orders before 5pm for next day delivery to the following areas: **Newbridge, Cefn Mawr, Acrefair, Rhosymedre, Plas Madoc, Garth, Trevor, Fron, Pentre, Whitehurst & Chirk**. Some meat items may not be available, thank you for your support.

CEFN MAWR POST OFFICE Tel: 01978 823090
Mon/Tues/Thurs/Friday 9am to 5.30pm, Wed 9am to 1pm & Saturday 9am to 12 noon. If you need to access your bank account, pay bills, top up your gas/electricity/phones or any of the other many things we do at the post office or require provisions, we are here for you throughout.

ROWLANDS PHARMACY CEFN MAWR

We would like to take this opportunity to thank all our loyal customers for their support over the last few months during these difficult times. As of Monday 4th May we will be back to opening from 9am instead of 10am. Social distancing restrictions will continue for the foreseeable future with a maximum of 2 customers in branch at any one time. Once again all our staff would like to thank you for your patience and understanding
Open: Mon to Fri 9am to 1pm & 2 to 5.30pm. Sat 9am to 1pm. **Phone 01978 822600**
 Medical Hall, Crane Street, Cefn Mawr LL14 3AD

CEFN MAWR CONVENIENCE STORE (Hinds Shop)

Bro Gwilym, Cefn Mawr
 Paypoint • Lotto • Daily Papers
 Your Local General Stores • Off Licence
 • Paper Delivery • Parcel Collect Plus



Open 7am to 9pm
 7 days a week

Tel 01978 810985



**Crane Street,
 Cefn Mawr,
 LL14 3AB.**

We are more than happy to help if you have any concerns at this time if we can. We will answer your questions as quickly and as promptly as possible.

You can get in touch with us by:

Email: acrcefn@gmail.com

Tel: **01978 821863**

Or text us on **07887 691755**



**Magnolia House
 Residential Home**
 Park Road,
 Rhosymedre, LL14 3EF
 Tel: **01978 824445**

Family run 17 bedded Residential Home
Bathing/Showering ▪ Daytime Activities
Home Cooked Meals ▪ Day Trips
Chiropody Service ▪ Hair Dressers Service
 We offer a 'home from home'
magnoliahouse1@outlook.com
www.magnoliahouseresidentialhome.co.uk

Welcome To

Big Guys

SET MEALS

CRISPY BEEF £5.00
STIR FRY M £3.99 L £5.99
 CHICKEN / STEAK / SALMON / QUORN
 DOUBLE MEAT + £2

PASTA WHOLEMEAL £3.99
 CHICKEN / STEAK / SALMON / QUORN

CHILLI & RICE M £3.99 L £5.99
 EXTRA LEAN MEAT / MIXED BEAN (VEGAN)

FISH & CHIPS FF £4.99 SP £6.99
 FRENCH FRIES / SP FRIES

CHILLI CHEESE FRIES £5.49

STEAK & EGGS £4.99

PROTEIN PANCAKES WHOLEMEAL £3.49
 3 SCRAMBLED EGGS / BACON / FRUIT £1.49

BAPS - SAUSAGE / EGG / BACON
 1 ITEM - £2.50 2 ITEMS - £3.00 3 ITEMS £3.50
 SIDE OF HASHBROWNS - £1.50

DESSERTS

PROTEIN BROWNIE & ICE CREAM £3.99
 CHOCOLATE CAKE & ICE CREAM £3.99

BURGERS

CHICKEN BURGER £3.49
STEAK BURGER £3.99
DOUBLE DELUXE £6.49
VEGGIE BURGER £3.99
 ADD A HASHBROWN OR BACON FOR £1

WRAPS

CHICKEN / STEAK / QUORN £3.99
 DOUBLE MEAT + £2

SIDES

FRENCH FRIES £1.50
 SWEET POTATO FRIES £3.00
 HALLOUMI FRIES £3.00
 CHICKEN NUGGETS £3.99
 HALLOUMI SLICES £1.50

DRINKS

WATER £1.00
 TEA / COFFEE £1.50
 LATTE / MUCKA £2.50
 CAPPUCCINO £2.50
 CANS £3.00
 SMOOTHIES £3.00
 RED / GREEN AMINOS £2.00 / £2.50

BUILD A BOX FROM £5

PROTEIN CHICKEN STEAK FALAFEL QUORN HALLOUMI MIXED BEANS SALMON + £1.50	CARBS MASH FRENCH FRIES WHOLEMEAL PASTA WHITE PASTA BROWN RICE WHITE RICE SPICED RICE OF FRIES + £1.50	VEG BROCCOLI GREEN BEANS SPINACH MILD PEPPERS SAUS HUMMUS QUACAMOLE
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Just a reminder that we are still open, with reduced hours on Mon 11-6, Tue & Wed 11-3, Thu & Fri 11-6, Sat 11-3. Closed Sun. Thank you.

ACS Technology Computer & IT Services

*We offer Remote Support during Covid-19
 For customers who do not want to leave their home or business or have us visit them*

Sales, Repairs & Upgrades
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**Please call us on
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www.acstechnology.co.uk
 Unit G1A Wheatsheaf Workshops, High Street,
 Rhosymedre, LL14 3YE



COVID-19 (NOVEL CORONAVIRUS) WCBC PUBLIC BRIEFING NOTE 1.5.20 UPDATED 4.5.20

Key messages for today

Next week the Government is expected to outline how the UK will eventually emerge from lockdown, providing a feel for how things might change in the future and *what this might mean for council services*. We're asking households across Wrexham to think about their neighbours – particularly anyone elderly or living alone. If you're concerned about them, *try to check they're ok*.

Earlier this week, we lit up some of our council buildings to *say thank you to everyone* working on the frontline, and to all our communities during the Covid-19 emergency.

We've received around 2,600 registrations for the new free school meals scheme. If you haven't registered yet, *there's still time*.

There'll be *no changes to bin collections* this coming bank holiday Friday.

From this week, we'll be *phoning people on the 'shielded' list* to make sure they're ok.

Ian Bancroft – Chief Executive WCBC

Mark Pritchard – Leader of the Council

How will we 'unlock lockdown'?

Lockdown has had a huge effect on all our lives. Naturally, people are thinking about when it might ease, and how things might change over the coming weeks and months. We've also seen questions about when some council facilities and services might re-open or start up again. For the moment, the message is clear – stay at home, save lives, protect the NHS. However, the Government is expected to outline how the UK will eventually emerge from lockdown, and how decisions will be taken on lifting restrictions in the first week of May.

This will give us a better feel for how things might change in the future and what this might mean for council services. Like every other council, we're already thinking about how we're going to start making various services available again when the time is right. But it's important we don't jump ahead. By continuing to stick to social distancing guidelines and following the Government's instructions, we're all helping to keep each other safe...and playing our part in bringing the nation through this pandemic. Stay safe.

Are your neighbours ok?

One of the positive things to come out of the Covid-19 emergency is the way people are looking out for each other. However, there are some people who don't have relatives or friends nearby, and don't have anyone obvious to check they're ok.

So we're asking households across Wrexham to think about their neighbours – particularly anyone elderly or living alone. Think about whether you've seen or heard them lately, and if you're concerned try to check on them. Give them a knock, or pop a note through the letterbox but make sure you stick to social distancing rules and keep at least two metres away. If you can't get a response and you become really worried, get in touch with us on **01978 292000** or contact-us@wrexham.gov.uk and we'll try and make contact with the person you're concerned about. Thank you.

Earlier this week, we lit up some of our council buildings to say thank you to everyone working on the frontline, and to all our communities during the Covid-19 emergency. Messages saying 'Thank you NHS' along with a heart-shaped rainbow flag have also been painted onto the surfaces of Watery Road and Croesnewydd Road, close to the Maelor Hospital. And a message saying 'Thank you' aimed at every key worker on the frontline has been *painted on the surface of Mold Road*, which is one of the key roads in and out of the town centre. People have been finding all kinds of ways to pay tribute to frontline workers during the past few weeks. And although saying 'thank you' seems like a small thing, it's something we can do to let these people know how much we appreciate them.

Reminder – please don't drive to our parks

Do not to drive to our parks. There's no way anyone should be doing that, because the Government has made it clear that we should all 'stay local' when we exercise. But if you're lucky enough to live near one of our parks (close enough to walk), there are some really important guidelines you need to follow. Read the article we posted recently.

<https://news.wrexham.gov.uk/visiting-your-local-park-is-now-very-different>

Free school meals – over 2,600 registrations for new scheme

Today, we've introduced a new direct payment system for free school meals. The new set-up sees money paid directly into the bank accounts of parents or carers, which they can then use to buy their children food. Over the past couple of weeks, we've been encouraging people to register for the scheme. We've had an excellent response so far, with over 2,600 registrations which is about the same as the number of free school meals we'd normally provide each day. So we think a large number of families who are eligible are taking up the offer which is good news for children across the county borough.

How it works

Parents receive a payment at the start of each month that equates to £19.50 per week for each eligible child in their family which means we're paying £78 up front to make life as easy as possible for them. We're also paying the money irrespective of holidays so we're providing money to cover bank holidays, school half terms and so on. Around 1,100 payments have already been paid into people's bank accounts. A further 900 will be paid on Thursday, May 7 and

Covid-19 Briefing continued

further payments made before May 12. So if you've registered and you haven't received the money yet, you should see it within the next few days.

You can still register

If your children normally receive free school meals and you haven't registered yet, there's still time.

https://myaccount.wrexham.gov.uk/en/service/Free_School_Meals____Direct_Payment_Application

If we have any queries, we'll get back to you within 10 days. Otherwise, the money should be in your bank account within 10 days of us receiving your application.

No change to bin collections this bank holiday

We'll empty your bins and collect your recycling as normal this coming bank holiday **Friday, May 8**. So if your 'bin day' is usually Friday, please put your bins and recycling out like you normally do the bank holiday won't affect anything.

If you get a phone-call from us...

From this week, we'll be phoning people on the 'shielded' list to try and check they're ok. These are people who've received a letter from the Government encouraging them to self-isolate because they have an underlying health condition. So if you're on the list and you receive a phone call from the council, don't be alarmed we just want to check you're ok.

Reminder – are you eligible for business support?

We've already paid out more than £20 million to 1,667 businesses in Wrexham as part of the business rates relief support announced by Welsh Government. Although claims are still being received each day, anyone who hasn't applied yet is encouraged to <https://beta.wrexham.gov.uk/service/covid-19-support-businesses>

If you do apply, please check the details you provide very carefully especially bank account numbers and sort codes as incorrect details can lead to delays in payment.

