

THE COMMUNITY NEWS

From Cefn Mawr, Acrefair, Plas Madoc, Dee Valley and District
Covid-19 Bulletin No 4, May 23 2020



On Monday May 18th we celebrated the 90th birthday of Cyril Thelwell better known as "Thel". Phil Vaughan Chair of Cefn Community Council was delighted to present him with a flowering plant for his patio on behalf of the Community Council. Being one of our local characters he is very active in our community serving as the Chair of the **Historical Society** where he volunteers taking the "Museum in a box" to local hospitals and care homes on a regular

basis. Thel, an active volunteer of the Community Councils WW2 Committee is working, with the local schools in researching the fallen on our Cenotaph. Being in the RAF during his National Service days he is bringing his experience of that period to life, for the school children. Everyone who knows Thel will be aware of his passion for dining out and socialising, he is a regular with the CRNCA Lunch Club, Froncysyllte Darby and Joan Group and Nightingale House Friendship Group to name but a few that are part of his busy diary of weekly events.

On behalf of Cefn Community Council, Cefn Historical Society and all who knows Thel we wish him a Happy Birthday and look forward to having his smile back in the Museum when we reopen.

VE Day was not as planned for many in our community however quite a number of you had been able to organise and enjoyed picnics, BBQs and singing in your gardens. It was lovely to see all the flags and bunting that were put out. There were some very creative displays using what materials were to hand, well done to all. The Residents at Llys y Graig, a thrifty group, found their bunting from the last royal wedding which they got put up and then organised their own *Afternoon Tea Garden Party* see photos on [page 4 inside](#).



Acrefair
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Acrefair
LL14 3RS

Handwash and detail polish - £12

- All door handles sprayed with disinfectant.
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- Pressure wash all of the car.
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- 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

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Our Covid-19 guidelines will be sent to you after booking in

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Cefn Mawr Library Weekly Update

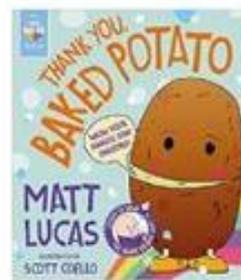
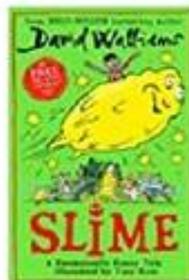
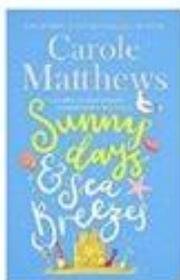
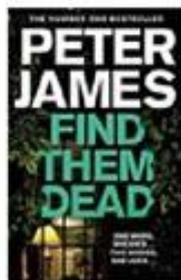
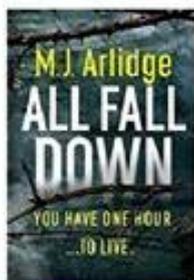
Welsh Government has announced plans for libraries to consider reopening. We are working with colleagues across Wales to identify the best way to achieve this in a safe and responsible way. Until then our buildings will remain closed. All books that are currently on loan will be automatically renewed and you won't be fined for these books.

What's your favourite download?

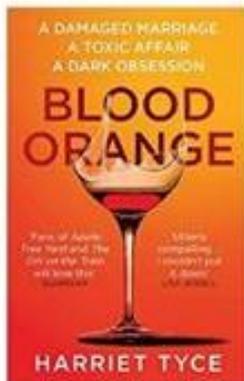
This month the staff at Wrexham Library Service are recommending their favourite downloads from our free online collections. Lynda from Brynteg library recommends the e-book *The Family Upstairs* by Lisa Jewell – Borrowbox; Julie from Llay library recommends the BBC Countryfile magazine from RB Digital; Huw from the Mobile library recommends Lingo magazine from RB Digital; Debbie from Wrexham library recommends Rest, Refocus, Recharge by Greg Wells from BorrowBox. Do you have a favourite magazine, comic, e-book, e-audiobook you would like to share with us? To download these and more visit our free collection on www.wrexham.gov.uk/libraries and follow the online service link.

Coming Soon.....

This week we have been busy buying new stock ready for our return, here is a teaser as to what you can look forward too...



Recommended Read of the Week



Blood Orange by Harriet Tyce

This is the Richard and Judy bestselling book club Thriller and Deryl from Cefn Library can't recommend it enough!!

"Alison has it all. A doting husband, adorable daughter, and a career on the rise - she's just been given her first murder case to defend. But all is never as it seems..."

Meet the Library Staff

Deryl has worked for Wrexham Library service for a few years now, at first covering Sickness and Holidays in many of the Libraries but for the last two years she has worked permanently at Cefn Mawr Library and before that, Deryl was a primary school teacher.

What do you love about your Job?

I love meeting people of all ages - they've all got a story to tell! - and it's lovely getting to know a wide variety of people. I love suggesting books that they might like to read and then look forward to hearing whether they like it or not - we are all different!!



Follow us on: Facebook - Wrexham Libraries | Llyfrgelloedd Wrecsam; Twitter - @WxmLibraries | @LlyfrgellWcm

MORRISONS WREXHAM COMMUNITY



Our *Doorstep Delivery Service* is dedicated to those in vulnerable and isolated households. You can do your shopping over the phone and pay by card on delivery. Please phone us on **0345 611 6111** (select option 5) The delivery service is free and always

includes a friendly smile! ☺ Please spread the word! *#ItsMoreThanOurJob*



Our friends at *Dynamic Wrexham* are currently struggling, after being victims of a robbery. We have put together a donation for them, see photos to help in getting back on their feet! From all of us at your local Morrisons, good luck and keep up the marvellous work you do.



Sam's Virtual Slimming World Group

**Support off Sam as your consultants who is an award winning consultant of 16 years & Team Developer (Area Manager)*

**Members only Facebook group for weekly support*

**Slimming World New Website/App & Online shop exclusive to members*

**Weekly meeting used though Zoom- for ideas, recipes & support*

**Weekly weigh ins done by yourself in the safety of your own home*



Sam:-

07951 896066

slimmingworld.co.uk
0344 897 8000





LLYS Y GRAIG CELEBRATED VE DAY Residents enjoying the sunshine and afternoon tea on VE Day. Looking forward to hearing their memories and seeing some of their photos when we can all get together. Well done Ladies.



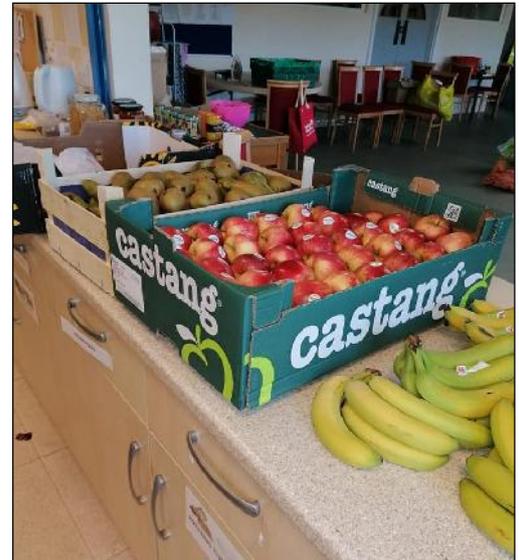
CRNCA (CEFN, RHOSYMEDRE & NEWBRIDGE COMMUNITY ASSOCIATION) UPDATE
Registered Charity Number 1122422 Tel: 07531 310335

Thanks to some very welcome funding from the AVOW Emergency Funding pot of £1000, we have been able to extend our support for the community. In addition to our weekly deliveries of a number of emergency food parcels that we are funding through FareShare and the kind donations from **Morrisons Wrexham** and **Tesco Cefn Mawr** for those in need we are also able to deliver some small fruit and veg packs. As this is a large area that includes Acrefair, the whole of Cefn, Newbridge and Rhosymedre we



have been distributing them through Cefn and Rhosymedre over the last couple of weeks, working with Marie Claire our Community Agent and our Volunteers, as Marie Claire is able to signpost people to additional support and also issue Foodbank Vouchers for those who are struggling at this challenging time.

We would also like to thank **Cllr Gareth Baines** for arranging to bring some PPE for us and our volunteers and **Brother Industries** for manufacturing it. Marie Claire is collecting books and Jigsaw puzzles to share so if you have any spare please let us know.



COVID 19

Coronavirus Childcare Assistance Scheme (C-CAS) for Wrexham

Free Childcare for Critical Workers

You can apply for free childcare if:

- You are a critical worker/ NHS volunteer
- You have a pre-school aged child
- You live in Wrexham County Borough
- You have already arranged a place in a childcare setting
- It is not possible to care for the child safely at home

APPLY HERE:

www.wrexham.gov.uk/childcare

For more information contact 01978 298100 or email covid19.childcare@wrexham.gov.uk



TOWERS DAY NURSERY

If anyone is interested in this, we are now registered to receive funding for free childcare for children of critical workers. Sessions are 8am-1pm, 1-6pm or 8am-6pm for birth to 12 years.

We are proposing to open the nursery to children of all workers from 1st June 2020 and will be following the **Public Health** and **Department for Education COVID-19 Operating Procedures** to keep all staff, pupils and parents as safe as possible. We are not expecting all children to return immediately nor for all children to return on exactly the same days and times as before; however many of you will be returning to work soon and will need to put child care arrangements in place. To help us in planning and identify the staffing levels required for our reopening we need to know what care you require as soon as possible please. If you have any questions at all please get in touch. Thank you for your patience and support. Please call us on **01978 822446** or message us on Facebook, thank you.



