



THE COMMUNITY NEWS.

Cefn Mawr, Acrefair, Plas Madoc, Dee Valley and District
Issue 64 Winter 2021



Congratulations to Mrs Margaret Hughes from Newbridge who received a bouquet from Phil Vaughan Chair; Cefn Community Council for her 90th Birthday last month. Many Happy returns, we hope you had a lovely day.



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DEFIBRILLATOR UPDATE

Cefn Community Council are delighted to have recently installed two more defibrillators within the community. Special thanks to Steve and Wendy from **Hinds Shop** on Bro Gwilym Cefn and Sue from **The Eagles Inn**, Llangollen Road Acrefair for allowing the Community Council to use their buildings to erect the defibrillators on. Mrs Nicholl-Smith, Clerk said 'I'm

Continued on page 5

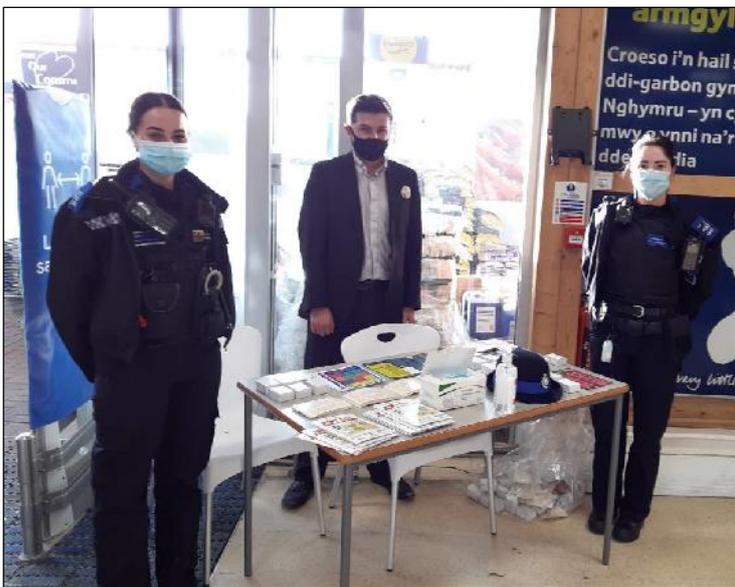




TREVOR BASIN VISITOR CENTRE

Unfortunately Trevor Basin Visitor Centre is closed due to the Welsh Government Coronavirus Regulations. We're sorry we didn't get to see you all before Christmas but we look forward to welcoming you all back soon. Please note the toilets in the car park and main car park are closed to visitors to discourage people from visiting during this lockdown. Local police will also be patrolling the area to ensure that visitors aren't breaking restrictions. There is also information for planning permission on the visitor centre doors for the new Anglo Welsh site should any one wish to have a look. You can contact us via Facebook messenger and keep updated by following the page. You can also follow us on Instagram and Twitter by searching for Trevor Basin Visitor Centre. Stay safe and please remember when out walking to follow the guidelines, thank you.

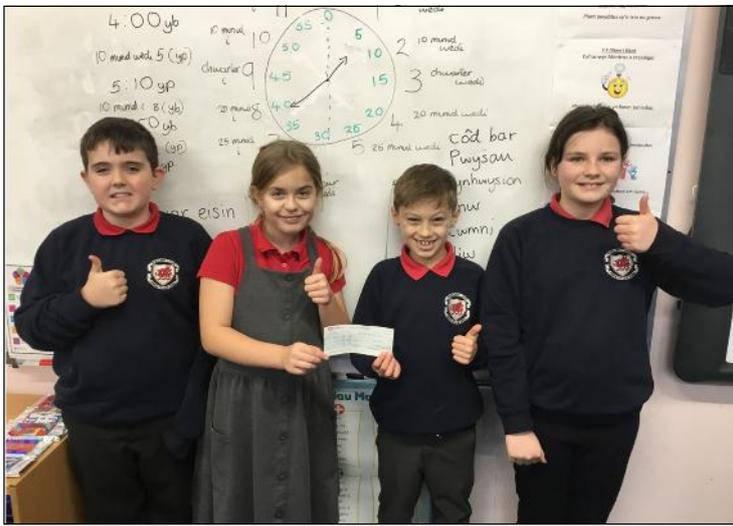
ONE TROLLEY.
ONE PERSON.
EVERYONE ELSE PLEASE
STAY AT HOME.
YOUR LOCAL TESCO STORE ISN'T THE
PLACE FOR SOCIAL GATHERINGS.