Reminder – reliable sources of information about Covid-19 Latest information on the virus and what people should do about it is provided by: Daily TV statements by the Government including by Government ministers. Daily official briefings from the **Department of Health and Social Care** at 2pm,

<https://gov.wales/health-social-care>

and **Public Health Wales** at 3pm

<https://phw.nhs.wales/>

Read the most up-to-date information about Covid-19 at:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/>

Community Support Officer

Jessica Lloyd PCSO 3969

email: Jessica.Lloyd@nthwales.pnn.police.uk

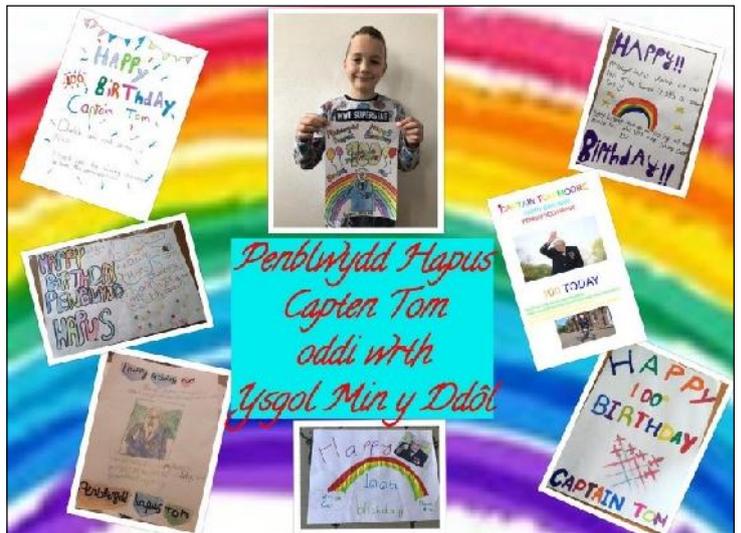
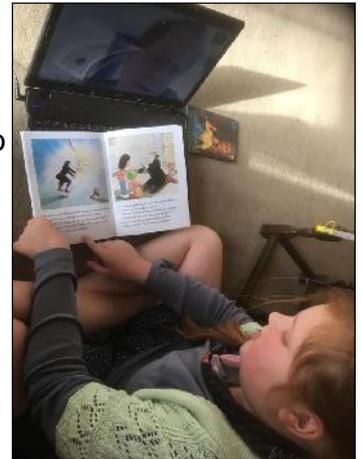
YSGOL MIN Y DDOL UPDATE



Hello everyone, we all hope you are still keeping safe and well. Despite not being in school as normal, it is proving to be just as busy! The children are displaying how wonderful they are by engaging in our distance learning packages.

Although not compulsory, many of our parents and pupils continue to work through the activities that are being set and are doing an excellent job. Children are regularly sharing their efforts by either email, photographs or videos. It is a delight to see, thank you. Keep them coming as it really does cheer us up!

Throughout the weeks we, as a school, try and support our families as best we can; Welsh story time happens every **Monday, Wednesday and Friday** evening at **7pm**, the school's songs have been shared for the children to sign along to at home and various activities are posted throughout the week. Those children attending school have painted some beautiful rocks to display outside the front entrance. Every rock has an inspirational or uplifting word on it to put a smile on everyone's faces as they walk by. Our pupils are also being encouraged to savour what is happening in the here and now and, in researching and following Colonel Tom Moore's progress, have designed some excellent cards and posters for his 100th birthday celebration.



J FRANCIS ROBERTS & SON

FUNERAL DIRECTORS EST 1895

Need support and guidance at this difficult time? We are here to help.

- Private Chapel for Services
- Private Chapel of Rest
- Family Run Business
- Available 24 hours a day 7 days a week
- Providing Funeral Services to North Wales and Shropshire Border for 120 years
- Golden Charter Funeral Plans Available

Golden Charter
Funeral Plans



For more information or help call us on 01978 810 884
Or call in and see us at:
10 Crane Street, Cefn Mawr, Wrexham LL14 3AB



www.funeralserviceswrexham.co.uk

At J. Francis Roberts & Son Ltd. rest assured we are doing everything possible to continue providing you with the same high quality service. At this very difficult time we will be working even more closely with you and your family to make sure your individual situation is fully considered.

How could the current situation with COVID -19 virus affect the funeral of my loved one?

Currently funerals in The Chapel at the crematorium are continuing as usual. If this changes we will let you know immediately. **A maximum of 20 mourners** will be able to attend a service in The Chapel at the Crematorium. **Additional mourners will be able to listen to the service via the speakers outside the crematorium building**, standing in groups no closer than 2 meters (6') apart. Unfortunately **you will be asked not to gather round, touch or kiss the coffin** at the end of the service. Sadly **a service in a place of worship is not currently possible.** If your loved one is to be buried this will be carried out with a short service at the graveside for close family and friends only. When the time is right for you and when congregations are allowed to gather again **we can help you arrange a special memorial service or a Mass in memorandum.**

How are we tailoring our service to meet the current government advice on social distancing?

Unfortunately we are currently not able to visit you in your home. We are asking you to come to our office to make arrangements and to sign any necessary paperwork. However we ask that no more than 2 people come at any one time. This is to ensure we can adhere to the advice to remain 2 meters (6') apart. **If you are unable to come to our office** we can easily discuss all necessary arrangements over the telephone. If there are forms that need to be signed we will deliver them to your home. We would be very grateful if you could sign the forms while we wait outside. To avoid transmission through physical contact **we have taken the tough decision not to shake hands.** Hand-washing facilities and hand sanitiser are available at all of our locations for you to use.

**THE VINTAGE
FLORIST**
We are open
for phone
orders and
doorstep
delivery
service also
funeral flowers



We are a florist based in Wrexham and during this tough time we are able to deliver and complete orders with safe distancing. VINTAGE FLORIST had been based in Chirk. Our phone number is **01978 365238** please leave a message if we are unavailable or call our mobile 07512 042333 thank you.

JOHNSTOWN COMMUNITY SUPPORT GROUP

We are working with our community agent for Rhos, Ponciau and Johnstown and AVOW. We have a core number of people willing to support the community. This Group is about sharing concerns so we can try and address as best we can, it is not for general issues or minor issues. David Bithell says he will be providing daily updates from the Wrexham Council and try and answer concerns as they come in. he is also working as Chair of the Governing Body with Ysgol yr Hafod who have been working to support the community at this time. Join us on **Facebook.**

Our **Community Agent** for Johnstown, Ponciau and Rhos, is **Michelle Wynne** she can be contacted during office hours, telephone **07851 798630** or email rhoscommunityagent@gmail.com

WCBC HOUSING

Please note that all of our estate offices are still closed, so please do not call the Estate office. If you have **URGENT HOUSING REPAIRS**, please contact housing on **01978 298993**. For **URGENT HOUSING QUERIES** please call **01978 315305**. Thank you for your continued support in this difficult situation.

We have had queries on how you can pay your rent with the estate offices being closed. Here are the alternative methods of paying:

0300 333 6500 (24hr payment line).

Online at: <https://www.wrexham.gov.uk/english/online/index.htm>

You can pay with a monthly direct debit - payable on 1st or 16th of every month (this is the easiest way for you and us) or by weekly direct debit. You can contact **01978 315305** for details and forms, Use your Rent swipe card at any open Paypoint (in post office, co-op) etc.

WCBC GAS SAFETY CHECKS

Gas Servicing will continue to be completed across the borough. This is a legal obligation and ensures the safety of our tenants. You will receive a phone call prior to any visit to discuss this and precautions will be taken in line with Government guidelines. Thank you for your co-operation.

ARRIVA BUS SERVICE UPDATE

We are running a further revised timetables across North Wales and Chester this is following the government advice to #StayAtHome and to only travel if your journey is essential for timetable information please check for **North Wales/Chester Service (inc Llangollen)**

<https://www.arrivabus.co.uk/coronavirus/important-service-information---wales/>

For Oswestry/Wrexham Service

<https://www.arrivabus.co.uk/coronavirus/important-service-information---midlands/>



STRESS

Most people feel stressed sometimes and some people find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/>

VETERANS GATEWAY We want veterans and their families to get whatever support they need, easily, wherever they are, whenever they need it. Veterans' Gateway is the first point of contact to make that happen. So when you need to be referred to the right help quickly, talk to us first **Call 0808 802 1212** or **text 81212** and find us on Facebook



TESCO CEFN MAWR OPENING TIMES

Monday to Saturday 7am to 10pm,
Sunday 10am to 4pm

Our opening time priorities to help those customers who need extra support are:

NHS Workers with valid ID

Tuesday 9 to 10am, Thursday 9 to 10am and Sunday 8 to 9.30am. Please note we will open our checkout to NHS workers from 8am.

Vulnerable Customers

Monday 9 to 10am, Wednesday 9 to 10am and Friday 9 to 10am.

Please help us by respecting these hours as now more than ever, every little helps, thank you.

TESCO

ONE TROLLEY.

ONE PERSON.

EVERYONE ELSE PLEASE

STAY AT HOME.

YOUR LOCAL TESCO STORE ISN'T THE

PLACE FOR SOCIAL GATHERINGS.



Anthony Roberts

Tree & Garden Care



All foliage from trees cleared away



- Seasoned Hardwood Logs for Sale
- Tree Surgery
- Hedge Trimming
- Fencing
- Landscaping
- Stump grinding
- Patios

Tel: 01691 770054 or 07725 819414

antsgardening@hotmail.com

Are we hitting a new plateau?



We are now heading into week 8 since AVOW first came together to create our Covid19 Team. Like other organisations and agencies, we have all been on a roller coaster affecting ourselves and the way support has been provided. There are still many issues that are uncertain whether it be lifting of lockdown, possible second phase that make future planning full of uncertainty. It has really been quite extraordinary the way that everyone no matter if they are in a paid position or volunteer have risen to the challenges. Despite not being clear of Covid we do need to be starting to think about the future and what that may mean to all of us – how many people have adapted to working from home and are thinking do they need an office, how many meetings have become more focussed as we embrace Zoom and other video services, how many organisations have increased the number of contacts with those they help.