ROB PARRY 07512 416453 / 01978 810639

5A Crane Street Cefn Mawr LL14 3AB

Well, I'm hoping to reopen the shop a week on Monday, 1st June. I will be observing any guidelines and restrictions but unless I'm informed otherwise I should be open again for business. I'll still be using sanitisers when taking in and giving back computers just to maintain safety for us all. Thank you, Rob

Vanity Fur Dog Grooming

We love making your Furbabies look pretty. Appointments only and we are working to Covid-19 guidelines for everyone's benefit, thank you.

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e: vanityfurcefnmawr@gmail.com

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CLOSED WED,

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

Sun 2 to 11pm

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MENTAL HEALTH AWARENESS WEEK

Working together to promote the awareness week and to enable the message of mental health awareness to continue, **Young Wrexham** and **CAMHS** have organised a competition with fantastic prize of £20 voucher for the winner and £10 voucher for the runner up. (Where the voucher comes from is your choice!). Using **KINDNESS** as the theme, we want you to create a poster or a short animation/video that shows the link between **KINDNESS** and mental health. Research shows that kindness helps stop loneliness and creates a sense of belonging. It helps reduce stress, brings a fresh point of view and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.

We want you to be as creative as possible as these works will be displayed in both CAMHS and Youth Work projects and centres around Wrexham.

Competition Guidelines

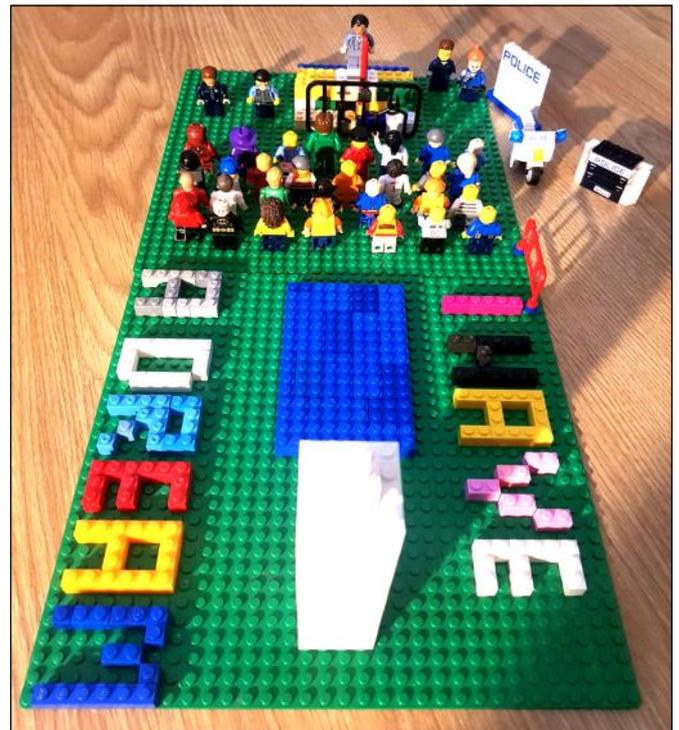
1. There are two age brackets 11-17 and 18-25 for the competition. Please put your name, age and contact phone number on the back of the entry or on the email.
2. Artwork can be created using digital or non-digital formats. Posters should ideally be A4 in size
3. If using video/animation it needs to be in a format that will upload to youtube
4. Young Wrexham/CAMHS encourage entrants from different nationalities and languages throughout our community.
5. Only one entry per person is permitted. Entries should be submitted to infoshop@wrexham.gov.uk or INFO for Young People, Lambpit Street, Wrexham, LL11 1AR

1. All artwork **must** be original and not subject to copyright laws or discriminate toward any individual, company or organisation
2. The winning entries will be judged on originality, creativity, impact and the message being portrayed.
3. The closing date is **Friday 12th June 2020**, with all entrants being displayed/shown.
4. Any queries, please contact **Doc Hughes** on **07800 688987**



YSGOL RHIWABON UPDATE

Lego Competition This week Year 7 students had to create a scene from history. We had many excellent entries including moon landings, trenches, Egyptians. This week it is a draw. Both winners are very different. We have the Taunt family's recreation of the Sinking of the Titanic, and Lewis Jones' depiction of Martin Luther King's "I have a Dream" speech. Can anyone beat them for next week's challenge? Good Luck!



Penycae Under 16's have been crowned Wrexham Youth league champions – there are some faces in the team that are familiar to Ysgol Rhiwabon, and we send our congratulations to the team and club.



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YSGOL CEFN MAWR UPDATE



VE DAY

A big thank you to all of our families with their continued effort helping their children with their home learning. We received some wonderful work on VE Day, the children enjoyed designing and making bunting, creating their own medals, writing party food lists and having socially distancing tea parties in their gardens. The pupils enjoyed learning about this special event in history.



Tree of Kindness

Pupils of key workers have started making leaves with positive comments of how they have been kind to others during this difficult time. We are hoping that each pupil during half term can create a leaf for our tree displayed in the school hall with an act of kindness. Acts so far have included tidying bedrooms, washing the dishes, making their beds and helping parents make the tea. We look forward to receiving the leaves and reading what you've been up to.

Gardening

Pupils of key workers have been busy planting carrots, radishes, onions, beetroot, potatoes, sweetcorn and a variety of flowers including who can grow the tallest sunflower. We hope that the vegetables will then be ready to harvest in October for our **Harvest Festival** celebrations.



What we are most looking forward to.

During the half term holidays we will be asking pupils to complete a special star wish to send into school with what they are most looking forward to when lockdown is over. The children can design their own stars and we can pop them into special jars in their classes.



Home Learning

Please remember weekly work for your children is uploaded to the school website/app and ClassDojo. If you struggle with access and would appreciate a paper copy please phone school **01978 820719** to arrange a collection time. We miss all of the children and enjoy receiving the work. Take care and stay



PLAS MADOC AREA SUPPORT AND LINKS

WE ARE PLAS MADOC ~ WAPM

Aims to ensure all residents are aware of the support available and can make contact if they need it also keeping our community 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 you know someone who needs help please let us know as we are trying to reach Everyone at this difficult time. 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/BF3emsMzUqJ8zxBcxI23hr>
THE LAND - claire.pugh@avow.org

Hope you're all well. 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 07394 465113 or email:

donna.jordan@avow.org

claire.pugh@avow.org

sharon.evans@avow.org

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**

Community Support Officer

PCSO 3969 Jess Lloyd

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

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?



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.

POLICE RECRUITMENT FROM OUR BLACK AND MINORITY ETHNIC (BAME) COMMUNITIES.

During these difficult times all aspects of policing continue, including recruitment. A significant number of our communities in the Wrexham Rural policing area are of a BAME background, whether those that live, work and play here, or visit us in better times. I am determined that my team of officers and wider support staff properly reflect the communities we serve.

Until this time I cannot lay claim to adequately delivering a policing service that recognises and understands the needs of all, hence I am personally reaching out directly to our BAME community and asking them to consider the police as a career.

Policing provides a challenging and rewarding career and not right for everyone. This is the start of what will be a concerted effort locally to overcome any barriers to recruitment experienced by members of the BAME community and find the right people to serve as police officers or police staff.

If you would like to get in touch with me I will ensure you receive the help and support you need to decide if the police is the right career for you and progress through the recruitment phases, and I ask those of you who have friends and family who may be interested to share this message and encourage them to get in touch.

Inspector Darren Whibberley
Area Inspector, Wrexham Rural.

Email - Darren.Whibberley@nthwales.pnn.police.uk

Direct Dial – 01978 834308



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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.

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

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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.

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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**. Please note we can run out of delivery slots towards the end of the week. Some meat items may not be available, thank you for your support.

Welcome To

SET MEALS

CRISPY BEEF £5.00

STIR FRY M £3.99 L £5.99
CHICKEN / STEAK / SALMON / QUORN
DOUBLE MEAT - £8

PASTA WHITE / 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 WITH FRUIT £3.49
& 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
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SIDES

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Just a reminder that we're open, with reduced hours
Mon 11-6, Tue & Wed 11-3, Thu & Fri 11-6, Sat 11-3.
Closed Sunday & Bank Holiday Monday Thanks

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7 days a week

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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



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magnoliahouse1@outlook.com.

www.magnoliahouseresidentialhome.co.uk

THE PARTY SHOP CEFN MAWR

WE ARE NOW OPEN FOR HOME DELIVERY.

We are offering a delivery service to your front door. We will be operating within government guidelines Following social distancing rules. Payments can be made via bank transfer. Or contactless cash by envelope. Free delivery on orders of £20 or more within 10 miles of the shop. Orders can be placed via **07368 333457** Or through Facebook message

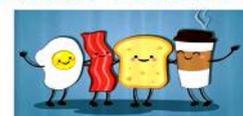
The Little Kitchen, Cefn Mawr

We are open for takeaways from 8am.
Please feel free to pre-order via telephone
and we have a very large carpark.
01978 814923.

Check our Facebook page for offers

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TAKE-AWAY ORDERS ONLY!





COVID-19 (NOVEL CORONAVIRUS) WCBC PUBLIC BRIEFING NOTE 15.5.20 UPDATED 22.5.20

Key messages for today

As we head into another bank holiday weekend, please remember that the 'stay at home' message **still applies in Wales**.