Local PCSO's Jessica and Lara were in Tesco Cefn Mawr on Saturday 16th January holding an event giving crime prevention advice to residents of Cefn Mawr. We have been giving advice regarding protecting your property, information on cold callers and scams to be aware of. We were also giving away window alarms for your property. Lara and I were also able to pass on advice regarding the current COVID-19 guidelines and the law. The event was a success and we enjoyed meeting so many residents who came over to our stand so we are planning more like this in the future. A big thank you to Tesco for supporting us with this event. [#hereforyou](#) [#communitysafety](#)

We are now operating the same system we used last March at the start of the Pandemic and are asking customers to shop one person, one trolley where possible and check the traffic light system as you wait to enter our store. We have sanitiser and wipes by the trollies and hand and basket sanitiser by the baskets and at various points in-store. Please help us to help you so we all stay safe during this worrying time. Remember to make space and keep space as you shop. Don't forget you can also recycle your used batteries here in store in the container at the front of store





YSGOL MIN Y DDOL NEWS

We would like to thank Phil Vaughan, Chair Cefn Community Council for his kind donation last term which we have used to purchase a Wigwam for the school

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.**



AVOW NEWS

AVOW is currently exploring the development of a county wide Community Lottery

which will enable organisations of various sizes to gain funds with very little administration and also create a central community grant fund scheme that AVOW will administer. The Lottery will have a top prize of £25,000 in the weekly draw. This will be a Lottery aimed directly at raising funds for local organisations. This is in the development stage and any organisation interested in gaining funds from the scheme are invited to a meeting on **Thursday 11th February at 1.00pm.** Please use this zoom link: [https://us02web.zoom.us/j/83759626858?pwd=cjVidHYzdDNINU51ZW8xMThkSTNIUT09&from=addon.](https://us02web.zoom.us/j/83759626858?pwd=cjVidHYzdDNINU51ZW8xMThkSTNIUT09&from=addon)

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Crane Medical Centre

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

News Update



Welcome to the inaugural edition of Crane News.

We hope you have had a great Christmas and we wish you a healthy and safe New Year.

The news about the successful approvals and roll out of Covid 19 vaccinations now allows us all too hopefully see the light at the end of a very dark tunnel and the promise of the start of a “new and normal” tomorrow. In fact, as Wockhardts Pharmaceutical a local based pharmaceutical company have been contracted by Astrazeneca to manufacture their approved vaccine this is arguably a significant positive for Wrexham and cements its place on the world stage and the fight to eradicate the Covid 19 threat.

The vaccination programme has already begun in the community with a targeted approach to vaccinate the residents in care homes, health and social care Professionals and those aged 80 and over. Following the vaccination of these groups, the roll out of the vaccination programme for all our eligible patients will commence. Again, this will involve a tiered age and clinically at risk approach to ensure all our patients receive their vaccinations. The vaccinations will probably involve you having two doses. Therefore, we will be contacting you over the coming weeks to invite you for your vaccination.

In the interim, we are continuing with our clinical triaging of all telephone calls before our clinicians are able to see you face to face. Please do not attend the surgery if you are experiencing/suffering with a high temperature, a new and continuous cough or loss of taste/smell. We are here to help you so please contact us on **01978 810844** in the first instance.

In respect of their safety, these new Covid vaccinations do not contain any element of the virus themselves and, therefore, can be administered to patients that are immunosuppressed. They allow the body to create what is termed as “immune memory” by virtue of them mimicking the protein spikes that appear on the surface of the virus that then triggers the body to respond. Despite them being the first to receive a licence researchers have been studying them for many years and it is anticipated that further diseases and cancers will be treated by vaccinations developed by this approach. For further information regarding the vaccinations, please visit the following website: <https://phw.nhs.wales/topics/immunisation-and-vaccines-covid-19-vaccination-information-about-the-vaccine/>

Final note for those eligible patients who have yet to receive their annual free NHS Flu vaccination or those aged 50 to 64 years who do qualify this year, please contact the surgery for us to ensure that you receive it.

If, however, you are not a currently registered patient and struggling to access healthcare services for whatever reason please contact us today at Crane Medical Centre on 01978 810844 as we are happy and excited to accept new patient registrations and welcome you to our practice.

ROWLANDS PHARMACY CEFN MAWR

Social distancing restrictions will continue with a maximum of 2 customers wearing Face Masks allowed at any one time.

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Or email: Dragondinners@gmail.com

DEFIBRILLATORS continued from page 1

I'm pleased to report another three locations have been identified to house a defibrillator, these are all on Wrexham County Borough Council property. As soon as approval is received from WCBC the units will be installed giving Cefn Community a total of six defibrillators across the Ward available for use.



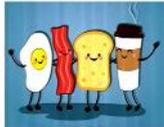
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ST MARTINS FOODBANK



We are here for anybody in the village who is or may be struggling due to the current situation. We want to help everyone here self-employed, employed, unemployed and the elderly. Based at **St Martins Village Centre** Overton Road, open **Thursday from 6.30 to 7.30pm** check our Facebook page for updates. Self-isolating or are unable to leave the house? Please call **01691 770204** or **07598 972767** and we will arrange a delivery. Anyone can find themselves without enough money for essentials or food. We can help, no referral or vouchers required, just a genuine need. You can turn up, message via Facebook or send a text message.