2020 and beyond

AVOW is planning a series of online discussions to gather the views from those involved with community activities, organisations and individual volunteers. It is important that everyone shares the good things that have been happening and those areas that may have been a problem. Above all it is important that we all take something away from the effects of Covid and commit to making our communities stronger and more resilient to face uncertainty in the future. For community groups and organisations **Tue 5th – 3.00pm ; Wed 13th – 11.00am ; Thur 24th – 11.00am**

Together we need to take the knowledge from yesterday to shape our new tomorrow



Volunteer Update:

There are still very large numbers of people who have signed up to volunteer on the AVOW Bank and with the Health Board that have never been allocated any roles. We want to express our thanks to you all but the level of opportunities to allocate to everyone have not been enough to share around. As the lockdown is lifted and many volunteers return to work there will still be a need to support people who are still self-isolation so the demand for

support will not suddenly stop and this could go on for many months. The key reason is that all of those who have volunteered at a Street Level have been utilised for many roles and have stepped up to create a local resource. It would be wonderful to think that all of these people who have come forward will remain doing some volunteering – whether on a regular basis or just to step up when there is a need for one off volunteers for things like community events or activities. Who knows when the next time volunteers will be called on to help – a second phase, floods, deep snow, community clean ups, Fetes and many more occasions remembered that these are last resort when there is no other access to support, AVOW have volunteers registered in every Postcode area so able to arrange response across the County Borough
<https://bit.ly/34rVbGF>

Current issues:

PPE – the effort by community producers has been fantastic and certainly filled the gaps at a time of crisis, many of the supply chains and commercial repurposing is now catching up with the demand from Health and Social Care. Others sector who are thinking about restarting work that are not covered by the PPE regulations are now making purchases to meet their needs for the coming weeks. There should be a big shout out to everyone who has been involved in the provision as part of the stop gap.

<https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/covid-19-personal-protective-equipment-ppe>

Food provision:

There have been lots of impromptu food provision established in several communities. To assist in directing people to support we would like to map out what is going on across our communities to assist with research that the North Wales Poverty Food Alliance are conducting. Will everyone involved with community food projects email john.gallanders@avow.org with details – in particular if this will be long term or just to meet current emergency needs.

Local shopping: the AVOW list of local shops offering a delivery service has had additional entries this week has had. <https://avow.org/2020/04/08/wrexham-independent-retailers/>



Food Parcels for shielding people:

Most issues with the provision of food parcels for those with Shielding letters now seems to have been resolved. With so much support being available for people to obtain a full shop these parcels are very much intended as a last resort. If there are still some people who believe they should be on the list they need to obtain a letter

from their GP <https://bit.ly/34rVbGF>



General Shopping: AVOW is still continuing to deal with requests for shopping and pharmacy collections for people with no family or community support email covid19@avow.org or tel **312556** if you or someone you know are seeking help.

Language translations: new information is available about the availability of health treated information on Covid from Doctors of the World/British Red Cross:

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>

Domestic Violence: There have been significant concerns around the level of Domestic Violence that may be occurring as people are spending so long together in proximity. There is a risk that many people affected are being unable to seek help and everyone is asked to keep an eye on possible issues in your communities. <https://learning2.wales.nhs.uk/login/index.php>



<https://gov.wales/live-fear-free/staying-safe-during-coronavirus-emergency>

The Live Fear Free helpline is available 24 hours a day call free on **0808 8010 800** text **0786 007 7333**, email info@livefearfreehelpline.wales or webchat - <https://gov.wales/live-fear-free/contact-live-fear-free>.

Loneliness:

A key problem AVOW are identifying now from people who are needing support is an increasing number who are feeling isolated, anxious and lonely. There are people on the AVOW Volunteer Bank and information from providers held to match someone to the most appropriate befriending service. For many people just having a short chat is all they may need to help them along. email covid19@avow.org or tel **312556** if you are or someone you know may benefit.

Carers Support:



Are you a carer or know anyone who is then there are some additional support services available to help through the pandemic? NEWCIS- <https://www.newcis.org.uk/> or let AVOW know on covid19@avow.org for information on other support services.

News from Health Board:



Making PPE clothing-

Before anyone makes any more clothing, they should check with BCUHB that there is still a demand. <https://bit.ly/2SqrINZ>

Welsh Government guidance on movement:

It is still vital that everyone adheres to the guidance for movement and working together to ensure that there are no increases in risks- this applies to volunteers and staff operating in the community- consideration still needs to be given to every occasion you leave your home.

Funding:



Local money for local projects – the AVOW Emergency Fund normally makes decisions within 48 hours of applications being received- our record is turning an application around in two and half hours!! AVOW this week have made addition £1000 grants available to

Salvation Army, Caia Park Partnership, Homestart, Bitesize Theatre

Groups are seeking funds to support the way that they have moved many of their activities online and now using video conferencing type facilities to remain engaged.

The grant scheme remains open and Applications for the local scheme that has a weekly panel meeting to assess applications up to £1000. <https://bit.ly/2JZ274K>

The first announcement of successful applications for the larger fund (up to £100,000) administered by WCVA will be publicised this week <https://bit.ly/34vdxX3>

General help on grants can be found at <https://avow.org/category/grants/> or email Nigel Davies at nigel.davies@avow.org

Steve Morgan Foundation funding – this fund which has a target of North East Wales and North West England has committed initially to fund £1 million a week for a 12-week period. Information and applications can be found at <https://stevemorganfoundation.org.uk/>

Business/Charity Government support.

A new Government financial support finder has been launched last week <https://www.gov.uk/business-coronavirus-support-finder>- many Third Sector organisations, Social Enterprises and Community Incorporated Organisations qualify for a number of support schemes - remember to indicate that you are based in Wales.

Charity Governance-

Lots of questions have come to AVOW around how charities can maintain their governance arrangements and ensure compliance with Charity regulations. The Charity Commission have issued some specific guidance for those organisations that have been impacted by Covid19 <https://www.gov.uk/guidance/coronavirus-covid-19-guidance-for-the-charity-sector> In addition, specific help can be obtained from AVOW – email Rafat Arshad-Roberts rafat.arshad-roberts@avow.org



Research into Covid is vital if we are to overcome the virus and there are lots of opportunities for everyone to take part in some form.

Wales plays key role in urgent COVID-19 research

Wales is playing a key role in the UK-wide effort to find treatments for COVID-19 patients through research, with 11 urgent public health research studies already

taking place and further studies being set up.

<https://www.healthandcareresearch.gov.wales/news/wales-plays-key-role-in-urgent-covid-19-research/>

COVID-19 research hub

Our hub for COVID-19 research guidance and updates is available to view on our website. It includes:

- COVID-19 research studies in Wales
- Fast track study set up advice
- Guidance for researchers
- Funding for COVID-19 research

Latest COVID-19 news

The hub is being updated as new information and guidance is received

REMEMBER STAY SAFE – SOCIAL DISTANCING Help Save the NHS

SHELTER CYMRU ACCESS



Due to the impact of the Coronavirus measures, we have had to make some changes to our service

delivery. From 18th March 2020, Shelter Cymru have closed all face to face advice surgeries and sessions until further notice.

Advice and assistance will continue to be available through our **Freephone Shelter Cymru Live** service on **08000 495 495** open **9.30am – 4.00pm Monday to Fridays**.

Our web-chat advice facility is also available via our website: <https://sheltercymru.org.uk/get-advice/>

Extensive housing advice and options information is available via our website:

<https://sheltercymru.org.uk/get-advice/housing-advice-when-you-need-it/>

WREXHAM CORONAVIRUS SUPPORT AND ASSISTANCE

A Wrexham-wide group formed to signpost people in need of assistance and support as a result of coronavirus. The group accommodates a wide variety of needs, from providing information, locating essentials in the supermarkets and businesses or volunteers making deliveries to light-hearted posts to lift moods. Check their Facebook Page:

<https://www.facebook.com/groups/2922926727729058/>

Community Support Officer

Abigail Land PCSO 3926

Mobile **07974 244132**

email: Abigail.Land@nthwales.pnn.police.uk



COMMUNITY AGENTS UPDATE

It has been another very busy time here with people starting to feel fed up with missing their families and friends and I have spent some time listening and giving support where needed. I know isolation and that

feeling of being cut off can be challenging and I am here for you so please do get in touch. If anyone has any wellbeing concerns, for themselves or a friend/family member, then please don't hesitate to contact me as I have a wealth of experience. Once again I have been able to bring some very welcome goodies to a number of people thanks to the partnership between **CRNCA, Morrisons Stores, Wrexham** and **Tyger**. They are identifying those struggling or who need a little boost and are producing around 20 / 25 food parcels a week that I help deliver. I am here to help, so call me many thanks, Marie-Claire. Tel: **07925 048711** or email cefncommunityagent@gmail.com



Five things you can do to help older people during lockdown

1. Keep in touch, pick up the phone and have a chat.
2. Offer to pick up some shopping.
3. Write a letter or card.
4. Share our advice line number: **08000 223 444**
5. Donate to help us continue to be here for older people during this worrying time.

www.agecymru.org.uk



CANAL EXPLORERS



Will be sharing activities that encourage children to watch, read, do, play and create as they learn about our canals and rivers from home – bringing the magic of our waterways to you! In the

coming weeks, we'll be sharing learning resource bundles on a range of topics through our social media pages. Follow us on **Twitter** and like us on **Facebook** for activities and ideas to keep children engaged in learning and active whilst at home. Why not visit the website for resources on water safety, how to build a canal and canal and river habitats- <https://canalrivertrust.org.uk/explorers/learning-from-home>

OUTDOOR LESSON IDEAS



Our free **outdoor learning ideas** and outdoor lesson plans are below, ideal for curricular led outdoor learning or forest school type activities. These outdoor learning ideas have been

developed and proven by teachers and early years educators. All are sorted by keystage, curricular area and age suitability.

https://www.ltl.org.uk/free-resources/?swoof=1&woof_text=week

[swoof=1&woof_text=week](https://www.ltl.org.uk/free-resources/?swoof=1&woof_text=week)

GREAT GRUB CLUB



A website for children, parents and teachers all about healthy living with interactive games and a comprehensive KS1 and KS2 teachers' section. Free downloadable lesson plans, recipes, factsheets and 'make and do' activities

<http://www.greatgrubclub.com/home#.XrAqZN5Fzct>

HEALTHY FAMILY CHALLENGE



Every day mark your progress against each of the five challenge areas. Add up your scores at the end of the week. Who's the winner?! <https://bcuhb.nhs.wales/health-information-advice/5-ways-to-wellbeing/downloadable-resources/5-ways-resources/healthy-family-challenge-phw-bilingual-download-pdf/>

SPORT WALES



Specialist resources aimed at improving children's physical and sport skills are being made available for free for use during the Coronavirus lockdown.

Sport Wales' Play to Learn and Dragon Multi-Skills and Sport programmes are used in schools and education settings across Wales.

With families looking for inspiration to keep children active, the resources can now be accessed online.

<https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/>

FEED ME!



It can be hard to stop reaching for the sugary snacks, even more so at the moment. Change for life have some quick and simple sugar swaps for next time you're feeling a bit peckish....

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids#all-swaps>

Pirate Themed Walk

Government advice currently states that families are allowed out once a day for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Aye aye captain, shiver me timbers. Use these playful ideas to have a swashbuckling adventure!