We'll empty your bins and collect your recycling as normal on **bank holiday Monday May 25th**

If you're registered for business rates and were trading up until lockdown kicked-in, you might be missing out on a **grant of up to £25,000**.

Ian Bancroft – Chief Executive

Mark Pritchard – Leader of the Council

Don't give-in now, and don't risk a fine...stay at home
As we head into another bank holiday weekend, remember that the 'stay at home' message still applies in Wales. And although you can now leave home to exercise more than once a day, you should continue to exercise in your local area, and only make essential journeys. People have shown amazing resolve here in Wrexham, but we need to keep going. So please... don't jump in a car and drive to one of our parks this weekend. Don't drive to our recycling centres unless you really need to. Stay local. North Wales Police is asking everyone to keep doing the right thing,

Increased fines for breaking lockdown

As well as letting yourself and others down, there are very real financial consequences if you break the rules. Welsh Government has confirmed that – from today the maximum **penalties for breaching lockdown will rise**. Instead of imposing £60 fines for first offences, rising to £120 for second and subsequent offences, fines will now double with every offence – rising from £60 to £120 to £1,920 for the sixth offence.
Stick to the rules. Stay safe. Don't risk a fine.

No change to bin collections this bank holiday
We'll empty your bins and collect your recycling as normal on Monday May 25. So if your 'bin day' is usually Monday, please put your bins and recycling out like you normally do the bank holiday won't affect anything. Please take a look at the article we posted recently <https://news.wrexham.gov.uk/help-us-to-collect-your-recycling-safely/>

and help us collect your recycling safely.

Household Waste Recycling Centre at Brymbo

We reopened our three household waste recycling centres on May 15, and due to traffic issues introduced a booking system at the Brymbo site earlier this week. If you want to book an appointment at the Brymbo site, please call **01978 660796** between 8am and 5pm, Monday to Friday. You don't need to book an appointment to use the sites at Bryn Lane or Plas Madoc. However, please only visit our recycling centres if you really need to, and **stick to the site rules**.

1. Even though the sites have reopened, you should only visit them if you really need to.
2. If you do visit, you must follow the **10 strict rules we've implemented**.
 - *Don't go to the sites if you or anyone in your household has symptoms of Covid-19, or is 'shielding' because of an underlying health condition.*
 - *Only bring household waste. Don't bring commercial or business waste.*
 - *Please bring proof that you live in the county borough (e.g. a utility bill with your address on it). The sites are for Wrexham residents only. If you don't have proof, you won't be allowed to tip your rubbish.*
 - *Be patient if you have to queue. A maximum of five vehicles will be allowed on site at any one time.*
 - *Make sure only one person steps outside your vehicle to unload it, and that they stick to social distancing. Note that children should stay in the car at all times, and no pets are permitted on site.*
 - *Don't bring items that are too big or heavy to handle yourself. Our site attendants won't be able to help you unload your car or dispose of your waste.*
 - *Sort your waste before you arrive (so you're quicker).*
 - *Be polite. Aggressive behaviour towards staff won't be tolerated. Site attendants will be equipped with body cameras, and any instances will be reported to the police.*
 - *Don't touch your face on-site, and bring your own sanitiser if you can (clean your hands with sanitizer before you drive away).*
 - *The re-use shop at Bryn Lane remains closed for now, so keep your stuff for the reuse shop at home.*

We'll take enforcement action against anyone who breaks the rules or fly-tips, so please follow these instructions...and help keep everyone as safe as possible. In fact, we've had to close our Brymbo site on Friday due to demand and traffic queues. So please continue to follow the lockdown rules in Wales, only visit the recycling centres if you really need to, and follow the rules when you're there. Remember...it's all about saving lives, and protecting the NHS.

Have you applied for a business support grant?

We've now paid out more than £21 million to 1,806 businesses in Wrexham as part of the business rates relief support provided by Welsh Government. If you're registered for business rates and were trading up until lockdown kicked-in, then you might be missing out on a grant of up to £25,000. Maybe you have a shop, an office, hairdressing salon, garage or petrol station? You might even run a non-council owned community centre or building? Whatever kind of enterprise you run, if you haven't applied yet, please visit our website to **check if you're eligible and make a claim**.
<https://beta.wrexham.gov.uk/service/covid-19-support-businesses>

Stay local.

There are slight differences between lockdown rules in Wales and England at the moment and it's important that nobody gets confused. Here in Wales, the 'stay at home' message is still in place. And although you can now leave home to exercise more than once a day, Welsh Government has made it clear that people should continue to exercise in their local area. So please don't be tempted to drive to one of our parks

to walk the dog or go for a run etc. It's still not ok to do that.

Council meetings

Like most councils, we've been looking at ways to start holding committee meetings again. Meetings were cancelled in late March as part of our response to Covid-19, and in line with councils across the UK. One of the biggest challenges is social distancing, as meetings tend to take place 'in person' – with councillors, council staff and other people gathering in one room.

But guidance issued last month has allowed councils to look at ways to hold key meetings again.

As a result, we're going to use the enterprise version of 'Zoom' – a popular conferencing app – to hold three 'virtual' meetings:

- ◆ Audit Committee – May 28
- ◆ Executive Board – June 9
- ◆ Planning Committee – June 22

As far as practicalities and the technology allows, we'll be aiming to run these meetings in the normal way – including how the meetings are chaired, questions taken and so on.

We won't live-stream to begin with, but to aid transparency, we'll invite local media to observe online. We'll then post a public recording online as soon as we can afterwards.

This is going to be a massive learning curve for us, and

these initial meetings will help us find our feet...so we're eventually able to live-stream the proceedings. Like all councils, we're having to quickly get to grips with new technology and new ways of doing things. But we think this approach will give us a way to allow key debates and decisions to take place, while keeping everyone safe

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/>

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.*



TRADING STANDARDS WARNING BOGUS CALLERS ARE IN YOUR AREA TODAY



WREXHAM TRADING STANDARDS HAVE RECEIVED REPORTS THAT A BOGUS COLD CALLER IS TARGETING YOUR AREA TODAY

Police have received a report of an elderly resident being targeted by a Rogue Trader. The resident was advised work needed to be carried out on his roof and handed over cash in advance.

Please DO NOT allow any trades persons into your address or to carry out work at your address unless prior arrangement have been made by yourself.

BOGUS CALLERS CAN BE VERY CONVINCING - FOLLOW OUR TIPS WHENEVER A STRANGER KNOCKS AT YOUR DOOR SO THAT YOU DON'T GET CAUGHT OUT

DON'T agree to buy on the doorstep
DON'T let a stranger into your home
DON'T feel that you're being rude by keeping the door closed or sending them away
DON'T be scared to say 'No Thank You' and close the door

DO keep the door chain on
DO ask for ID if they say they are officials and phone the organisation on the number in the Phone Book to check who they are.
DO make a note of any registration numbers or names
DO report suspicious callers to Trading Standards or the Police

**You can report any concerns to the Police on their non-emergency number 101
In an emergency call the Police on 999**

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. Still doing bouquet from £20 delivered thanks for all your orders this week. Our number is **01978 365238** please leave a message if we are unavailable or call us on our mobile **07512 042333** thank you.



ANDREW DEXTER PLUMBING & HEATING

Call

07972421578

Or email

Andrewdexter@live.co.uk

Big thanks to Andrew Dexter Plumbing & Heating for the way they responded to a family in critical need. Fantastic service and respect was given by them in what is for this family is a very difficult time, once again thank you..

COMMUNITY AGENTS UPDATE

9 in weeks in and I am amazed at how well so many of you are doing when so much is happening and people are missing connecting with their families especially those who are Grandparents. 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 and resources and know that for some being able to contact the right people can take a lot of pressure off. I am still spending some time listening and giving support where needed as this isolation and that feeling of being cut off can, at times be very hard to deal with, I am here for you so please do get in touch. If you are struggling and need a food bank voucher or you know someone who does please let me know. I am here to help, so call me many thanks, Marie-Claire. Tel: **07925 048711** or email cefncommunityagent@gmail.com



I have been getting donations of books and jigsaw puzzles so if you would like some let **Tyger** know and she will make a list for me, we can keep swapping these around, if you come to donate also let Tyger know please call her on **07532 780007** and I will collect them from you.

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



VETERANS' GATEWAY
The first point of contact for veterans seeking support.

NEED TO CONTACT THE POLICE?

They say that for non-emergency issues, people should use <https://www.north-wales.police.uk/contact/live-chat-support> or phone 101. If you have internet it is suggested that the live chat option might be a quicker method than holding on the phone.

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



RAISE THE ROOF COMMUNITY SINGING FOR EVERYONE

We have regular Zoon meeting at 7pm on Thursdays. Check the joining details on our Facebook page. We hope you can make it as it's lovely to see you all and to get together and keep one another's spirits up!

ST JOHN'S CHURCHYARD RHOSYMEDRE

You may have seen someone working on the grass at the Churchyard recently, this is thanks to **Guy Roberts** from **J Francis-Roberts & Son**. Guy said that with everything that is going on it was felt that they should tidy the Churchyard up, this was their contribution to the Community. It makes visiting there more welcoming and I know that until this situation improves it will be difficult to organise the usual working groups. A heartfelt thank you to Guy and his grass cutter from us all.