WREXHAM FOODBANK



Wrexham Foodbank continues to provide three-day emergency food parcels and toiletries to local people who are struggling to buy food due to reasons such as waiting for benefit payments or wages, debt, fleeing domestic violence, ill health or being on a low income. The **Cefn Mawr** distribution centre is temporarily closed but there are others open and a **home delivery** is available to the area. Referrals can be made by most organisations and Council Departments such as Housing Officers, Social Workers, Health Visitors, Schools, Citizen's Advice Bureau, Family Information Service and Work Coaches. Alternatively phone the national **CAB helpline** on **0808 208 2138** - Freephone. For more information visit www.wrexham.foodbank.org.uk and follow the Foodbank on Facebook and Twitter.

EDITORS COMMENTS

Well it's back to our electronic edition as we are here in another lockdown. Please do support our local businesses that are open or who offer Click & Collect, together we can help our High Street and our favourite shops get through this. .



Plans are in place to mobilise Local Vaccination Centres with Plas Madoc Leisure Centre being one of them when needed and GP practices are starting to issue them too. In the coming weeks, every Wrexham household should get a letter from the health board, some have already received it by email, informing about the vaccine rollout and how you'll be notified for an appointment so please be patient as you will be contacted for your job.

With Covid cases in our area at the level they are please follow the guidelines and look out for your neighbours as by working together we can keep everyone safe and well.

I know many people are struggling with all the confusing feelings this long pandemic has brought but hopefully as more of us are able to get the vaccine we should be able to reconnect with family and friends. If you need some support please do get in touch on **07532 780007** or e: tyger@tygertactics.com

You can call our **Community Agent - Marie Claire** who is here for our over 50's on **07925 048711** email cefncommunityagent@gmail.com

Stay safe, Tyger.



Timeless Furniture is a local family business selling Antique, Vintage, Retro and Contemporary furniture.

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Sam:- 07951 896066

If you've been thinking about it but are worried about joining at the moment because maybe the words 'virtual' or 'online' seem a bit scary or unmanageable...

I'd love to reassure you that the plan still works in lockdown and almost 100 members are still with us and still losing weight in my virtual group!

Some attend our support meetings on Zoom, some get support on Facebook/WhatsApp through information posts and videos, some are keeping going thanks to ongoing access to the website, app and scanner.

If you'd love some more info or to join - message or call Sam on 07951 896066

Just imagine what you could lose by March / April by making you your lockdown project!



AGE CYMRU

We're recruiting advocates for our Dementia Advocacy Project in *Cardiff & the Vale of Glamorgan, Conwy &*

Denbighshire, Flintshire & Wrexham, North Powys and South Powys.

Advocacy is a crucial service for people living with dementia. This is an incredible opportunity to be part of a service that makes sure the voices and wishes of older people living with dementia are heard and respected. As an advocate you'll be a part of a team working across Wales delivering a service that achieves positive, person led outcomes for older people with dementia and people going through process of being diagnosed with dementia.

You'll support older people living with dementia to be at the centre of the decision making process in some of the most important aspects of their lives, working with a wide range of agencies, carers and statutory organisations.

Independence and autonomy in our decision making is so important, this a chance to be part of a team that supports these principles for some of the people who need them most.

These posts will initially be home based, but over time will move to local partner agency offices where you will be working alongside a wider network of organisations supporting older people across Wales.

For more information on the roles and to apply online, please visit our website - <http://bit.ly/WorkWithAC>

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



Learn how to give practical and emotional support to individuals using PFA

Here is a link to a Future Learn course for Psychological First Aiders for COVID-19 it's very straight forward it's free. You will need to sign up to Future Learn which has a lot of other good courses.

www.futurelearn.com/courses/psychological-first-aid-covid-19

About this course.

Psychological First Aid (PFA) is the globally recommended training for supporting people during emergencies and offers guidance on delivering psychosocial care in the immediate aftermath of the emergency event. On this 3-week course, you'll explore the psychological impact of the COVID-19 pandemic and what you can do to help people cope. This course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. For information on more courses please visit www.futurelearn.com



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ST DAVID'S DAY CELEBRATIONS



In partnership with Flintshire County Council, Wrexham County Borough Council and T Pawb, *Menter Iaith Fflint a Wrecsam* has organised a whole week full of virtual

celebrations to celebrate St. David's Day 2021 between March 1 and March 5.

The celebrations might be a bit different but we hope that they will reflect the fact that although we are all apart this year we can still come together virtually to safely celebrate Wales' Patron Saint this year.

There'll be something for everyone and, remembering to follow Welsh Government Covid-19 guidelines at all times, you can take part in various ways:

Parade Send video clips of your family, friends, colleagues or society parading.

Pass the Flag Send video clips of people passing the Welsh flag by catching it on their right hand side and throwing it to their left.

"Who was St. David?" Send a video clip of you or a family member answering the question above. Keep your answers as short and sweet as possible.

Happy St. David's Day Send a video of yourselves wishing a "Happy St. David's" Day in Welsh, English or in any other language that you may speak.