Keep a log of your Journey

How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you set sail...

- Make your own pirate gear, don't forget your eye patch
- How about making a telescope to spot other pirates
- Create a family pirate flag

During your voyage...

- Find a plank to walk
- Sing a sea shanty
- Find some treasure—look for leaves, petals, pine cones, rocks, grass and daisies.
- Find a great hiding spot for your treasure and return in a couple of days to see if anyone found it
 - Hop like you've got a wooden leg
 - Greet everyone you see by saying Arr my hearty!
 - Find a stick to swing like a sword

When you return to shore...

- Make a map so you know how to get back to your treasure
- Create a pirate ship from stuff in your house (cardboard boxes, sheets).

Important!

Adhere to social distancing guidelines during any daily exercise. Remain at least 2 metres away from other people at all times

Can you speak pirate?
Arrr Ahoy matey Savvy?
Loot Pieces of eight

www.wreccsam.gov.uk | www.wrexham.gov.uk



LLANGOLLEN CORONAVIRUS HELP GROUP

A group formed in Llangollen to support the most vulnerable in the community with errands, information distribution and community/emotional support. You can signpost the group to those in the high-risk category including over 70s, people in isolation and anyone who is vulnerable, or contact the members on a person's behalf.

The group is run entirely by volunteers and asks that people be patient when waiting

for a reply. Check their Facebook Page: **Llangollen Coronavirus Help Group**

<https://www.facebook.com/groups/2605345223029039/>

Contact Numbers:

Support Line: Cat @ Wingetts 01978 861366 Press "0" to be connected Mon to Fri, 10am to 4pm

Out of Hours: Mike Connolly 07375 374914 From 4pm to 8pm

Llangollen Town Council: Charlie 01978 861345

"Buddy Service" Are you in need of a Chat or a daily catch up? Call **Chem** on **07813761766** or email him on chemshouts@gmail.com

Please look out for our latest supplier leaflet *Llangollen Neighbourhood Support Group COVID -19* which has details of all our local suppliers and shops still open and takeaways offering collection and or delivery. Below is a selection from our leaflet..

LLANGOLLEN SPAR

New opening times 7am-9pm Monday to Sunday
Home delivery available for vulnerable and self isolating. Please call the store **01978 860275**. Call before 1pm for same day delivery 7 days a week
Card payments accepted

GWYN BUTCHERS

7.30am-3pm To Order & Pay Call **01978 860075**
Fresh & cold meats, Mince, Chicken, Etc...
Delivery—If you have also ordered with *Dee Valley fruit and veg*, advise on calling and they will deliver your order all together.

STANS LLANGOLLEN

Small shopping requests will be done by volunteers
Call our support line **01978 861366**
A volunteer will collect your shopping list.
Payment Cash or card over the phone at checkout

ALDI & HOME BARGAINS

Small shopping requests will be done by volunteers
Call our support line **01978 861366** A volunteer will collect your shopping list. **Payment** - Cash in an envelope only at this point

BLUEBAY LAUNDRETTE

Service wash Monday, Wednesday and Friday from 9am to 5pm. we will wash, dry & fold it for you
We are offering to collect, launder and return
Please call Jayne or Sarah on **01978 869227**

LLANGOLLEN POST OFFICE

Stans, Berwyn Road, Please note the opening hours have now changed until further notice.
Monday & Tuesday 9am to 5.30pm, Closed
Wednesday, Thursday & Friday 9am to 5.30pm.
Saturday 9am to 1pm Call **01978 869011**

ROWLANDS PHARMACY LLANGOLLEN

Bishops Walk, Llangollen LL20 8RZ
We are only allowing 2 people in at a time.
Open Monday to Friday 8.30am to 6pm, closed for lunch 12-1pm.
Closed Saturday please phone to check opening times **Phone 01978 860657**

PRESCRIPTIONS

We have had a lot of requests from surrounding areas, Local Community Agents who are covering such areas have been contacted. For Llangollen the support number is the same for prescription delivery **01978 861366**. **Rotary** are now collecting at 5pm each day, please note all prescriptions need to be called in by **3.30pm** for same day delivery.

LLANGOLLEN MEDICAL CENTRE

We ask that patients who have access to email and who have a non-urgent request or query contact us via Llangollen.admin@wales.nhs.uk
This email account will be constantly monitored by staff. Patients who do not have email access or who need to speak to a doctor urgently are asked to ring us on **01978 860625**. They will be added to a daily triage list, and contacted that day by a clinician.
Unfortunately patients will not be able to request a specific clinician. Repeat prescriptions can be order by emailing llangollen.admin@wales.nhs.co.uk

ZINGIBER WHOLEFOODS

Health Food Store Llangollen. Payment via contactless, bank transfer or cash To order please call **01978 862676** Text or WhatsApp to **07542 861897**
Email zingiber_orders@btinternet.com

LLANGOLLEN ZERO WASTE & FOOD SHARE PROJECT

OPEN Monday, Wednesday, Friday and Sunday from 2pm - 2.30pm at **Pengwern Community Centre**. Here to help everyone who is struggling, we understand that the current crisis has put many more people in financial difficulty. **PLEASE DO NOT GO WITHOUT FOOD**. Contact us using the **message button on our Facebook page** or phone us on **07710 789 854**. We will respond as soon as we can.

DEE VALLEY PRODUCE FRUIT, VEG & PLANTS

We also offer a collection service. You can place an order pay over the phone or via contactless at your car window and we can put your order straight in you car boot for you. Call us on **01978861805** Monday-Saturday 9am-5pm

CHIRK CORONAVIRUS SUPPORT

A community group established to provide reliable information and give assistance to anyone who needs it in the Chirk area due to the recent Coronavirus pandemic. Contact Number: **07821 297768**
Email: chirk.ca@gmail.com

ROWLANDS PHARMACY CHIRK 01691 772439

OPEN 9.30am to 6.30p, close 12 to 2pm for lunch and to catch up with the workload. Only 2 in branch at any one time, thank you for bearing with us at this extremely difficult time.

ST MARTINS PHARMACY 01691 772348

Open 9 to 5.30 Mon to Fri, 9 to 1pm Sat. Free collection and delivery may be available for prescriptions, call to check.

STANS ST MARTINS 01691 772348

Delivery service available £5 to Chirk

THE KEYS ST MARTIN'S 01691 770258 or 07762 139 413

Delivery within a 4 mile radius 12pm to 2pm and 5pm to 8pm Monday to Saturday and 12pm to 6pm on Sunday. Please give 24 hours notice.

MG HUGHES FRUIT & VEG 01691 774850 or 07973826881 or 0781155707

Daily deliveries to anyone who would like us to and if they need anything picking up from other local shops.

SPAR CHIRK 01691 773354

If anyone is struggling to get supplies let us know, we can deliver or just help anyone in Chirk pick things up etc. email: chirk@retail.afblakemore.com If you email please include a phone number for us to contact you for payment, thanks.

STANTON HOUSE CHIRK 01691 774150

Hot meals delivered daily, no meal over £5

A C EDWARDS AND SONS 01691 670721

Fruit, Veg and Dairy.

STAR PIZZA AND KEBAB 01691 778722

Delivery 4pm to 12am.

CASTLE TANDOORI 01691 772499

Tuesday to Sunday 5 to 10pm 3 mile radius.

JAMIE WARD'S BUTCHERS - 01691 772602

Call and collect: order between 10am and 12 noon to pick up between 2pm and 4pm same day.

Order between 2pm and 4pm to pick up next day between 10am and 12 noon

If you are self-isolating and unable to collect orders of £25+ can be delivered within a 15 kilometre radius within a maximum of 3 days.

CAFFI WYLFA - 01691 770492

Fresh chilled meals available for collection or delivery.

THE HAND HOTEL CHIRK - 01691 773 472

Takeaway starters, mains, jacket potatoes, pasta and panini's & sandwiches available between 11am and 2pm and 5pm – 7.30pm

ANISA INDIAN - 01691 777705

Delivery and takeaway.

USEFUL NUMBERS

WCBC Out of Hours 01978 298989

Gas Emergencies 0800 111 999

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

Adult Social Care 01978 292066

Age UK: 0800 169 6565

CALL Community Advice & Listening Line
0800 132 737

Cambrian Credit Union 01978 266843

Caritas Surgery Cefn Mawr 01978 720450

Childline: 0800 1111

Citizens Advice 0300 330 1178

Community Fire Safety 01745 352693

Consumer Direct Wales 08454 04 05 06

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

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

National Drugs Helpline 0800 776600

RNIB 020 73881 266

Samaritans: 116 123

The Mix Young Peoples Helpline 0808 808 4994

Universal Credit 0800 328 5644

Wales Domestic Abuse Helpline 0808 8010800

Welfare Rights 01978 298225

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 Family Information Services

01978 292094

Wrexham Maelor Hospital 01978 291100

Wrexham Social Services 01978 292066

PCSO Abigail Land 07974 244132

PCSO Purdy Jones 07989 165527

1 - 10 Times Tables Chart

1x	2x	3x	4x	5x
6x	7x	8x	9x	10x
11x	12x	13x	14x	15x
16x	17x	18x	19x	20x
21x	22x	23x	24x	25x
26x	27x	28x	29x	30x
31x	32x	33x	34x	35x
36x	37x	38x	39x	40x
41x	42x	43x	44x	45x
46x	47x	48x	49x	50x
51x	52x	53x	54x	55x
56x	57x	58x	59x	60x
61x	62x	63x	64x	65x
66x	67x	68x	69x	70x
71x	72x	73x	74x	75x
76x	77x	78x	79x	80x
81x	82x	83x	84x	85x
86x	87x	88x	89x	90x
91x	92x	93x	94x	95x
96x	97x	98x	99x	100x

HOW TO TEACH TIMES TABLES
The Guardian Teacher Network has resources to help you get your pupils up to speed with their times tables – without boring them to death.

<https://www.theguardian.com/education/teacher-blog/2013/apr/29/times-tables-teaching-resource>



ECO-SCHOOLS AT HOME

Here you will find the resources to turn your home into an Eco-Home, just like your school. Follow the simple process to assess how eco-friendly your home is and how to take steps to make it (and your household) more eco-friendly. Remember to share how you get on with your school and us by using the #ecoschoolsathome on social media so we can celebrate all your achievements with you. If you need any help, you can email us at eco-schools@keepwalestidy.cymru anytime. <https://www.keepwalestidy.cymru/eco-schools-at-home>



POST-16 DISTANCE LEARNING RESOURCES

Welsh Government are working with universities in Wales to create online learning experiences and events for learners in Year 13. <https://hwb.gov.wales/distance-learning/resources/post-16/>

ARE YOU UP FOR THE ACTIVE WREXHAM CHALLENGE?