MEDDYGON TEULU
Y TU ALLAN I ORIAU
GOGLEDD CYMRU

NORTH WALES
GP OUT OF HOURS
SERVICE



0300 123 55 66

6.30PM - 8AM
LLUN-GWENER/ MONDAY-FRIDAY

TRWY'R DYDD A CHYDA'R NOS AR BENWYTHNOSAU A GWYLIAU'R BANC

ALL DAY AND NIGHT AT WEEKENDS AND BANK HOLIDAYS

TESCO CEFN MAWR OPENING TIMES

Mon to Sat 7am to 10pm, Sun 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.



Lifting Lockdown in Wales

Working or running a business

Lockdown	Work from home if possible. List of businesses required to close. 2m requirement in workplaces where not possible to work from home.
Red	More outdoor work and click-and-collect retail. Businesses not required to close (e.g. construction) reopening under safe working practices.
Amber	Non-essential retail to reopen with physical distancing. Trial some personal services under appointment (e.g. hairdressers). Accommodation businesses open without shared facilities.
Green	Restaurants, pubs and customer contact industries under physical distancing. All businesses and workplaces open under new protocols.

The First Minister has made an announcement on Friday about how Wales will move out of lockdown – Unlocking our Economy and Society <https://bit.ly/361pRiN> using a traffic light indicator method to reflect progress. The chart explains that we are moving from the Black Lockdown status to the Red area which is still a long way off any form of normal movement and social interaction. The crucial agreement across all nations is that the very important R indicator could mean movement up and down the scale occurring at any time. The impact on our communities and organisations in our area are very similar to the business sector with significant levels of caution and the need for people

to be remaining at home to work if possible. FAQ about what you can and can't do during lockdown <https://avow.org/2020/05/14/advice-on-shielding/> As people who have been volunteering may start going back to work a replacement volunteer for shopping, prescription pickups and other support can be obtained by emailing Covid19@avow.org or tel 312556

2020 and beyond Planning for the future

Support for Community Groups moving out of lockdown:

Many organisations are rightly feeling uncertain about what lifting lockdown will mean for them and how they can prepare. To help with those who may have building/offices/delivery locations etc. AVOW will be holding a knowledge sharing virtual meeting on Thursday 21st May at 3.00pm <https://bit.ly/2Z2dWQI>

Children and Young People's Organizations-



Does your organisation have any involvement with children and young people - if so you could join the AVOW Children and Young People's Network that will take place for their first virtual meeting at 11.00am Tuesday 19th May – use the link to join <https://bit.ly/3buaeBy> This is an ideal opportunity to join with colleagues to share experiences and ideas of how to deal with children and young people's during the crisis and what is now looking like an increasingly long period of time before there is a full return to school for all ages.

Support for organisations-

Do you need any volunteers for your organisation or project – we have lots of willing volunteers ready to take up roles with YOUR organisation – let us know what opportunities you have or if you needs assistance deciding the type of roles you would like – the AVOW Volunteer Centre are able to support – email vb@avow.org

Recovery or Response Phase:



Recovery often means it is about getting back to how things were pre Covid- there are lots of organisations and individuals now realising that we are not into a Recovery Phase but one that is a Response Phase. There are lots of new ways of working and availability of resources to make people think about what the New Tomorrow will look like and how we will adapt.



It is important that 'Recovery/ Response Plans' are not about getting back to how we did things pre Covid without giving thought about what we have learnt and adapted – how many of us have adapted working and support practices which know may need to be retained and become part of the new normal. Useful resources to help think and plan are available on AVOW web site <https://bit.ly/364HUEU>

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

Volunteers Week June

This is an opportunity to celebrate Volunteers Week in a new virtual way. Do you want to recognise the volunteers that have supported your organisation or community- we have special Volunteers Week Certificates for you to give to recognise those people who have done so much to support people across our communities – it does not matter whether you are a Third, Public, or Private Sector organisation everyone can be recognised – email VB@avow.org for details. You can also join in with the AVOW virtual celebration tea- AVOW can provide you with the means to get together all you need is your own mug of tea and cake. Bring your own virtual piece of cake and a drink **Tuesday 2nd June from 2pm - 4pm** <https://bit.ly/2SSThu3> This is the chance for us to say thank you to you for all your dedication through these difficult times. Let us know if your organisation is doing anything to celebrate volunteers.



Volunteer Managers Network: A virtual opportunity for voluntary organisations to detail activity during COVID 19 and to look at future volunteer recruitment. May 20th at 10.00am <https://avow.org/2020/05/11/avow-volunteer-organisation-network-meeting/>



Food provision:

We are still hearing every week about new local food parcel provision that is available to help people in need – if you have not logged details yet let us know on Covid19@avow.org so enable our helpdesk



to share your information. If you know of anyone who may be struggling, then use the same contact email or ring 312556 to find details about schemes in your area. Special thanks to all the volunteers who have set up these schemes and the many businesses that have given so generously. It is however important to remember food parcels can only be short term they are not sustainable in the long run and it is better for individuals and families to have a holistic review of their circumstances. Information can be found from CAB, Christians against Poverty, Council Welfare Rights, and a variety of other organisations who can look to find longer term solutions to problems. <https://www.citizensadvice.org.uk/wales/> <https://capuk.org/> http://www.wrexham.gov.uk/english/council/social_services/welfare.htm

Help people to be more sustainable by encouraging them to seek help. It is important that food parcel providers recognise these should only be a stop gap and not the norm if people are too be helped through Covid and beyond.



Wrexham Foodbank provides three-day food parcels for local people in financial crisis. If anyone is in need they should get a referral from one of the many agencies in Wrexham that do this (e.g. Citizen's Advice Bureau, Job Centre, most council departments such as Housing Support, Community Agents, some schools, most organisations and charities). A voucher can be given by the agency to the client, who then goes and collects the parcel from one of the distribution satellites. Alternatively, the voucher can be issued over the phone and sent online by the agency to the Foodbank and a home delivery can be arranged. Toiletries and pet food are also usually available.

Food preparation:

Some communities have adapted and set up meal delivery services rather than lunch clubs- it is important that everyone follows the necessary Food Hygiene guidance to ensure the safety of the volunteers and consumers of the meals, Full guidance is available from <https://www.food.gov.uk/safety-hygiene/food-safety-for-community-cooking-and-food-banks>

Support for Young People:

Updates from Infoshop Wrexham for Young People in Wales

The Infoshop provides free and confidential information and support for young people aged 11 – 25 years old.

You can still speak to a youth worker/advocate by email to infoshop@wrexham.gov.uk, or over the phone by contacting one of the following numbers between 12 pm – 3 pm. Monday – **07585103649**; Tuesday & Thursday – **07584440126**; Wednesday – **07585103631**; Friday – **078006882**

News from the Council:



A number of updates on services from the Council can be found on their web site

<https://news.wrexham.gov.uk/> .

More than 2900 have now registered for the Direct payment that has been introduced instead of Free School Meals- <https://bit.ly/2YKPMdn>

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 grants available to **Ceriog Christian Centre Fellowship** 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>

For larger projects funding up to £100,000 is administered by WCVA <https://bit.ly/34vdxX3>

AVOW Virtual Funding Workshop with National Lottery Community Fund Wales

Join AVOW Funding Officer Nigel Davies and National Lottery Community Wales Funding Officer Catriona Learmont on Thursday 28th May for the first Virtual Funding Workshop for Wrexham County Borough, from 10 am Location: via Microsoft Teams Register: email Nigel Davies, Funding Officer at AVOW, on nigel.davies@avow.org

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

Accessibility Support:

Do you need to communicate with people who have sight or hearing impairments- there are lots of Artificial Intelligence developments that are now available-

Visual Impaired – resources are available from <https://avow.org/2020/05/14/wales-council-of-the-blinds-e-bulletin/> Wales Council for the Blind.

Visual and hearing assistance: <https://www.scope.org.uk/advice-and-support/accessibility-apps/>

Translation:

There are a number of online translators <https://translator.microsoft.com/> is just one that can translate written text into speech and vis versa for a wide range of languages.

Zoom translation: lots of information available for simultaneous translations

<https://www.youtube.com/watch?v=jqT1qUjbrKs>

COVID – 19 UPDATE

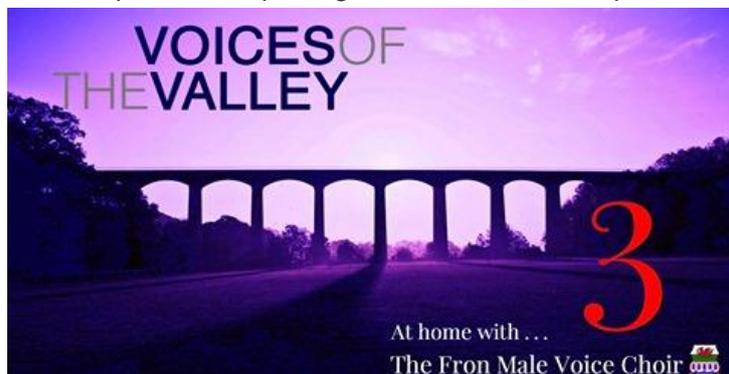
Whilst we are closed we are working on ways to implement new working practices which protect your safety as well as ours. Some of the new safety measures will include:

- ◆ *Perspex screens separating the customer area from the working area.*
- ◆ *An appointment system for new framing work coming in to avoid overcrowding in the shop and ensure distancing.*
- ◆ *Collections of completed work will NOT require an appointment, but may require you to wait outside until the shop is empty.*
- ◆ *Customers will no longer be able to handle frame samples, based on your choices we will handle them for you and they will be sanitised after each use.*
- ◆ *Card payments are preferred but we still accept cash. The card machine will be sanitised after each use.*
- ◆ *Cash will be sanitized too, so if you require change you can be assured it will be clean.*

Please knock or ring to enter as the door will be locked, and the door handle wiped with sanitizer inside and out after each customer leaves.