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A virtual Eisteddfod will also be held during the week with a number of competitions for the community:

Cooking with locally sourced ingredients Send a picture of your culinary masterpiece along with the recipe and a picture of the local ingredient/s.

Art Send a picture of an item created from recycled materials on the theme 'Welsh History'.

Photography Send a photo on the theme 'Nature' or 'The Beauty of Wales'.

Limerick Write a limerick with the first line including the name 'Dewi'.

Welsh Learners Competition Write a Welsh dialogue on the theme 'Mae'r Gymraeg i bawb' ('Welsh is for everyone')

To take part in the celebrations or to compete in the Eisteddfod send your contributions/items along with permission to share them on social media to maiwenn@menterfflntwrecsam.cymru by 5th February and note in which county you live. All the competition details and filming guidelines can be seen on Menter Iaith Fflint a Wrecsam's Facebook page.

To join the celebrations, use [#DewiSiryFflint](https://twitter.com/DewiSiryFflint) or [#DewiWrecsam](https://twitter.com/DewiWrecsam) and remember to follow the Welsh Government Covid-19 guidelines at all times. All videos, photos, and the Eisteddfod results along with a range of other activities will be shared on Menter Iaith Fflint a Wrecsam's social media platforms between March 1 and March 5

Lilly Rose Interiors

Making your House a Home

Candles, cushions, lamps, throws, ceramic knobs and Chalk Paint. Hopefully, something for every one, for the home or that special present.



Looking forward to welcoming you back when it is safe to open

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Pull up outside in your car and we can put your order in your boot and take payment. Contactless payment is available.

Collections are available 6 days a week, open Mon - Sat 9am to 5pm. Check our Facebook page for updates. Please call us on: **01978 861805**

[#stayhomestaysafesavelives](#)

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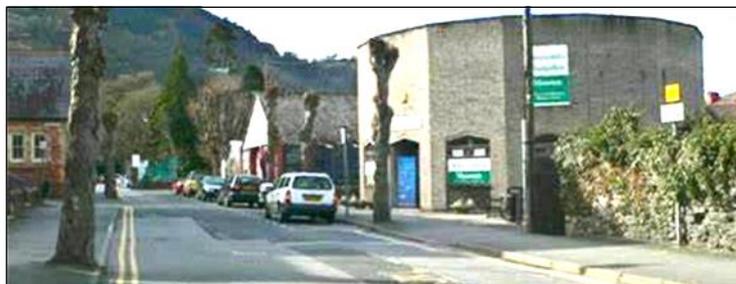
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If you have any enquiries or wish to book an appointment with us for when restrictions are lifted please contact us via email, leave a message on our answering machine or txt us on 07415 844758 and we will get back to you as soon as possible, thank you.



LLANGOLLEN MUSEUM NEWS

Llangollen Museum remains closed however we are using the funding from the Heritage Lottery Fund to upload more items and photos from our collection to our online archive, for people to view whilst we are closed. Please keep an eye on our website www.llangollenmuseum.org.uk or our Facebook page for the latest news and updates.

LLANGOLLEN ZERO WASTE & FOOD SHARE PROJECT

CRISIS / EMERGENCY SUPPORT If you are in crisis or need emergency support, we can help out of hours. Please get in touch. If you would like to talk in confidence about how we can help, send us a message on here or text us on **07835 261343**.

If you know of anyone struggling, please pass on our details for them to contact us.

NEW LOCATION FROM MONDAY 25TH JANUARY

This is our last week at Pengwern Community Centre. We are moving to our new central Llangollen premises. Location and details to be announced very soon. Please contact us if you need to collect a food parcel **via our Facebook page** or phone us on **07710 789 854**. We can deliver to those unable to collect.

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15.1.21

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Visit our Facebook page and check out our selection of blinds and more



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Email: lynn_gay1954@yahoo.co.uk

EDWARDS DAIRY CHIRK 01691 778266

Delivering milk and other produce to your door. 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. With the lockdown rules we would like to ask all customers and potential new customers please bear with our office team when getting in touch. The majority of them will be working from home and some also home schooling at the same time. If you have any requests or changes for your orders please visit your online account at www.edwardsdairies.co.uk or email us at sales@edwardsdairies.co.uk if anything can't be done online, our team will get back to you as soon as possible. Stay safe. Edwards Dairies Team

ARRIVA BUS SERVICES

For up to date timetable information for the **North Wales/Chester Service (inc Llangollen)** please go to: <https://www.arrivabus.co.uk/coronavirus/important-service-information---wales/>

For the **Oswestry/Wrexham and Wrexham/Cefn Service** please go to:

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

Face coverings must be worn by all customers on board our buses and for the duration of your journey.



CEFN COMMUNITY COUNCIL UPDATE

The **George Edwards Hall**, due to the increase in numbers and the new variant the decision has been made to close the hall to essential users, this will be reviewed at the beginning of February, the Safety of users and staff is absolutely paramount. The Clerk can be contacted on **01978 821298** for any enquiries. Please visit our website for up to date information in relation to Coronavirus.

www.cefncommunitycouncil.co.uk

Friends of Ruabon Santa Drive Through we would like to thank the Friends for their great effort to bring their Santa Sleigh to our community, it was greatly appreciated by both young and old and bought a little bit of normality to our Christmas celebrations, we would also like to thank Tesco Cefn Mawr for letting them use the car park.