Each **Monday** morning at 10am a challenge or topic will be set for the week such as; a ball activity; a striking activity; a movement activity etc (You will need to follow them on the links below). Anyone who would like to take part will have until the 12noon on the **Friday** of the same week to send their videos, posts, photos etc in and we will select our favourite based on which one we think is the most creative. The winner will be announced on the Friday afternoon. Each week the winner will receive a prize of sports equipment which will be based on a different theme. For you to be in with a chance of winning a prize follow **Active Wrexham** at:
Instagram - Tag @ActiveWrexham
Twitter - Tag @ActiveWrexham / @WrexhamEgniol
Facebook Page - Active Wrexham

Active Wrexham has been busy putting together an activity booklet to keep the children entertained and active during the Coronavirus outbreak - something everyone can get involved in!!!
<https://www.wrexham.gov.uk/assets/pdfs/>

Dinosaur Themed Walk

Government advice currently states that families are allowed out once a day for exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Watch out! There's Dinosaurs about!
Use these playful ideas to have a **Roarsome** adventure!

Keep a log of your Journey
How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you explore...

- Dress up like an explorer - don't forget your wellies.
- What supplies might an explorer have in their rucksack?
- Try making some binoculars to spot Dinosaurs.

During your expedition...

- Look for dinosaur footprints
- Dig for fossils– stones, sticks, shells.
- Make a hide-out to look for dinosaurs without being spotted
- Climb a tree to look for big dinosaurs
- Try to walk like a T-rex- **STOMP! STOMP! STOMP!**
- Build a dinosaur nest using sticks, stones, leaves, mud etc
- The dinosaurs are coming—run as fast as you can to escape
- Flap your arms like Pterodactyl wings

When you return to basecamp...

- Draw pictures of the dinosaurs you saw on your walk
- Make your own dinosaur eggs by painting stones. You could hide them on your next adventure

important
Adhere to social distancing guidelines during any daily exercise. Remain at least 2 metres away from other people at all times.

www.wreccsam.gov.uk | www.wrexham.gov.uk

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www.2woodsgarageservices.co.uk

KACEY'S K9's TEL 01978 823616

We are open, I will be working alone and using all social distancing regulations. Please make sure all appointments are attended during your necessary travel to do your shopping or walking to and from the salon on your daily exercise window. 1 dog in the salon at any 1 time unless they are from the same household. If you see someone in the salon please wait until they have left to enter. When dropping off and collecting please make sure this is done at said time as it will allow me to keep a tight ship and keep all contact to a minimum and disinfecting to a high standard. Thank you.

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If you are trying to bring 'normal' to a lockdown Celebration, we can deliver to your door please call me.

f SAMANTHA EVANS 07971 538847
beamingballoons@gmail.com

CEFN COMMUNITY COUNCIL UPDATE

We will re-open the George Edwards Hall when the government recommends that it is safe to do so. Please visit our website www.cefncommunitycouncil.co.uk for up to date information in relation to Coronavirus.

Cefn Community Council Bowling Green and Play areas are currently closed until further notice

Street lights: any street lights out please can you report them with the number off the lamp post to the Clerk. **Birthdays:** If you know of members in our community who are going to be celebration their 90th or 100th birthdays please can you let the Clerk know thank you.

Trefnant Cemetery: is still open however we respectfully ask when visiting the Cemetery you distance yourself two metres apart from other people.

If you require any help or guidance in these uncertain times please contact our

Cefn Community Agent on **07925 048711** or

Email: cefncommunityagent@gmail.com

During this period you can contact The Clerk on **01978 821298** and leaving a message or by email:

cefnmawrparish@btconnect.com

Stay safe and follow the guidelines, thank you.



TRIBUTE FROM BUTCH JONES FOR DAI 'FERRET' EVANS

A very good friend of mine and local character passed away on Sunday 19 April in hospital with pneumonia Dai 'Ferret' Evans, Ferret was very well known in the Cefn where he lived most of his life and then in Abernant this photo show myself Ferret and Scange on a weekend trip to Ostend. Dai left school and worked as a miner in Bersham Colliery till it closed then as a block paver before retiring with ill health he was well known in the Cefn for playing darts and dominoes and going to watch his beloved Liverpool whom he followed all his life, Ferret always had a story and a joke to tell and filled the place with laughter he had many friends and will be sadly missed by all, Ferret leaves behind his partner of many years Silvia, children Robert, Neil, Debbie, and all his grandchildren, his brother Brian and his family. RIP Top Man, we will all miss you.



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CEFN MAWR AND DISTRICT

SUPPORT GROUP Our Facebook page brings together volunteers and those who need help in our area working with our **Community Agent** and **Cefn Community Council**. It also has updates and information. Please contact Tyger, as she is supporting Marie Claire by taking messages and details of what help or support you require so our Community Agent is able to spend the time she needs with those who need support. All information is treated in confidence as per the GDPR guidelines and is only shared with our Community Agent. Our service is completely free call **07532 780007** or email tyger@tygertactics.com Is there anyone that would like to volunteer to help within the community at this time? This can be as simple as just checking on neighbours, make a phone call, walking a dog, or picking up some shopping when you go out and if they have any concerns then they can contact Marie Claire on **07925 048711** or email cefncommunityagent@gmail.com



THE SUN TREVOR, SUN BANK, LLANGOLLEN hold a weekly Wednesday night quiz to raise money for charity. In recent years we have been supporting **Nightingale House Hospice**

in Wrexham and £15,000 has been raised so far.

Since the closure of the pub due to lockdown, we have been running an on-line quiz. Our regular teams and many more from further afield have been taking part at home or meeting via video conferencing such as Skype or Zoom.

The questions are posted at 8 pm on the Sun Trevor Facebook page and the Answers are posted at 9 pm. Teams mark their own papers and submit their scores in the comments section on the Facebook page. This involves a lot of trust i.e. no "Googling" or "Wikipedia-ing". We have set up a Just Giving page so players can donate the usual £2 per player.

We would love more people to get involved to help raise money for this cause and hopefully come along to the Sun Trevor on a Wednesday evening when this strange time is over. Past papers are still available on the Facebook page so you can see the format and type of questions. Please come and join us for our next quiz.. Maggie Smith - Quiz Master on behalf of the Sun Trevor

BEAVERZ ALLY RECLAMATION & METALS

Good news!!! We are selling hanging baskets again this year. We are doing them by order only, so we are not keeping a stock of them at the yard. They are £23 each, photo of the ones we had last year, they were stunning. See more on Facebook.

To order yours please call **07434 921441** or **01691 772626**



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PLEASE LIKE OUR FACEBOOK PAGE
Community News Cefn Mawr, Dee Valley & District

This will keep you up to date during this challenging time. We will also keep updating information from businesses that are open and those also offering home deliveries so we can all stay safe.

You will also find an album of photos that includes the ones we could not fit in to this edition of the newsletter.



GET SET, RIDE...



Riding a bike gives you a great sense of freedom – and we think every child in Britain should have the chance to learn. That's why we created HSBC UK Ready Set Ride, with free, quick and easy games to help you teach your child how to pedal – having lots of fun along the way. Kids can start at any age and there is no pressure to start pedalling on your first go. In fact, you don't need a bike or any cycling knowledge to get started. Plus we have lots of helpful information about bikes, knowing when your child is ready to ride and how you can use household items to play any of the games in your own home. To start your learn to ride journey together, simply go to <https://readysetrider.co.uk/activities.php> and explore over 20 free games.

COOK-A-LONG

Don't forget to check out cooking together's cooking videos - the recipe collection is growing every week - why not try out the chicken zinger burger <https://www.cookingtogether.co.uk/cook-a-long> Alternatively, you can check out their Facebook page or YouTube channel



MATHS CHASE



Maths Chase is a completely free home online learning tool where children can play times tables games, along with many other mathematics skill-based games! The site features many simple learning games which children can play at home.

We hope kids will find it a fun and different way to improve their maths accuracy and speed.

<https://www.mathschase.com/>

WREXHAM FUNDED EARLY EDUCATION HOME LEARNING



Our **Funded Early Education Team** has recently opened a **Facebook** page to support the parents of Early Education children while they are at home during the current restrictions. They update it daily with ideas, activities, and skills that the children can practice at home and some are

really cool.

From shadow painting to making trifles and water play to learning new Welsh words, there is lots to keep young children occupied whilst still learning at home. We think older children may enjoy some of the activities as well.



Issue no 2



Top Tips for Parents to Support Play

- 1) Taking time to play together can make you all feel less stressed and provide an opportunity for laughter.
- 2) Use outside for messy play experiences, it's Wales there's a good chance Mother Nature will help time wash it away.
- 3) You don't have to entertain your children every second of the day, if they are happy and safe, leave them to direct their own play.
- 4) Use this time to sort out the bedrooms; outgrown toys often become played with again once you go to throw them out.
- 5) Let children guide their play times, you are there to help with resources and throw in ideas to enhance their experiences.
- 6) Use recycling materials for play: things such as boxes, bottles, old sheets and curtains, whatever you can find that is safe for your children to play with, often make the best play resources.
- 7) Remember that tantrums and mood swings are common and that these times are tough on every family member. However we don't often get to spend lots of time with our children, try to enjoy it.

Useful links

Play Wales

www.playfulchildhoods.wales

www.playwales.org.uk/english

Wild network challenges

www.thewildnetwork.com

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

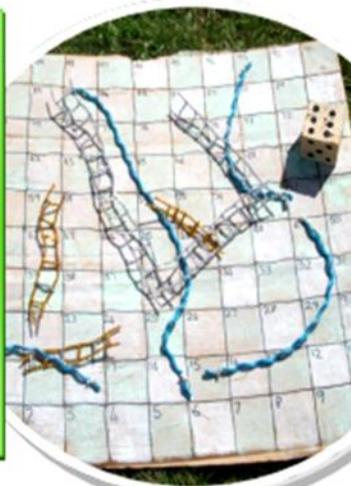
Play object of the week

How can I play with a...

Cardboard Tube

- A microphone
- A telescope
- A binoculars
- A tower
- A cannon
- A tunnel
- A trumpet
- A shaker

How many more can you think of?



Playful Timetable

	Indoor	Outdoor
Monday	Junk Modelling with smaller household items	Collect 5 natural things around the garden
Tuesday	Dressing up with each others clothes	A fashion show
Wednesday	Eye spy	Floor is lava
Thursday	Play School, café, shops, Hair-dressers, doctors & nurses	Make music with junk materials
Friday	Make sock puppets	Put on an outdoor performance
Saturday	Simon says ..	Set up an obstacle course
Sunday	Use pots and pans to make drums	Teddy bear picnic / tea party

FEEDING THE WOLVES

The main leader of Cefn Mawr Christian Fellowship is also the volunteer Chaplain at Cefn Druids AFC. Another Sports Chaplain shared this story for our troubled times, about a Native American brave who was preparing his son for coming of age. He said, "Son, there are TWO WOLVES fighting inside each of us, named "Fear" and "Hope". The boy asked, "Which one will win?" and his wise Father replied: "The one you feed the most!"