These are very strange and challenging times for all of us, but we recognize that we have a duty to protect you our valued customers and ourselves, so please bear with us. For any enquiries or to book an appointment please ring **07415 844758**

Please keep an eye on our Facebook pages for further updates of opening times when we re-open.



VOICES OF THE VALLEY - THE FRON MALE VOICE CHOIR

Our latest episode premiered 23rd May. You will find the show by clicking this link https://youtu.be/J0yIU_tUAjM

We have sent out our 3rd batch of the May edition of our FREE monthly Newsletter. If you've missed out you can sign up here <http://newsletter.social/forms4>



HOME FARM OVERTON 01978 710141

Offering home delivery of our usual produce. 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.

CEFN & DISTRICT KEY WORKER

APPRECIATION RAFFLE Organised by Ian Hatton.

Seen a lot of raffles lately and its given me an idea for everyone to show their appreciation for our local key workers, this is how it will work. £3 per entry please private message me on our Facebook page with your key worker nomination their job and place of work from in the Cefn and surrounding areas (Cefn, Rhosymedre, Newbridge, Acrefair, Trevor, Plas Madoc) See map on our Facebook page. I will message you with the PayPal address or bank details that you can pay into.

I'm hoping to get 2000 entries for a £6000 prize pot for 2 separate raffles Key worker raffle prizes 10 x £550 and nominator raffle prizes 1st £250 2nd £150 3rd £100, obviously if there's less than 2000 entries the prize pot will be less I will keep you updated each nominated key worker will be allocated a number at random then the winners will be drawn using a online random number generator which will be streamed live and will be the same for nominator raffle. Also in the interest of fairness each individual key worker nomination limit of 5 entries.

Winners will receive prize money via PayPal and I am making zero profit from this ,I will choose some residents to verify the PayPal account.

Criteria to Enter

Do I live work or provide a service to the Cefn and district area? If no can't enter unless the nominated key worker lives works or provide a service to the area, so for example if I lived in Chirk have no links with area and nominate a shopkeeper from Gobowen this wouldn't be allowed entry. Check our Facebook page for the updated Key Worker nominations so far so please keep your nominations coming in as the target is 2000 entries.

The closing date for **Key Worker** nominations is **Thursday May 28th at 10pm**, all key workers will then be drawn a number at random for the main key worker draw. The same for all previous nominator entries, then everyone will have a chance to choose remaining numbers for the main nominator draw to boost the prize fund.

So just a reminder it is £3 per nomination via PayPal or bank transfer once all entries are in you and your nominated key worker will receive a number drawn at random for the main draws

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/>

Community Support Officer

Abigail Land PCSO 3926

Mobile **07974 244132**

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

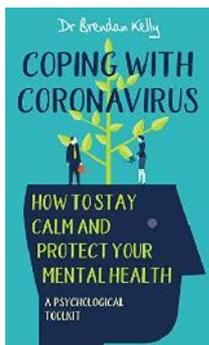


Free Audio Books



Are you fed up with watching the TV or fed up of queuing for something? Or do you like whiling away the time whilst walking the dog or completing your daily exercise allowance?

Whatever your preference Wrexham Library Service has a wide variety of audio books to keep you occupied. You can download them to your device for free using our special *Borrowbox* app which can be downloaded from the Apple App Store or the Google Play Store for Android. For more details visit www.wrexham.gov.uk/libraries and follow the online service link.



CORONA VIRUS INFORMATION ON E-AUDIOBOOK

In *Coping With Coronavirus*, psychiatrist Dr Brendan Kelly helps listeners to understand and cope with the unique mental stresses of today, as we all try to deal with the threat of COVID-19, coronavirus. This timely, fascinating audiobook is available now to all e-audio customers as part of the Core 1000 Collection on RBdigital. What's

more is that all of the e-audiobooks in this collection, including *Coping With Coronavirus*, are unlimited format, meaning there are no waiting times on any of these titles. To download your free copy go to www.wrexham.gov.uk/libraries

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.

I am supporting Marie Claire our Community Agent by taking messages and details of what help or support you require so she is able to prepare and spend the time it takes with those who need this, be it a chat, a listening ear, helping to sort out paperwork, prescriptions, shopping, benefits, or some other problem that is worrying you.

All information is in confidence as per the GDPR guidelines and is only shared with our Community Agent. If you know someone who needs to be on Marie Claire's list please call me on **07532 780007**, email tyger@tygertactics.com or message me on Facebook. Our service is completely free, we just want you to know we are here for you.

We are collecting donations of books and jigsaws to share if you have some please let me know, thanks.

If you just want to have a wee chat and check-in then please call me between 4pm and 8pm.

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



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>

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

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>



NATIONAL LITERACY TRUST

Family Zone is full of free activities and ideas to keep your child busy at home, whilst also benefiting their reading, writing and language development. Select an age group to get the latest resources.

<https://literacytrust.org.uk/family-zone/>

OVER 13?

Visit **Zone In**, our new area for older students to boost their skills and beat lockdown boredom! Each week we'll post new challenges and exclusive videos from special guests.

<https://literacytrust.org.uk/family-zone/zone-in/>



MEN IN SHEDS MAKING LINKS THROUGH COMMUNITIES FOR WORK

Communities For Work have been supporting **Cefn Mawr Men's Shed** group running training



courses and activities, as well as linking with an outdoor skills session at Chirk Library. Members of the group at Cefn Mawr have taken part in woodwork workshops, coppice basket making and mosaic design. The group were given the opportunity to join Outdoor Activity sessions being started in Chirk.

Matt Weedall (Communities for Work Participation and Engagement Officer) said 'After looking at the existing activities programme that was presently being run by *Communities for Work*, there seemed to be needed a course that would build skills and confidence and would appeal to men. I spoke to the staff at *Chirk Library* who said there was an opportunity to develop their garden area. We decided that it would be a good project to renovate that area and maybe put in some seating so that it could be a usable in the summer months.'

One member of both groups said that 'the courses put on by *Communities For Work* have given me more confidence to try new things and given me new ideas '. He has gone on to produce items made from wood which have been displayed at open days and events.

In the present situation neither groups are meeting. However, anyone signed up to the Communities for Work programme can receive support via telephone/online as well as access to online training. You can check us out on our Facebook page with daily updates on job opportunities, online training, hints and tips for you and the family for getting through this challenging time.

For general enquiries please contact us on:
07976 200413 / 07976 200414
Or email; cfw@wrexham.gov.uk



**Cymunedau am waith
 Communities for Work**

USEFUL NUMBERS

WCBC Out of Hours 01978 298989

WCBC Emergency Repairs 01978 298993.

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

CHIRK CORONAVIRUS SUPPORT

Our community group established to provide reliable information and give assistance to anyone who needs it in the Chirk area due to the 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.



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, unemployed 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. We know that our facebook page does not reach everyone who may need help. If you are out and about and hear about anyone who is struggling, please can you mention us.

Anyone can find themselves without enough money for food or essentials. We can help, no referral or vouchers required, just a genuine need. You can turn up, message via Facebook or send a text message.

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.

WREXHAM SCHOOL NURSING SERVICE



The School Nursing service has been centralised to Grove Road Clinic, Wrexham. **The contact number is 03000 859674** and the generic email is BCU.SNRuabon@wales.nhs.uk

Due to many of our staff being redeployed, we have had to make this temporary decision to centralise the service into the School Nursing Hub. We would be most grateful if all calls and emails are sent to the above number or email address, as individual School Nurses may not be able to deal with any requests that are directly sent to them.

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1 - 10 Times Tables Chart

1x	2x	3x	4x	5x
6x	7x	8x	9x	10x

www.parents.com

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 **#ecoschoolsat home** on social media so we can celebrate all your achievements with you. If you need any help, 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?

WRECSAM / ACTIVE EGNIOL / WREXHAM 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/sports_development/covid-19-activity-booklet.pdf

PAPYRUS HopelinkUK

PAPYRUS is the national charity dedicated to preventing young suicide. **HOPELINEUK** is open 9am – 10pm Monday to Friday 2pm – 10pm during weekends and bank holidays. **Call – 0800 068 4141 Text – 07860 039967**
 Email – pat@papyrus-uk.org



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/>

SHELTER CYMRU ACCESS



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

delivery. We 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**. (Not Bank Holidays)

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 FOODBANK TIMES

If you have a voucher you can collect from one of the centres listed below:

- Monday:** Bradley Road Baptist Church 1.30 to 3pm
- Tuesday:** St Mark's Church, Caia Park 12.30 to 2pm
- Wednesday:** Gwersyllt Congregational Church 10am to 12 noon
- Wednesday:** The Salvation Army, Rhosddu 3 to 4.15pm
- Friday:** Capel y Groes (church by Asda) 11am to 12.30pm

If you cannot get to any of these centres then you can request a home delivery by emailing us at info@wrexham.foodbank.org.uk and sending a copy of your voucher.

Please do not go hungry at this time, we will always try to help you. Pet food and toiletries are also usually available.

If you need a food bank parcel and can not get a referral please call the Foodbank on **07538 547971**. If you would like to volunteer to help then please email info@wrexham.foodbank.org.uk.