Cefn Community Council Bowling Green and Football Pitch are still closed until further notice for everyone's health and safety.

The MUGA—Multi Use Games Area on Plas Kynaston Lane and all 12 of our **Children's Play Parks** are open, we ask that you please follow the social distancing guidelines and please take your rubbish home with you if there is no available bin, thank you.

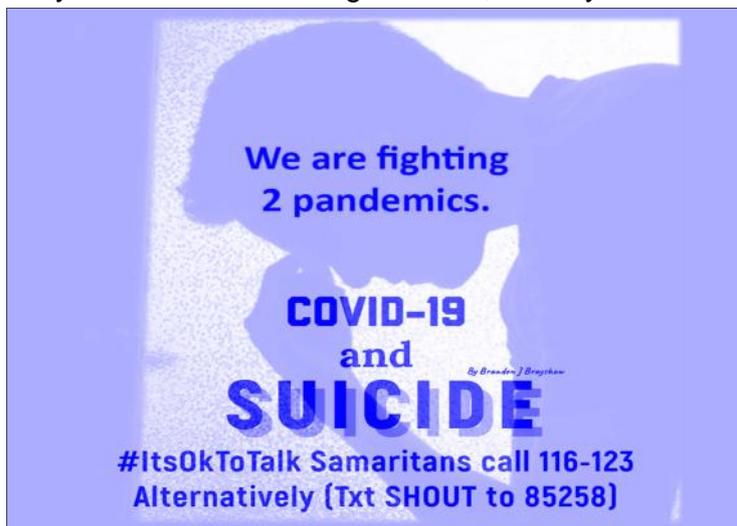
Street lights: any street lights out please can you report them with the number off the lamp post to the Clerk on **01978 821298** thank you.

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

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

Please remember our **Community Agent** is able to help and offer support to the over 50's and can be reached 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.



JOB VACANCY

CEFN COMMUNITY COUNCIL CYNGOR CYMUNED CEFN

Wishes to recruit an

ADMINISTRATION OFFICER

As Cefn Community Council activities have expanded and diversified, we are looking for a keen and enthusiastic Administration Officer to expand our small and friendly team.

Working with the public and our sixteen councillors will be just one aspect of the job.

A key element of this new post will be the administration support to the Clerk/RFO which enables the day to day business of the Community Council to be undertaken efficiently and effectively.

You will need to be an experienced administration officer who can provide a consistently high standard of customer service. An eye for detail and accuracy are essential in this varied role. You must be available to attend evening meetings and occasional weekend events.

If you thrive in a small but busy working environment, like a challenge, enjoy dealing with customer queries, have a positive attitude and want to stretch your skills as part of a team, we very much look forward to hearing from you.

Hours: 16 Hours per week

Salary: £10.16/hour – NALC scale 7 £19,554 p.a
(pro rata based on contracted hours)
Plus option to join Local Government Pension Scheme

Please contact Trina Nicholls-Smith, Clerk for any further information on 01978 821298

Please email cefnmawrparish@btconnect.com to request the full job description, employee specification and application form.

Closing date: Friday 12th February 2021

Cefn Community Council is committed to equal opportunities.



WCBC RECYCLING SITES

Plas Madoc, Bryn Lane and Brymbo Recycling sites are remaining open for essential waste

services. Please note Brymbo is by appointment only. Proof of residency will be required. Strict COVID safety restrictions apply.

CEFN MAWR

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Tuesday 9am - 5pm

Wednesday 9am - 2pm

Thursday 9am - 6pm

Friday 9am - 5pm

Saturday 9am - 2pm

LADIES any day by appointment only

Please phone to book in 01978 822400



NIGHTINGALE HOUSE HOSPICE SHOP

*Cambrian House, Well Street
Cefn Mawr LL14 3AE*

**We will be reopening when
it is safe to do so,**

We need your good quality items; furniture,
clothes, household items, toys & books.

Tel **01978 810545**

Volunteers needed if you can spare some time to
lend a helping hand please ask for information or
visit **www.nightingalehouse.co.uk**

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T: 01978 823 735 E: emfw_ws1@hotmail.co.uk

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Jeanette 07964 876869 Vicky 07718 218731

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can still be purchased. Take care and stay safe everyone.

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Telephone: 01978 822328

Email: homeofhair28@gmail.com





CRNCA NEWS

Registered Charity Number 1122422

Tel: 07531 310335.

Bro Gwilym, Cefn Mawr LL14 3PA

All our activities are carried out

following current Covid-19 guidelines

The CRNCA's small group of volunteers are still busy even in this further lockdown with food distribution and free Community Food Pop Ups open to all. We will continue to do so at our discretion, but please if anyone is struggling get in touch on **07531 310335** or even put a note through the door at the centre.