In this time of crisis, how can we feed Hope instead of Fear? We can do it by thinking about what we can control and what we can't: we can control how much time we spend on social media, following the News, listening to rumours, etc. These can all be sources of fear if we fill our minds with them, or we can choose to limit our intake and find other things to focus on.

Likewise we can focus on whether other people are breaking the social-distancing rules - something we can't control, or we can ensure that *WE* are staying in as much as we can and staying 2 metres away from others if we have to shop or exercise. As well as staying home, we need to do our best to stay positive and it can really help to put our effort into supporting others in some way - a phone call, text, email or video-link can make such a difference. If you use social media, try to post POSITIVE messages rather than worrying rumours or sad stories post the survival figures instead of the number who've died. A joke or funny video or picture can really help as well! Be creative if you can as that will keep you thinking positive thoughts. **FEED HOPE NOT FEAR!**

As Christians, the members of CMCF find their hope in God, and especially in the good news story of Easter: Jesus died to heal the mess our world is in and He rose again conquering even death. St. Paul wrote that "**nothing in all creation can separate us from the love of God which is ours in Christ Jesus**". That's a HOPE-GIVING PROMISE available to all who will trust in God's love through the risen Jesus. **The Meeting Place**, our monthly café-style church gathering, can be experienced on our Facebook page but like all our public gatherings (monthly Socials/weekly core group) are cancelled. We are in touch by WhatsApp and Zoom, and posting helpful stuff on our Facebook page. **WE HOPE TO BE BACK TO NORMAL... SOME DAY STAY HOME + PROTECT THE NHS + SAVE LIVES**

ST JOHN'S RHOSYMEDRE

Every week we put a service on WhatsApp - Offa Mission Area Prayer. There is also a short 'thought for the day' by this group with a chance to add you own thoughts or pictures. The service also appears on YouTube and on stmaryschurchruabon.com.

Tel: 01978 824087, email: katherinetiltman@gmail.com

CATHOLIC CHURCH in Ruabon, Chirk & Llangollen: Please contact: Rev'd Fr. Anthony Nnamah MSP email: chykenam@gmail.com

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. call **01978 298225** between **9.30am and 12pm, Monday to Friday**.



Tribute at The Rock to Druids volunteer fundraiser Julie Kenmuir who died in April



YSGOL RHIWABON UPDATE Ninja Phone Holder Challenge

Last week Mr. Roberts set pupils in years 7, 8 and 9 the challenge to build a cardboard ninja phone holder. Here are some of the photos that have been emailed in so far: from **Dylan, Sam and Ryan**



Lego Competition

Mrs Wright-Davies has launched a weekly Lego competition for her year group. This week students had to build a skyscraper. We had some excellent entries, and some out the box thinking for those who did not have any Lego.

This week's winner is **Dyfan Roberts 7NL**, well done! Can any one beat him for next week's challenge, launched this Monday? Good Luck!

History Learning Resources

The National Library of Wales Education Service produces high quality learning resources for teachers in Wales. These resources assist teachers in delivering the requirements of the curriculum in Wales:-

<https://www.library.wales/services/education/learning-resources>



Community Support Officer

Rhys Yaxley PCSO 3952

email: Rhys.Yaxley@nthwales.pnn.police.uk



Ysgol Rhiwabon

Pennaeth Melanie Ferron-Evans B.A.(Joint Hons) MSc N.P.Q.H - Headteacher

4th May 2020

Dear Parent/Guardian,

Thank you for all you are doing to support your child's learning at home in partnership with the school. This is my second update letter since the Easter holiday and I will continue to communicate with you in this way, every two weeks, for as long as your child remains at home. Many of you are contacting school to discuss what, and how much work, your child should be completing each day. We realise in these difficult times making sure school work is completed each day adds to the challenges we face currently. I would like to reassure you that as long as there is some engagement with school work to maintain a learning routine there is no right or wrong way of doing this. Every home situation is different and staff in Ysgol Rhiwabon will be aware of this and will plan catch up and support sessions when it is time to return to school. In the meantime we would like to stress that your child's wellbeing and yours is as important as the lessons. School staff, pupils and parents are all sharing their homes with work. It is important to strike the right balance between home life and work life to avoid unnecessary pressures, knowing that your child will be supported on their return to school. As your child enters their fifth week of distance learning we are making some suggestions in this letter to support you. Working with the Local authority and regional consortia, we have been considering sensible models for distance learning, based on up to date research. We suggest:

- **3 hours of learning per day, using the resources provided by school**
- **1 hour of exercise**

Completion of hobbies and life skills. This can include completing a community task for our school PACK challenge which can be submitted via the form on the website: helping round the home does count!

Distance Learning

Up to now your child will have been working at home independently for four weeks, excluding the two week holiday. After the initial work set we have continued to update our school website with more resources accessed through the subject tab on the Home Page. There is plenty to do here and a range of activities.

- **From this week new work will be uploaded fortnightly and can be accessed from a range of platfor**
- **An overview sheet will outline work for each Year group for easy access. This will be ready by Wednesday 6th May and available on the website.**
- **You can find work for individual subjects accessed via our school website. On the homepage at the top access subjects and here you will find work organised in individual year groups.**
- **Some work for Year 7 and 10 is available through Goggle Classrooms. Year 8 and Year 9 will be able to use this platf by the end of this week, May 8th**
- **We have also added useful national resources and Apps. Bitesize, for example, has made all its resources for prim and secondary schools available on line for all subjects.**
- **MathsWatch is proving highly popular and is encouraging some healthy competition amongst our stud**

Childcare provision for key workers

We have been looking after students who are eligible for supervision in school since statutory education was suspended in March. This provision will continue until school officially reopens according to the Welsh Government Guidelines.

Reports

Year 7 and 8 reports will be posted home this week and next, ensuring that you have access to your child's teacher and to relevant targets to support progression whilst working at home. Year 9 and Year 10 have their individual reports and can review the targets set in each subject to support them

Finally.

We realise that we are managing the wellbeing and education of our students through a very challenging time. School remains open for you to phone or email in if staff can help in any way. Apart from continuing independent learning at home it is important to us all that our children remain well, safe and happy. Please keep sending in your stories of kindness and inspiring ways to support each other during this unprecedented time through our **Personal Acts of Community Kindness project**. We will continue to stay in touch through our website, parent texts, emails and letters.

Thank you as always for your support.

With Kind regards,

Melanie Ferron-Evans
Headteacher

COVID 19—SUPPORT FOR THE ISOLATED AND VULNERABLE IN LLANGOLLEN RURAL

Our Community Agent is contactable by email or telephone, to support those in need in our community. He will also provide help where it is needed, as we know that the older population is at risk due to being asked to self isolate. The Community Agent will be providing practical support by directly helping people with for example:

- * *Collecting and delivering prescriptions*
- * *Essential food shopping*
- * *Providing support and guidance via telephone or email*

This will be done while abiding by social distancing rule. If you require support or know of someone in need from Fron, Garth or Trevor please contact:

David Jarvis - Community Agent Llangollen Rural Community Council Telephone 07956 292546

Email: trevorcommunityagent@gmail.com

The Community Council have a Facebook group:
Llangollen Rural Community Council Coronavirus Support Group

<https://www.facebook.com/groups/224333768974917/>

In **FRONCYSYLLTE** we have our own 'unofficial' support group, **Froncysyllte Community Support** which is proving to be very effective. Our Newsletter for this group aims to provide a link between people in Fron who need support and those in the fortunate position of being able to offer their support. Areas of help include: Collecting prescriptions. Collecting shopping. Walking dogs. Simply being a person to talk to. We have volunteers in Fron ready and able to help. Please contact us, we will try to help whenever possible. For regular updates please ask John or check our facebook group

Froncysyllte Community Noticeboard.

Our Contacts are:

Keith Sinclair 01691 773634

email: keithsinclairlrrc@gmail.com

Sian Williams (Fron Community Centre)

Claire Parry (Volunteer) **07432 494002**

Fron Post Office has also agreed to pass on details

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landline **01691 778266** if you no internet access and

press option **1** when you are connected .

Little update for everyone wondering about this bank holiday Friday. The office team and delivery team will be working as normal to ensure no disruption to your orders while still under lock down. If you have any questions please don't hesitate to contact us.

Thank you from all of us at Edwards Dairies, keep well and stay safe.

COMMUNITIES FOR WORK



Have you recently been made redundant from your job? If so then Communities for Work Plus may be able to help you secure employment. They regularly have employers contact them to help fill their vacancies and last year they helped 274 people into work. They have a dedicated team of highly skilled staff who are able to support people living within the Wrexham area by providing one-to-one mentoring which is tailored to suit individual needs. They're also 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

This is a free service for anyone living in Wrexham who is looking for work Communities for Work Plus also run job clubs around the Wrexham area and these will start back up again when everything settles down. If you'd like their support please email them at cw@wrexham.gov.uk or call **07976 200414 or 07976 200413** to sign up to their programme. You'll be asked to complete a short telephone referral form but this will be explained in more detail when you make the call. The lines are open between **10am and 3pm** and if you can't get through don't worry, just leave a voicemail message and they'll get back to you as soon as possible.

SHOP IN THE CLOUDS



We have been putting all our stock on **facebook instagram & twitter** just order through messages anytime. Anything you want to know just ask us. We can gift wrap and send to any address for you. Message us on

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orders@shopintheclouds.com our website is

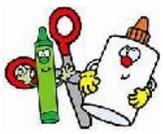
always updated www.shopintheclouds.co.uk

.We want you all to stay safe and stay home and look forwards to welcoming you back to both our shops when it is safe to do so, thank you.

WATKINS & WILLIAMS LLANGOLLEN

Llangollen's traditional DIY store, providing everyday essentials, key cutting service and speciality products for the home and garden. Also supply coal, logs and aggregate. Order and pay direct, home delivery available. Please call: **01978 860652** to check opening times and availability, thank you.

Email: watkinandwilliamsLtd@yahoo.co.uk



FAMILY ART CLUB While T Pawb is closed, we will continue to deliver an adapted version of Family Art Club each Saturday morning as part of our 'Arts at Home' programme. Our Family Art Club artists will create downloadable activities, which will be made available via our website and [facebook page](#) each Saturday.