Wings

Are an agency that provide free sanitary products across Wrexham. Follow their Facebook page for a list of agencies that can provide free sanitary products to those who need it, and the contact details to check their opening times during the coronavirus outbreak.

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www.2woodsgarageservices.co.uk

KACEY'S K9's TEL 01978 823616

We are open, working alone and using all social distancing regulations. 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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beamingballoons@gmail.com



CEFN COMMUNITY COUNCIL UPDATE

To commemorate VE Day Phil Vaughan Chair of Cefn Community Council went down to the Cenotaph and raised both flags at 6.30am. Possibly the only part of our planned events for the day that were able to be completed. We are looking forward to the end of lockdown and celebrating and learning from all the research that has been done on our WW11 project.

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.

Trefynant 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.



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

and £15,000 has been raised so far. Since lockdown, we run an on-line quiz. Our regular teams and many more from further afield have been taking part at home or meeting via Skype or Zoom. 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. There is 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

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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

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 You Tube and on www.stmaryschurchruabon.com. Tel: **01978 824087**, email: katherinetiltman@gmail.com

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

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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 – 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

Check out the cooking together 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



BORN TO MOVE



There are 7 Dance sessions in this video with one using scarves. (You could repeat your favourite dance or practice them all!!) It is a 23 minute session with a cooling down session at the end. (Suitable for Year 2 pupils)

<https://www.youtube.com/watch?v=GHCqRsrQwNU>

ANDY'S TRAVELS



CBeebies' Andy travels the world to amazing places and learns to move like the animals he meets on his wild adventure. Ideal for younger children.

<https://www.bbc.co.uk/iplayer/episode/p06tmrxr/andys-wild-workouts-series-1-6-rainforests>

CANAL EXPLORERS



Will be sharing activities encouraging 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>

OXFORD OWL



Discover expert advice, educational resources and free eBooks to support children's learning at primary school and at home, from Oxford University Press. <https://www.oxfordowl.co.uk/>

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.



FREE ALLERGEN TRAINING

Study the modules and pass the tests to get a continuing professional development (CPD) certificate. This training has been developed by the Agency for enforcement officers. However, it might also be of interest to food business operators, those involved in selling or producing food or anyone wanting to learn more about food allergies.

Step 1: Study the modules There are six modules to study, each with a test. These modules cover-

Module 1: current and incoming rules and legislation

Module 2: the effects that allergies have in the body

Module 3: considerations of allergies in the factory

Module 4: how allergenic ingredients should be displayed on the label

Module 5: identifying allergens in example of dishes in the restaurant

Module 6: how food businesses should be providing consumers with allergen information about the non-prepacked food they serve

<https://allergytraining.food.gov.uk/english/>

FOOD HYGIENE TRAINING L2



For anyone that may prepare snack in school or run a cooking club, its good practice to have a Level 2 qualification in food hygiene. The training covers basic food preparation and legislation. There are lots of online courses which only take around an hour to complete <https://www.virtual-college.co.uk/courses/food-and-drink/level-2-catering>

WCBC BENEFITS ADVICE

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

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

T Brown will be carrying out Gas Servicing in this area over the next few weeks, All properties will be lettered 2 weeks prior to the first visit, The first paragraph on the letter is about Covid 19 and self isolating. Although it is a legal requirement **WCBC** have to safety check all gas properties annually we are totally respecting anyone's wishes to self isolate and a separate data base is being held with this information.

Any properties in self isolation and going overdue and do not have a carbon monoxide detector we are supplying one just as an extra precaution until the service can be carried out, Our Tenants wellbeing and safety is our priority. Thank you for your cooperation.



CEFN DRUIDS FC

Following the announcement made by the FAW that the Cymru Premier League season has been terminated, we would like to thank everyone who has contributed to the clubs efforts this season.

Firstly, we would like to thank the many volunteers who work tirelessly behind the scenes on behalf of the club throughout the year, without whom we could not survive. Your support, which often goes unannounced, is never unrecognised and or taken for granted. *Paula Roberts* and the stewards who help ensure gamely can go ahead, thank you.

A massive thank you to our *Chaplain Paul Day*. You are a valued member of the Druids team and made a difference to the players and directors that cannot be spoken of. The ladies that work away in the cabin, you're also our unsung heroes and we deeply appreciate your hard work and dedication too. Behind the scenes is *Julie Gildersleve*, constantly working away on all the club administration and making sure the club runs smoothly with the league. Thank you doesn't quite cut it, but they are the only words we can find to show our appreciation. Thank you to the loyal supporters, who follow both in person and on social media and provide huge support behind the scenes. Thank you to our many sponsors, who keep the club going through their financial support. Without their backing, we would not be able to compete at the top level of Welsh football.

Thank you to all the academy coaching staff who have given their time and efforts to make the academy stronger. Next season is a big one for the academy and one that will put us on the map in terms of players development.

Thank you to *Jayson Starkey, Dave Taylor, Lindsay Morris, Levi Challoner, Gavin Pritchard* and everyone who puts on the Cefn Druids shirt and gives their all. *Stuart Gelling* now leaves the club and we would like to take the time to thank him for his hard work and efforts. Stuart stepped in at a difficult time and his experience and expertise have proved invaluable and his contribution is appreciated more than he'll ever know. We hope and look forward to seeing him again at the club in the future.

Finally, *Julie Kenmuir* may no longer be with us in body but she lives long in our heart. Thank you Julie for all your efforts, warmth and dedication.

As a Board of Directors, we realise that the club depends on volunteers to be successful and we are extremely grateful to everyone who helps. Over the coming weeks, we will be announcing the re-establishing of the sports and social club committee and an academy parents forum. So anyone that wishes to be a part of the Druids family can do so and be involved in our success. Thank you again to everyone, we deeply appreciate you.

Anthony Roberts

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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.

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

RUABON DISCOUNT STORE

New High Street Ruabon. Tel: 01978 810982

We have recently installed Clear Perspex sheeting around our till area to keep ourselves and you, our customers safe at this scary time. We will continue to do our best to keep the shop safe for everyone. We do also ask customers to keep their 2m distancing whilst shopping.

With the everyday essentials, we also have bread, milk, biscuits, teabags, sugar as well as cleaning products, toiletries and key cutting service. Paypoint so you can top up your **gas** and **electric** and pay any bills. 2 customers at a time and will ask customers to wait outside until someone leaves. We offer Contactless payments. Our opening times over this bank holiday are :**Sat 23rd 9-3, Mon 25th CLOSED, Wed 27th 9-3** (an extra day because of BH) **Thurs 28th Fri 29th & Sat 30th 9am to 3pm**

Week after back to Mon / Thurs / Fri / Sat 9 to 3pm

RUABON POST OFFICE

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

Telephone **01978 823333**

WHY NOT BRING A LITTLE BIT OF THE 5 WAYS TO WELLBEING INTO YOUR WEEK?

The 5 Ways to Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



TAKE NOTICE

Take time to be still, reflect, and become aware of your surroundings. Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual. Be curious. Savour your favourite foods. Yoga, Nature hunt, Cloud spotting, Bug hunting, Bird watching, Relaxation exercises, Try new foods, Try flower pressing, Relaxation skills, Star gazing, Take up photography

CONNECT

Connect with people around you - use different ways to communicate such as over the phone, letter, skype, face time etc. Still life drawing, Collage with natural items, Role play, Acting/theatre, Put your phone away, Play board games

BE ACTIVE

Get up and move. Go for a walk or a run. Cycle, dance, play a game. Try a new activity. Old-fashioned playground games – hop scotch, hide and seek, skipping, tag, make bread – that kneading is hard work!, Have a disco/ musical statues – all that dancing is good physical exercise. Can you do the conga or the Macarena?

KEEP LEARNING

Set yourself a goal. Learn something new. Research something you are interested in. Learn a new word or random fact. Visit a museum (lots are offering free virtual tours) or watch a documentary. Learn about your local area/history of your school, Write a biography about a member of your family, Play a new sport, Learn to play a musical instrument – can you all play together? Have a go at a samba band? Say hello in a different language, Hand shadow puppets,

GIVE

Do something nice for a friend. Thank someone who did something for you. Volunteer your time. Raise money for charity. Be a good role model. Take action. Send a letter to a grandparent, make someone laugh, offer to cook dinner, do household chores or make someone a cup of tea. Tell someone you are proud of them.

You can find more information at:

NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

MIND

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

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

Our Community Agent is contactable by email or Telephone, supporting those in need in our Community. He is providing help where needed, as we know our older population is at risk due to self isolating. 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 free service is done whilst following the social distancing rules. 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' very effective support group **Froncysyllte Community Support**. Our Newsletter is providing a link between people in Fron who need support and those in the fortunate position of being able to offer it. 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 will also pass on details.

EDWARDS DAIRY CHIRK 01691 778266

Delivering milk and other produce to your door

Email sales@edwardsdairies.co.uk Please let

us know by email if you need to amend your order, thanks. Check our Facebook page for new items you can add to your order.

Due to high volumes of calls, please **only** call our landline **01691 778266** if you no internet access and press option **1** when you are connected .



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.

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 please call **07434 921441** or **01691 772626**



DEE VALLEY PRODUCE, OAK STREET

All Produce is daily market fresh, prices subject to change daily, fruit, veg, plants, dairy, eggs, jams and chutneys. Opening **Mond to Sat 9am to 5pm** closed **Sundays** and **Bank Holiday Monday** . Deliveries & collections are available all week. Local salad items currently available from **Mountain Produce, Minera**. You can place an order and pay over the phone or via contactless at your car window and we can put your order straight in your car boot for you.