We would like to thank the members of **Cefn Mawr Christian Fellowship** for their donations and volunteer time given to our Christmas Hampers and 50's+ Christmas Parcels project and fellowship given to us at the Centre. We would also like to thank **Cefn Community Council** for their grant that was used for our 50's+ Christmas Parcels Project. This support made all the difference.

OUTDOOR GARDEN AREA At the Old Canteen Activity Centre a little bit of gardening work has been going on. We were successful in having funding from the **Local Places for Nature** grant and you will see

- ✓ Self- watering planters and plants in the front yard
- ✓ Wild flower turf by the car park already growing
- ✓ Two large raised beds on the top of the bank already filled with soil for the community to get planting
- ✓ And then came the fruit trees which were planted with the help of some lovely members from the **Incredible Edible Wrecsam** team, with more to do!!!!!!!

Anyone who would like to try a little gardening , planting, growing and make a community garden let's get going! We have the ground we just need YOU. If you would like to be involved call on **07531 310335** we could really do with some help.



Members from **Incredible Edible Wrecsam** who came along to help with filling the planters and planting the fruit trees. They were amazing and gave us lots of helpful tips, thank you.



FOOD WASTE REDUCTION TUESDAY 1 to 2pm

We have a **free food pop up** on every Tuesday from our Fareshare delivery. Don't be shy we are all in the same situation right now so come along bring your own bag if possible We also have a limited number of sanitary products and pads for those in need free. Also ready cooked frozen or sometimes freshly cooked meals prepared in our FSA 5★ kitchen for a small donation, great if you are unable to, or can't cook or you need a meal for your senior relatives.

THURSDAY AT THE CENTRE FROM 12-2pm

Photo Coping We are able to offer photo copying for black and white up to paper size A3 and possibly colour to size A4 for a donation.

Food pop up if anything is available.

Men's Shed If any of you men out there are a little fed up please call **07531 310335** and we can arrange for you to come along on a Thursday to give a hand organising the shed area and fixing bits and bobs between 12-2pm

Health and Wellbeing Support Marie Claire the CRNCA Health and Well-Being support worker is still out and about in the community but will try and be at the centre every Thursday for advice and signposting if you need her between 1-2pm

Please note We are keeping our volunteer bubble small to avoid illnesses please wear masks/shields (we have a few left if you need one) sanitize hands and leave your name and number for track and trace when visiting the Centre and please use the front door off the School Path as we have a one-way system in place for your safety, thank you.



CEFN LIBRARY UPDATE



Cefn Mawr Library is up and running with the Order and Collect service. All safety measures are in place so please feel safe to pop to the library to return and pick up your books. All books that are returned are quarantined for at least 72 hours before being put back on the shelves. We have had new books for both Adults and Children in to the library over the last few weeks...including some interesting non-fiction. To arrange to order; return and collect your books please call **01978 820938** or email cefnmawr.library@wrexham.gov.uk



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- Dementia ▪ Respite Care (Short or long stay)

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Tel: **01978 824445**

magnoliahouse1@outlook.com

www.magnoliahouser residentialhome.co.uk

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Peter Harling

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Tel: **01691 770477**

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Registered member of the Health & Care Professions Council

24 years in private practice

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-)] **Fungal Infections**
-)] **Diabetic foot-care and advice**
-)] **Corns**
-)] **Callous/Hard Skin Removal**
-)] **General Nail Care**

HOME VISITS

For appointment please telephone

01978 823 444

Mobile: 07801 819 136

We welcome your Community News, Information and Photos for inclusion in the next edition please

email : tyger@tygertactics.com

To advertise in the **Community News**

please call **Tyger** on **07532 780007**

or message us on our

Community News **Facebook** page



YSGOL CEFN MAWR NEWS



We would like to wish all everyone in the community a Happy New Year and hope they are all keeping well and safe.

At the moment, our school is open daily to children of key workers and vulnerable pupils. Online learning will commence until 29 January when Welsh Government will have a review of Covid-19 figures in Wales. We are missing the children being at school but are delighted with the wonderful effort the families and children are making with their home learning. We have had some fantastic work sent in,... keep it coming as it really does help when they return back to school. Hopefully it won't be too long.

Councillor Phil Vaughan, Chair Cefn Community Council has kindly donated a cheque for £50 to our school towards our Christmas activities Pupils from **Year 2** Lily-Ann and Kailan received the kind donation on behalf of the school. We appreciate the support from the Community Council.

September 2021 Nursery applications are now available online. The closing date for applications is



19 February 2021. If you would prefer a paper copy, please contact Admissions on **01978 298991** or by email to admissions@wrexham.gov.uk. You are welcome to contact the school to make an appointment to look round the school at the end of the school day tel: 01978 820719 or email: mailbox@cefnmawr-pri.wrexham.sch.uk



**Will your child be age 3 by 31st August 2021?
Is your child starting school in September 2021?**

Parents and families are invited to visit our school. Please contact us by phone (01978 820719) or email (mailbox@cefnmawr-pri.wrexham.sch.uk) to arrange a convenient time at the end of the school day to look round the school and meet the staff.