COVIBOOK This short book workbook has been produced to support and reassure children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation. It is important to point out that this resource does not seek to be a source of scientific information, but rather a tool based on fantasy. Print this material so children can draw on it. Remember that emotions are processed through repetitive play and stories read multiple times. *This is available in over several languages* <https://www.mindheart.co/descargables>



WHO ARE YOU CALLING OLD?... Why not get comfy this weekend and go on a virtual tour of some famous galleries and museums from around the world, all from the comfort of your own place.....

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



THE WILDLIFE TRUSTS have launched #WildlifeWednesday video on the Wildlife Watch YouTube channel! A new video for kids and families will be published every Wednesday at 10am

<https://www.youtube.com/user/WildlifeWatchUK>

WildlifeWatchUK



DESIGN A SUPERHERO BEAR

John Lewis have launched a competition to find a superhero teddy bear, and we need your help designing it. The winning teddy will be sold in John Lewis and Waitrose shops later this year, with 100% of the profits

going to the NHS. To find out more visit:

<https://www.johnlewis.com/content/your-partners-through-it-all/feel-good-friday>

FREE HOME LEARNING PACKS

EY, KS1 & KS2 Home Learning Packs Still completely FREE from TTS Our team have also put together a range of brilliant resources designed specifically to help you with home learning...

https://www.ttsgroup.co.uk/home+learning+activities.html?utm_source=dotdigital&utm

GARDEN BIRD DETECTIVE

How many garden birds can you find in your garden? Download your spotter guide

<https://www.northwaleswildlifetrust.org.uk/sites/default/files/2020-04/garden%20bird%20detective.jpg>



YSGOL RHOSYMEDRE UPDATE

We were delighted and extremely touched to receive a beautiful montage of photos and messages from a selection of our wonderful pupils which is currently displayed on our School Face-

book Page <https://www.facebook.com/RhosymedreCommunityPrimarySchool/>

Thank you to those who participated and to those adults that assisted in the creation of this, there wasn't a dry eye amongst the staff! We miss all of our pupils and families so much and continue to send you our wishes for good health.

School remains closed at the moment for all children, apart from those with critical worker parents. The few children who have joined us have

enjoyed spending their days gardening, crafting and playing.

A reminder to you all to keep following the Government guidance with social distancing and reasons for travel, if we all do this then hopefully we can all be together again soon.

As we have entered into the

Summer term all Class Teachers have uploaded new learning activities onto the School website which is update regularly at <https://rhosymedre-community-primary-school.j2webby.com/>

We have loved seeing all the work, photos and videos uploaded, you are all doing an incredible job supporting your child's learning at home. The children can also log on to HWB to access a range of fun and interesting resources and activities.

Take special care of yourselves everyone and we will hopefully see you soon.



GET OUTSIDE, INSIDE

Over 50 national organisations in the outdoor recreation industry have come together to keep you connected with the outdoors and engaged with our natural environments whilst we all continue to self-isolate to help protect our communities. As a collective, we hope to educate, entertain, inspire the nation, sharing in your challenges and achievements to help keep everyone both mentally and physically positive.



https://getoutside.ordnancesurvey.co.uk/guides/getoutside-inside/?utm_campaign

We welcome your **Community Information** for inclusion in the next Bulletin.

Please send it to:

communitynews@tygertactics.com

Message me on Facebook or tel: **07532 780007**

Don't forget to send photos, and information on your local support groups, thank you.

FRIENDS OF RUABON VIRAL KINDNESS

This group has been created with the primary aim of ensuring no-one in our community has to go through self isolation by themselves. If you are self-isolating with COVID-19 we can help with Shopping, Collecting Prescriptions, Urgent supplies or just by making a friendly phone call. We are a group of likeminded volunteers here to help. Just contact us via any of the options below, we will do our best to help you (for free) Call or text **07741 596 812 / 01978 824087**
Email: info@friendsofruabon.co.uk
Facebook: **Friends of Ruabon Viral Kindness**

RUABON MEDICAL CENTRE

As all patient contact is now by telephone, to help us help you, please use our services carefully and adhere to the following: Please **DO NOT** visit the practice unless you've been asked by a clinician to attend. General enquiries cannot be dealt with if you turn up at the practice. All 'routine' appointments have been suspended until further notice.

Repeat prescriptions should be placed into the wall mounted post box beside the wooden door (at the end of the building on the left).

You can organise your repeat prescription online, please call the practice to arrange for the registration form to be posted to you. We would like to thank you for your patience and understanding. Please look after yourself and others by following the latest government advice. Thank you.

L ROWLANDS & CO RUABON

The Medical Centre, Ruabon, LL14 6NH
Please note we are only allowing 1 person in at a time and if queuing outside please keep to the social distancing guidelines.

Open: Monday to Friday 10am to 12pm then 2pm to 6pm' Saturday 10am to 1pm

Tel: 01978 821802

Please collect repeat prescriptions after 2pm

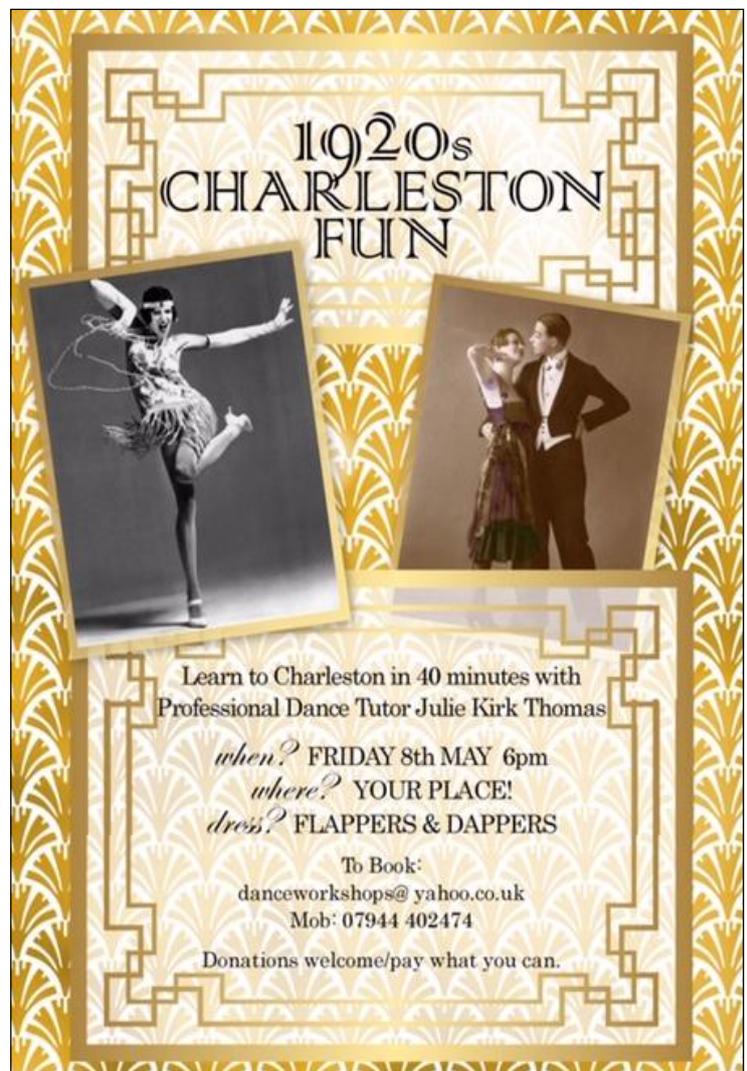
Advice regarding prescriptions. Please ring the pharmacy to be certain your prescription is ready. So you or the person going to collect it for you does not make a wasted journey, helping to keep every one safe

RUABON DISCOUNT STORE

New High Street Ruabon. Tel: 01978 810982
OPEN Monday, Thursday, Friday & Saturday 9am to 3pm We have the everyday essentials if you can't get to the big supermarkets, we have bread, milk, biscuits, teabags, sugar as well as your cleaning products, toiletries and key cutting service. We have Paypoint so you can top up your **gas** and **electric** and pay any bills. We are only letting in 2 customers at a time and will be asking customers to wait outside until someone leaves. We offer CONTACTLESS payments, thank you.

RUABON POST OFFICE

Open Monday to Friday 9am to 4pm, Saturday 9am to 2pm. Only 2 people at once.
Telephone **01978 823333**



1920s
CHARLESTON
FUN

Learn to Charleston in 40 minutes with
Professional Dance Tutor Julie Kirk Thomas

when? FRIDAY 8th MAY 6pm
where? YOUR PLACE!
dress? FLAPPERS & DAPPERS

To Book:
danceworkshops@yahoo.co.uk
Mob: 07944 402474

Donations welcome/pay what you can.

Step back into the Roaring 20's & join us in this Virtual 40 minute 'Easy to Learn' Charleston Workshop on Zoom. Fun & Fizz on Friday. Dress Up. Dance. Enjoy! No previous dance experience required. Call for more info **07944 402474**

HOTBINZ^{Ltd.}

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Domestic or commercial bins.

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Your bins will be professionally cleaned and left smelling fresh.

Takes 15 mins, trailer mounted system
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Business Start-up – Countdown to Success (over 4 weekly sessions) - FREE live, online webinar sessions in May

This is an exciting series of Live Webinars hosted on the Zoom Platform to get you in the right place to start a successful business in 21

days. A fast paced, high quality content, series of four 60 minute webinars that will transform the way you start a business. These FREE webinars, full of high value tips and tools to enable you to successfully launch your new business. Facilitated by Matthew Woodhead, who is an Entrepreneurial Accountant and International Trainer who has helped over 1000 businesses start in his 25 year career including a number of his own.

Register for this free series of four webinars please follow the below link

https://zoom.us/webinar/register/3815872883564/WN_hbyl0M7mTtCH6FTe6FDM6w

- May 5, 2020 06:00 PM
- May 12, 2020 06:00 PM
- May 19, 2020 06:00 PM
- May 26, 2020 06:00 PM

After registering, you will receive a confirmation email containing information about joining the webinar

Additional online courses / workshops

A range of additional online webinars, courses and workshops can also be found via the following links for example:

<https://bit.ly/business-wales-webinars>

<https://startup-club.co.uk/>

<https://www.bl.uk/business-and-ip-centre/workshops-and-events>

<https://workingwales.gov.wales/change-your-story/furlough-support>

<https://www.oxfordhomestudy.com/free-online-courses-with-certificates>

UK GOVERNMENT'S BOUNCE BACK LOAN SCHEME – NOW OPEN!

This scheme helps small and medium-sized businesses affected by coronavirus (COVID-19) to borrow between £2,000 and £50,000. The government guarantees 100% of the loan and there won't be any fees or interest to pay for the first 12 months. Loan terms will be up to 6 years. No repayments will be due during the first 12 months. The government will work with lenders to agree a low rate of interest for the remaining period of the loan.