Check our Facebook page for updates.

Please call us on: **01978 861805**

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 is available. Please call: **01978 860652** to check opening times and delivery availability, thank you. Email: watkinandwilliamsLtd@yahoo.co.uk



SHOP IN THE CLOUDS

Anything you want to know just ask us. #giftideas

#homedecor #wallets #cushions #bettyboop

#watches #greenman. We can gift wrap and send to

any address for you. We want you all to stay safe and stay home and look forward to welcoming you back to both our shops when it is safe to do so. Message us on Facebook or email orders@shopintheclouds.com our website is always updated www.shopintheclouds.co.uk thank you.

CAFFI CWTCH Tel: 01978 317 800

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



There's an art pack to be won every week in our prize draw for taking part in Family Art Club At Home!

We'll also be exhibiting some of your artworks as part of a new exhibition at T Pawb when we reopen later this year. To enter, just complete this week's activity and share your photos of your creations by emailing them to typawb@wrexham.gov.uk This week's activity is Animal Portrait Bunting! Download all the instructions you need here <https://bit.ly/2ZfIPk6> And if one activity isn't enough, you can download all the previous Family Art Club Activities from our website - www.typawb.wales/artsathome



Sport Wales Free Resources

The aim is to keep Wales' kids from ages three to 11 healthy and active through fun activities they can do with the rest of the family in

their homes and gardens. They also aim to promote physical development and creative movement skills, as well as fire kids' imagination with exciting stories and themes. <https://www.sport.wales/media-centre/latest-news/2020-04-21-sport-wales-makes-education-resources-available-during-lockdown/>



Play is a vital activity to children's development, why not learn a bit more

about this subject and brush up on a bit of CPD reading.....

Playing is central to children's physical, mental, social and emotional health and well-being. Through play, children develop resilience and flexibility, which contributes to physical and emotional well-being. Play involves children doing as they wish in their own time and in their own way. It has the key characteristics of fun, uncertainty, challenge, flexibility and non-productivity. <http://ipaworld.org/resources/for-parents-and-carers-play-in-crisis/>

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

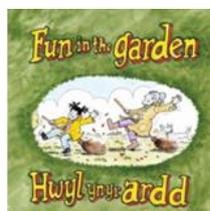


SUPERMOVERS

Get up and move! Learn KS1 & KS2 maths through supermovers!



<https://www.bbc.co.uk/teach/supermovers/ks2-maths-collection/z7frpg8>



FREE STORY BOOKS

How can I get a copy of *Fun in the garden*? If you would like a free copy of the book you must:

- Be working or living in Wales
- Sign up online to either the Play Wales or Playful Childhoods mailing list

Provide your details, including a postal address, by email to admin@playwales.org.uk

<https://www.playfulchildhoods.wales/blog/fun-in-the-garden-a-right-to-play-storybook>



Fun in the Dungeon
- free download

<https://www.playwales.org.uk/eng/news/1312-fun-in-the-dungeon--available-to-read-online->

[online-](https://www.playwales.org.uk/eng/news/1312-fun-in-the-dungeon--available-to-read-online-)

30 DAYS WILD

This June, join thousands of people taking part in our annual nature challenge, 30 Days Wild! We want you to do one wild thing a day



throughout the whole month: for your health, wellbeing and for the planet. That's 30 simple, fun and exciting Random Acts of Wildness.

You'll get a free, downloadable pack of goodies to help you plan your wild month, plus lots of ideas to inspire you to stay wild all throughout June (and beyond!). For extra 'bonus' items, keep an eye on your emails for additional, fun activities, from instructions for baking hedgehog cupcakes to a beginner's guide to wildlife photography. <https://action.wildlifetrusts.org/page/57739/petition/1>



GREEN FINGERS?

Welcome to the home of Gardening with Children - a website specially designed to be an interactive classroom, allotment plot, and hobby garden of 21st century - with a kids zone, teacher zone and a family zone -

there should be something for everyone!
<https://www.gardeningwithchildren.co.uk/>

BORED???

Don't forget you can join Wrexham Library online and download free e-books and audio books. Why not learn a language, new recipe, craft or read up on some local history?

<https://libraries.wales/my-digital-library/borrowbox/>



Borrow eBooks and eAudiobooks online or with our library app.

We have a wide range of books for both children and adults.



Small Business Advertising Support Fund

Made available through a partnership between Mail Metro Media and the National Federation of Self Employed & Small Businesses Limited Small this scheme will provide successful applicants with a tailored advertising package worth £3,000 each by Associated Newspapers, to use across the news group's print and online titles. To be eligible businesses must have 150 employees or fewer and an annual turnover (revenue) that does not exceed £6 million. For further information and to apply: <https://grants.fsb.org.uk/>

SME100 - AdSmart SME Support Scheme

Provided by Sky Media, 100 businesses will be provided with television advertising campaigns via AdSmart, to support them during the difficult times brought about by the COVID-19 pandemic. Businesses that have adapted and are demonstrating true resolve and ingenuity that need support during this time will be eligible, as long as they have been running for at least one year in the UK with between 2 and 50 full time employees. Businesses must also be a new to TV advertiser (or not on TV within the last 12 months). The maximum length of the TV advert is 30 seconds and the campaign duration will be one month. For further information and to apply:

<https://www.adsmartfromsky.co.uk/sme100/>

AIM Crisis Fund for Independent Music Contractors

This fund is open to any contractor or freelance worker due to work with new and developing artists currently signed to AIM member labels whose source of income has been cut due to lost work in April and May as a result of the COVID-19 pandemic. Grants of up to a maximum of £1,000 will be awarded to successful applicants, covering up to 80% of the applicant's lost committed project income. For further information please follow:

<https://cutt.ly/WyQhJh9>

COVID-19 Film and TV Community Grants

Application deadline: **1 June 2020 (18:00 BST)**. This scheme which is provided by the Film and TV charity provides grants to successful applicants who work in film, TV or cinema and have an idea for an activity that could help friends and colleagues in the industry during the coronavirus crisis. Funded activities could for example tackle isolation, connect people, involve professional development, skill sharing, mentoring or career development, or financial advice. Grants will usually be around £150 – £250 but can be up to a max of £1,000 for people organising a series of events or with additional costs to support access and inclusion. Initiatives not eligible consist of start-up costs for a new organisation, any service that requires a fee from the service user and clinical mental health services. For further information and to apply:

<https://filmtvcharity.org.uk/covid-19-help-advice/community-grants/>

Ffilm Cymru Wales Development Fund

Provided by Ffilm Cymru Wales this scheme offers funding for writer, director and producer teams in Wales that are developing their feature film projects. Successful applicants will be invited to take part in a Ffilm Cymru Wales Magnifier Cohort day with three funding categories being available; up to £24,999, £25,000 to £49,999 and over £50,000. For

further information and to apply:

<http://ffilmcymruwales.com/index.php/en/film-makers/development-support-for-film-makers>

MU Coronavirus Hardship Fund

Provided by the Musician Union this fund will support members with genuine and pressing hardship by providing immediate and urgent relief in the form of grants of £200. For further information and to apply please follow the link

<https://www.musiciansunion.org.uk/HardshipFund>

North Face – COVID-19 Explore Fund

Application deadline: **22nd May 2020** Major outdoors brand The North Face is providing financial support to successful applicants that make exploration possible, from mountain guides to climbing coaches, urban climbing gyms, and ski schools. Grants of up to approximately £43,800 are available. Registered charities and companies in the UK that have worked to foster and inspire exploration prior to the coronavirus/COVID-19 crisis may apply. The fund isn't however open to travel or tourism related organisations or companies, existing customers of The North Face or third-party retailers or nonregistered companies or charities. For further information and to apply:

<https://www.thenorthface.co.uk/about-us/explore-fund.html>

Wales COVID-19 Fisheries Grant

Application deadline: **31st May 2020** Provided by the Welsh Government this fund looks to support fishing businesses in Wales during the COVID 19 pandemic. The grant will be open to all active seafood businesses with Welsh-licenced vessels and recorded sales of £10,000 or more in 2019, all eligible fishers will be provided with a one off payment. The value of the grant payments will be based on the size of the vessel:

0-10m - £2,966, 10.01-11.99m - £8,700, 12-40m - £10,000. For further information please follow:

<https://cutt.ly/0yQlkoL>

Youth Endowment Fund - COVID-19 Grant Round Application deadline: **3 June 2020**

Grants are available to organisations that work to support children (aged 10-14) in England and Wales who are at risk of being drawn into crime and violence. The aim of the scheme is to find out whether projects being delivered or adapted because of social distancing and stay-at-home guidelines brought in because of coronavirus/COVID-19 are effective in reaching and engaging vulnerable young people. The minimum grant available is £25,000. There is no maximum grant value; however, grants awarded will be proportionate to the turnover of the applying organisation. The average grant is expected to be around £50,000. For further information and to apply: <https://youthendowmentfund.org.uk/grants-2/covid-19-round/>

Some companies across Wrexham are starting to prepare to get back to work safely as restrictions begin to be eased and there are some who have been able to respond to the Government call for manufacturers to assist with the production of PPE. Please be aware of different legislation in force in the England and Wales at present.