Nursery admission applications for September 2021 are available online, the closing date for applications is the 19th February. If you would prefer a paper copy please contact Admissions by email (admissions@wrexham.gov.uk) or telephone **01978 298991**.

We look forward to meeting you.

The school ethos reflects a welcoming, caring and inclusive environment. (Estyn report)

"The outdoor provision is large and there is ample equipment for imaginative physical activity and play" (Estyn report)



YSGOL CEFN MAWR
Plas Kynaston Lane
Cefn Mawr, Wrexham
Telephone 01978 820719
Headteacher - Mrs A Green



How to clean and replace nest boxes

wildlife watch

You will need:

- Gloves
- Hot water
- Bucket
- Sponge
- Small handful of hay or wood shavings

- Wearing gloves, remove old nesting material from the box.
- Pour hot water over the box and scrub with the sponge to kill or remove any remaining parasites and dirt.
- Leave box outside to dry thoroughly. Remember to wash your hands.
- Once dry, place a small handful of clean hay (not straw) or wood shavings in the bottom of the nestbox.
- Making sure the lid is secure, put the box back up.
- Keep your eyes peeled for any small mammals or birds that may use the box to hibernate or roost throughout the winter.

You should dispose of unhatched eggs, but they can only be legally removed between September and January.

www.wildlifewatch.org.uk

We absolutely love wildlife - and bet you do too! Wildlife Watch is here for kids that can't get enough of exploring the great outdoors or those desperate to find out a bit more about the weird and wonderful creatures we share our world with. It's part of The Wildlife Trusts, who look after lots of awesome places for wildlife and run hundreds of events each year in the UK. Visit www.wildlifewatch.org.uk for more activities and information on fun things to do.

WALES CARERS WELLBEING DAY 29TH JANUARY 2021

Carers Wales are delighted and excited to announce the very first dedicated virtual wellbeing day. Unpaid carers are invited to join in a celebration of Mindful activities and share experiences with other carers who are in the same position. Each session is individual, and you can join as many or as few as you like. You do not have to commit to the whole day.

- J 10.00 -11.20 – Mindfulness.
- J 11.30 -12.50 - Managing your mind.
- J 13.00 -14.20 - Laughing Yoga - suitable for all ages and abilities.
- J 14.30 - 15.50 - Relaxation through Dance and Music – suitable for all ages and abilities.
- J 16.00 -17.20 - Mindfulness.
- J 17.30 – 18.50 – Creative Writing Masterclass.
- J 19.00 – 20.20 - Sleep Therapy.

To find out more visit: <https://www.eventbrite.co.uk/e/carers-wales-wellbeing-day-tickets-135986279623>

EXTRA RECYCLING

For safety reasons our operatives aren't allowed to touch any of your recyclables. THEREFORE, WE CAN'T ACCEPT LOOSE CARDBOARD.

If you have any extra cardboard, it must be in a container that can be emptied straight into the correct vehicle compartment.

THANKS FOR YOUR UNDERSTANDING.



www.wreccam.gov.uk | www.wrexham.gov.uk

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and Transportation.**

**Waterloo Tower, Newbridge,
Wrexham**

Tel: 07967 407608



Love Poetry?

“Poetry is when an emotion has found its thought and the thought has found words” – Robert Frost. Wrexham Library service has a wide-ranging collection of poetry books to cover all occasions and genres in both Welsh and English—love, loss, pets, environment, travel, war, countries and so much more just waiting for you to discover them. There are books too on how to write poetry and books on the history of poetry plus books written about various poets. If you would like to read a book of poetry but you’re not sure where to start, why not give your local library a call and have a chat with the staff who can help you choose the right book for you?



Free Magazines

Do you enjoy reading magazines? Did you know that you can download free magazines via Wrexham Library’s website? All you need is a valid library card to access over 250 magazines including best sellers such as Hello!, Good Housekeeping, Ideal Homes, National Geographic, New Scientist and Radio Times; plus more specialist titles such as Outdoor Photographer, Papercrafts, and PC World. You can download these and many more to your pc, tablet or phone via the RB Digital app. For more details and to see the full list of available titles visit www.wrexham.gov.uk/libraries and follow the Online Services link.

Reading for fun

A love for reading can be hugely valuable for children. The benefits of leisure reading include increased general knowledge, a positive impact on academic achievement, enhanced reading ability and vocabulary growth. Research suggests that time spent reading for pleasure could be a key indicator for the future success of a child. Reading aloud too fosters a love of books in children, and helps children associate reading with pleasure. If you would like to support your children’s reading with fun and accessible books to read why not give your local library a call and have a chat with the staff to find the right books for your children?



Cefn Library is open 1 – 5 p.m. on Mon; Wed and Thurs and from 9 – 5 on a Friday. Please call **Deryl** on **01978 820938** or email her at: cefnmawr.library@wrexham.gov.uk to find out more, to order or to return and collect your books.