The scheme will be delivered through a network of accredited lenders - including the majority of high street banks.

Eligibility - You can apply for a loan if your business:

- is based in the UK
- has been negatively affected by coronavirus
- was not an 'undertaking in difficulty' on 31 December 2019

Who cannot apply - The following businesses are not eligible to apply:

- banks, insurers and reinsurers (but not insurance brokers)
- public-sector bodies
- state-funded primary and secondary schools

If you're already claiming funding

You cannot apply if you're already claiming under the [Coronavirus Business Interruption Loan Scheme \(CBILS\)](#). However, if you've already received a loan of up to £50,000 under CBILS and would like to transfer it into the Bounce Back Loan scheme, you can arrange this with your lender until 4 November 2020.

How to Apply

The full rules of the scheme and guidance on how to apply is available on the British Business Bank website, together with a list of accredited lenders.

<https://www.british-business-bank.co.uk/ourpartners/coronavirus-business-interruption-loan-schemes/bounce-back-loans/for-businesses-and-advisors/>

Businessline

Wrexham Library, Rhosddu Road
Wrexham LL11 1AU

Telephone: 01978 292092

Email: businessline@wrexham.gov.uk

PAPYRUS HopelinkUK
PAPYRUS is the national charity dedicated to preventing young suicide. The organisation operates **HOPELINEUK**, providing



HOPELineUK 0800 068 41 41

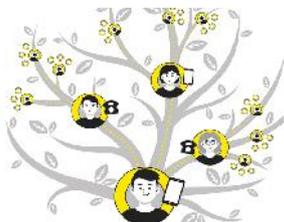
free and confidential support and advice for both young people experiencing thoughts of suicide and those who may be worried about a young person. Suicide is the biggest killer of young people in the UK and every year, many thousands more attempt or contemplate suicide or suffer alone, afraid to talk openly about how they are feeling. In the current climate, there is a concern that those at risk will be struggling at being isolated from friends, affected by relationship breakdowns and potentially unable to access their normal support services.

HOPELINEUK is open 9am – 10pm Monday to Friday and 2pm – 10pm during weekends and bank holidays.

Call – 0800 068 4141

Text – 07860 039967

Email – pat@papyrus-uk.org



“No one can do everything, but everyone can do something!”
 Supporting our neighbours and wider community

who are not connected on social media can be a challenge. Why not setup a phone tree in your area? It's a lovely way to stay connected, particularly with those who are not online. Here is how it works... You call 3 people. Those 3 call 3 people each making 9. Those 9 each call 3 people reaching 27 people. Those 27 each call 3 reaching 81 people. The phone tree builds. Call 3 people today to ask how they are doing. Reduce isolation and stay connected. Call **Tyger** on **07532 780007** if you want to know more and want to start your own **Calling Tree**, thank you.

[#CommunityActionResponse](#) [#LookAfterEachOther](#)



DEALL EICH PLENTYN UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Free online courses for residents of NORTH WALES:

- ♦ **Understanding your pregnancy birth labour and your baby**
- ♦ **Understanding your baby**
- ♦ **Understanding your child**
- ♦ **Understanding your teenagers brain**

The Betsi Cadwaladr University Health Board Public Health Team have invested in a multi-user licence for 4 award winning, quality marked, evidence based online courses by the Solihull Approach (a national NHS organisation). These courses are for ALL parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years.

These courses are relevant for parents of all children, including those with special needs, autism, ADHD etc. Within the attached documents is a Newsletter promoting the course, FAQ's and Testimonials by parents who have completed the course.

We believe that parents are their children's first and most important educators and we are delighted to share this growth and learning opportunity to you as parents and carers. We would encourage you to take advantage of this time limited opportunity. These courses are **FREE** to all residents of North Wales with the access codes below.

The licence is valid until 30 November 2022 so please take advantage of this fantastic resource while you can. Once you have accessed the courses using this code you will have non-expiring access.

Go to www.inourplace.co.uk and apply the **NWSOL** access code:

- **Understanding your pregnancy, labour, birth and your baby**
- **Understanding your baby**
- **Understanding your child**
- **Understanding your teenagers brain**

You will be asked to create an account so that you can resume the course where you last left off. You will also be asked to verify that you are legitimately entitled to use the access code by entering your postcode. Personal information supplied by you remains private. Your responses to the monitoring questions are anonymised. You will not receive any marketing emails. You will receive congratulatory emails when you complete a module.

The Solihull Approach may very occasionally email you to tell you about updates to the course. We welcome your feedback.

For further information about the course visit

www.inourplace.co.uk

For technical queries email

solihull.approach@heartofengland.nhs.uk

or ring **0121 296 4448** Mon-Fri 9am-5pm

For any local questions or queries please contact in Welsh or English to nwsol@wales.nhs.uk



GOVERNMENT FUNDING FOR CENTRE

Plas Madoc Leisure Centre has thanked the Welsh Government for its "fantastic support" after being awarded a much-needed grant. The centre will receive £55,000 from the Welsh Government's new Economic Resilience Fund, one of a number of funds set up to help businesses and social enterprises during the coronavirus crisis.

Stella Matthews, chair of Splash Community Trust, said: "This grant is very important for us and we are very grateful to the Welsh Government for their continued support."

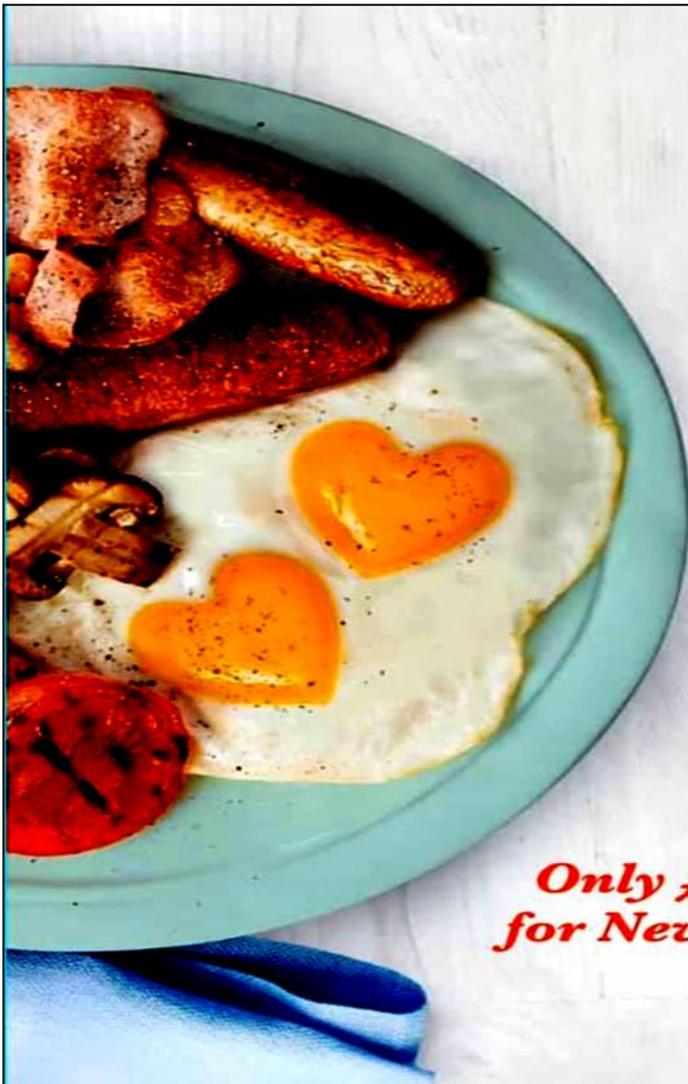
"We have been running as a social enterprise for over five years and have made great strides, but the coronavirus outbreak and lockdown could have really set us back. We still have utility bills to pay and the cost of maintaining the pool and keeping the centre in good condition so we're ready to open again as soon as we're able to."



We have some very exciting news to share with everyone. Martin and Son Louis are proud to announce that we have taken possession of a new premises to help with the expansion of our delivery service to all our lovely customers. With this additional premises this will allow us to offer a wider variety of products to all our lovely customers and more importantly **SPECIAL OFFERS**. Thank you for all your support and we will keep you up to date with the build. Stay Safe



Client update ~ following the Government Guidelines **Beautique Cefn Mawr** will remain closed for another three weeks. Thank you all for your support and we are all looking forward to pampering you soon.
@jemmalouparry



Sam's Virtual Slimming World Group

Everything the same other than actually Attending at Group

Support off Consultant & other Members

Slimming World Website/App-Online Shop for members only

Private Facebook group full of Motivation, Support & Recipes

Virtual Weekly Meetings

Only £5 To Join for New Members

£2.50 Weekly Fee

slimmingworld.co.uk
0344 897 8000





The Cefn at the centre of the Pontcysyllte World Heritage Site and Southern End of the Clwydian Range & Dee Valley AONB is truly a beautiful place and we are lucky to live here. Our combined population including all the villages on both sides of the Dee Valley within a 1.5mile radius circle of Cefn Mawr Village Centre and the Holly Bush Inn numbers 10,000 people. We are the largest population in the WHS Corridor. We out number the combined population of both Chirk and Llangollen and yet we have the weakest economy, highest unemployment and poorest medical facilities.

We are fully aware of the additional problems the Coronavirus has brought and will continue to cause even when the pandemic itself is beaten. We have set up our COVID 19 Webpage to help and dedicated a special section for local business support. Even when the pandemic recedes there will be a cost to pay and we will no doubt see a rise in inflation. Therefore, it is ever more important to get our economy back on the road to economic recovery. During the lock down many of our businesses and local people have lost their jobs and income and will have to try and make up for this somehow and this will be no easy task.

So, we are continuing our work with WCBC, CRT (Canal & River Trust) and Eastman's to try and reunite our community with the inland waterway network. This remains a key issue and will in the long run allow our community to move on from post-industrial depression to Sustainable Tourism Development. This complies with WPP, Welsh Planning Policy and the FGA, Future Generations Act 2015 by Welsh Government. This is the good news we want to give you; we are continuing our effort to Connect our Community so that it can become a Vibrant and Viable Community once again and we hope this makes you smile.

We are fully aware of the fantastic opportunity we are surrounded with that can be put to good use if we all work together and WCBC, CRT and Eastman's join us. When the COVID 19 Lockdown has ended and we can reopen our pubs and other businesses once again, we look forward to seeing you in your local. We want to put on presentations about how all this will work and can be achieved. We have done a lot of good practical work on this. We still have a host of historical pubs that are important part of the local fabric of our community, and being pub owners ourselves, we know how hard this lockdown is hitting us all, but we assure you that we can have a bright future by working together.

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 253 447