Safe workplace guidance published

The UK Government, in consultation with industry, has published guidance to help employers, employees and the self-employed understand how to work safely during the coronavirus pandemic. The guidance has been produced in consultation with industry representatives and covers eight different types of workplace, including: construction and other outdoor work, factories and warehouses, offices and contact centres, other people's homes, restaurants offering takeaway or delivery, shops and vehicles.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19>

Welsh Government and Industry Wales are working on a guidance for companies that are preparing for a return to work. It will be published soon but the following link shows good practice being implemented by a company in mid-Wales: <https://www.bbc.co.uk/news/av/business-52624288/coronavirus-how-to-run-a-factory-during-a-pandemic>

Sector-based taskforces announced

Five taskforces have been set up to develop plans about how and when closed sectors can reopen safely. The taskforces will develop COVID-19 secure guidelines for the reopening of businesses and public places when it is safe to do so. The taskforces cover five sectors including pubs and restaurants, non-essential retail, and recreation and tourism.

<https://www.gov.uk/government/news/government-announces-roadmap-taskforces>

Health & Safety Executive (HSE) publish guidance to help you keep workers safe (COVID secure) during the outbreak. <https://www.hse.gov.uk/news/assets/docs/working-safely-guide.pdf?>

This guide covers who should work, protecting those at higher risk, getting into and leaving work, organising work areas, and good hygiene.

<https://www.hse.gov.uk/news/assets/docs/talking-with-your-workers.pdf?>

Guidance on consulting your workers and measures to prevent coronavirus in your workplace and to make it COVID secure.

GETTING BACK TO WORK SAFELY

Legionnaires' disease - lockdown risks and reopening safely

When buildings reopen after lockdown, it is essential that water systems are not put back into use without considering the risks of Legionnaires' disease. There is an increased risk of waterborne pathogens such as Legionella bacteria being present as a consequence of the conditions that lockdown may have created.

Please follow the link below to access guidance aimed at businesses re-opening after being closed, and also those gearing up after reduced activity. <https://www.cieh.org/media/4208/legionella-guidance-covid-19.pdf>

The CIEH guidance signposts to the detailed HSE guidance and advises businesses to seek assistance/further specific risk control advice from 'competent persons' such as specialist Water Hygiene companies/contractors if appropriate.

Wrexham Health & Safety Forum Virtual Meeting Thursday 28 May 2020 11am – 12pm

One of the big problems facing companies at the moment is how to manage returning to work both in the production and office environment - Kellogg's and Wockhardt will each do a presentation regarding the measures they are taking and this will be followed with a Q&A session

Mental Health in the workplace was high on the agenda prior to Covid – 19, today there are exaggerated anxieties as people return to work and try to pick up from where they left within the "new normal". Cath from CC Mental Health will talk about staff returning to work and how Mental Health requires you to be **BRAVE (Building Resilience And Valuing Everyone)** If you would like to attend please email claire.hinchcliffe@wrexham.gov.uk who will then send out an invitation to join the meeting.

As always, please do not hesitate to contact us if you need any support or information

Businessline

**Wrexham Library Rhosddu Road
Wrexham LL11 1AU**

Telephone: 01978 292092

Email: businessline@wrexham.gov.uk

Website: www.wrexham.gov.uk/businessline



DEALL EICH PLENTYN UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

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

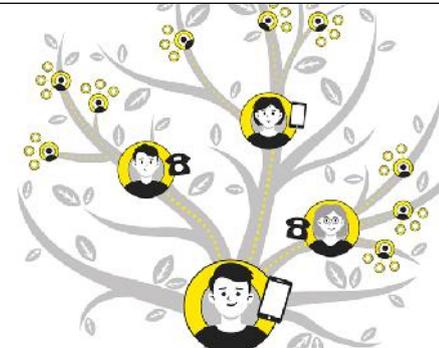
For technical queries email solihull.approach@heartofengland.nhs.uk or ring **0121 296 4448** Mon-Fri 9am-5pm

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



THE CALLING TREE

Call 3 people today to ask how they are doing. If they all call 3 people, the phone tree builds, and we can all help reduce isolation and loneliness.



"No one can do everything, but everyone can do something!" Supporting our neighbours and the wider community who are not connected on social media can be a real 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 and it is something we can all do whilst staying safe. 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, stay connected and be a friendly voice. Do let me know how you get on its only 3 calls and could be a weekly chat with a cuppa. Call **Tyger** on **07532 780007** if you wish to know more and want to start your own **Calling Tree**, thank you.

#CommunityActionResponse #LookAfterEachOther



COVID-19

ARE YOUR NEIGHBOURS OK?

IF YOU'RE WORRIED, PLEASE CHECK ON THEM.

(REMEMBER TO STICK TO SOCIAL DISTANCING.)

NEWS.WREXHAM.GOV.UK



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

 Age Cymru

Community Support Officer

Rhys Yaxley PCSO 3952

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



LLANGOLLEN NEIGHBOURHOOD SUPPORT GROUP COVID-19

Our support group has been received well by the local community as we are approaching our 8th week we wanted to update you on local support. Our Volunteers are all local residents, Llangollen Police, Denbighshire County Council Volunteer Services, Llangollen Town Council and all local businesses. This group is being coordinated to help you, please use any of the services provided to ensure you have everything you

need during these unusual times. The Lockdown is still very much in force in Wales and nothing has changed for Llangollen. The Government has advised to **STAY HOME**, you can go out to take a walk, walk the dog (if you are able to) once a day, to collect medicines or to do essential shopping (food supplies). **Volunteers** Under NO circumstances will Volunteers working with this group take any credit/debit cards directly from you to carry out your shopping. We are working with local stores/suppliers to ensure we can get your shopping to you and you can make payment directly to the store over the phone, a receipt will be sent with your shopping. *Ask about our separate leaflet for Store details and Takeaway/Delivery options from local Cafes etc.* A small number of local businesses are unable to offer this facility so the odd cash on delivery may be accepted for now. Volunteers are being co-ordinated by Cat at Wingetts, any concerns please call her direct on **01978 861366** or email: catherine@wingetts.co.uk **Stay Safe, Stay Home.** We are here to **HELP**. Check our Facebook group:

Llangollen Coronavirus Help Group

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

Check in and Chat Service ~ Chem on 07813 761766 or email chemshouts@gmail.com We have a select group that have offered to be a friendly voice should you need it at the end of the line, we have both Welsh and English speakers, both male and female.

LLANGOLLEN HEALTH CENTRE

We will be closed Monday 25th May 2020. Patients requiring urgent medical attention can contact the Out of Hours service on 0300 123 55 66. Please note that this is an emergency service, and we will be open again on Tuesday 26th May. Details of emergency pharmacies and dental services in the local area can be found by following this link:

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

If you need to access urgent medical help in North Wales over the bank holiday weekend and outside of normal GP Surgery hours, call the **GP Out of Hours Service** on **0300 123 55 66**. We would like to thank everyone who has donated items to us. We have had cakes, biscuits, pizza, scrubs, scrub bags, hand cream, goggles and visors, to name but a few, given to us and we are all very grateful. Prescription requests can be phoned through on **01978 860625** or emailed to:

Llangollen.Admin@wales.nhs.co.uk

LLANGOLLEN PHARMACY 01978 860657

Open **Monday to Friday 8.30am to 6pm**, closed for lunch **12-1pm**. Closed Saturday **Llangollen Rotary Club** are running all collections, to request a collection please contact Sheena on **07592 018533** or email: sheenaburrell@aol.com Simon and team are working effortlessly to keep up with demand, please be patient should your request take a little longer.

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.

STANS LLANGOLLEN TEL 01978 862861

Open Mon to Sun 7am to 9pm Small shopping requests will be done by volunteers. Call our support line **01978 861366** A volunteer will collect your list. **Payment** Cash or card over the phone at checkout

BLUEBAY LAUNDRETTE TEL: 01978 869277

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

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 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**

GWYN BUTCHERS TEL: 01978 860075

7.30am-3pm To Order & Pay 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.**

LLANGOLLEN SPAR TEL: 01978 860275

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

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 your car boot for you. Call us on **01978861805** Monday to Saturday 9am-5pm. Closed Bank Holiday Monday





Dear Fellow Cefner's, although we have had to close our pub, the [Holly Bush Inn](#) at the centre of our community and the Pontcysyllte WHS maintenance work has been ongoing to get it ready for reopening when we can. We hope you will all come round and inspect our work which we are completing to the best of our ability.

The Publicans Trade is one of the hardest hit businesses in the whole of the Coronavirus Lockdown and to help out we have posted all we can on our [COVID 19 webpage](#) for local business (all). We are also in the process of forming the Cefn Publicans Cartel and invite all local Publicans, Landlords and Pub owners to join giving us a bigger voice to help protect our area and bring about economic recovery and improvement.

We are currently writing to Mark Drakeford the First Minister for Wales with our suggestions for post lockdown improvements that would help our business, as publicans and the whole of our community given the opportunity we are surrounded with. The Cefn & Cefn Mawr (including all the villages in the central section of the WHS) can become a Tourist Destination and Transport Hub for the Pontcysyllte WHS, Dee Valley AONB and South Wrexham. This will put our community on the road to Sustainable Tourism Development in accordance with the Future Generation Act 2015 and all Welsh Planning Policy.

Hopefully we will see you in the Holly when we get to reopen and in your own local when we come round to give presentations on how we can turn our community around from a post industrial declining economy to that of a vibrant and viable community by connecting up with the tourism industry right on our doorstep.

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