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.

THE SUN TREVOR, SUN BANK, LLANGOLLEN VIRTUAL QUIZ IS CONTINUING

Join our weekly Wednesday night quiz raising money for charity, we have been supporting **Nightingale House Hospice**. Since lockdown, we run an on-line quiz. Our regular teams and many from further afield are 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 posted at 9 pm. Teams mark their own papers and submit their scores in the comments section on the Facebook page. We have set up a **Just Giving** page so players can donate the usual £2 per player. We would love more people to help raise money for this cause and come along to the Sun Trevor when this strange time is over. come and join us for our next quiz. *Maggie Smith - Quiz Master* on behalf of the Sun Trevor

RUABON STATION UPDATE

We understand work has started on the installation of a ticket machine at Ruabon Station.



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Takes 15 mins, trailer mounted system

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ALEXANDERS PHARMACY ACREFAIR

Social distancing restrictions will continue and Face Masks must be worn. Please ask about our free prescription delivery service.

Phone **01978 810272**

Open: Monday to Friday 9am to 6pm.
Closed Saturday.

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

WCBC HOUSING

If you have **URGENT OUT OF HOURS HOUSING REPAIRS** contact housing on **01978 298993**. For **URGENT HOUSING QUERIES** please call the Estate Office on **01978 813000**. 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 for you **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. Please note that our estate offices are still closed, to the public however our phone lines are open so do call us **01978 813000**.

PAPYRUS HopelinkUK

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



Citizens Advice Wrexham

Citizens Advice Wrexham are still open and providing a service during COVID-19

There are several ways people can continue to get advice during this time.

-] General advice line **01978 364639** leave a message with a brief description of the issue, your name and telephone number and you will receive a call back.
-] National Citizens Advice Help Line **0345 44 70 70**
-] A further Wrexham Helpline number is **0300 330 1178**
-] Chat online to an advisor by visiting our Facebook page www.facebook.com/wrexham.cab.9 and send a private message
-] Anyone seeking help with Universal Credit should call **01978 364639**



cyngor ar bopeth

citizens advice

Wrexham

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www.acstechnology.co.uk

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Rhosymedre, LL14 3YE



PLAS MADOC NEWS - THE LAND

Young people from The Land, Plas Madoc, spent this winter writing their own rap song with Community Music Wales. During the COVID-19 pandemic, The Land have devised new ways to connect with young people across the estate and facilitate creative output during this difficult time. Playworkers from The Land have been making palette furniture for residents, moving all their social events online and conducting online quizzes to bring the community together. Recently, they collaborated with **Community Music Wales** bringing experienced musicians **Martin Daws** and **Owen Mclean** together with young people virtually to write a rap about their local area. The sessions have been running since March and both facilitators have supported the young people to write and record their own rap. The sessions have enabled the young people to express their thoughts and ideas through music, as well as provide a virtual creative output during the pandemic. The rap is titled 'This if our Land' and shows the appreciation from the young people to the Playworkers and facilitators who have brought everyone together during this difficult time. Although closed since March, The Land Adventure Playground has continued to support the young people of Plas Madoc and Playworkers continue to play a large part in children and young people's lives. The young people will continue to work on their single into 2021, when Martin and Owen will join us again to record the single and an accompanying music video. The single being released in 2021, with a live performance from young people when events recommence in the new year. Our photo shows some of our young people taking part in a previous graffiti workshop.

KETTLE CLUB



Plas Madoc Kettle Club is run by the AVOW Play Team (The Land) - it's an informal, friendly group where parents/grandparents/carers can meet up and have a chat over a brew. People can also access support, advice and opportunities to attend free training. The group is free to attend and everyone is welcome. In addition the Play Team have dedicated parent support which can be accessed Monday – Friday. At the moment we are running Kettle Club online via Messenger so check our Facebook page for weekly details. If you would like any more information please contact claire.pugh@avow.org or find us on Facebook @

WE ARE PLAS MADOC
Firstly we would like to wish you all a Happy New year and just wanted to remind you - If you need help with

anything you can get in touch with us on our Facebook page **We Are Plas Madoc** or you can call/text **07394 465113**. Please feel free to share this number with any friends/neighbours that may need support. **We Are Plas Madoc** (WAPM) have a new website so if you'd like to learn more about the group head over to www.weareplasmadoc.co.uk

PLASSYLANDERS DRAMA CLUB

The Club runs every Tuesday at 5pm via zoom, please contact **Donna Jordan** on **07394 465113** if you wish your child to join these free classes. Drama builds confidence, helps with concentration and assists physical development.

MUNCH AND BRUNCH

Currently the Club runs via Zoom every Thursday bring your brew and have a chat. Contact We Are Plas Madoc for the link to join

ONLINE BINGO

Our next online Bingo via Zoom will be **Friday 29th January** at 6pm. 10 full House games prize per game cost £3 per book.

If you would like to play please Inbox our messenger where you can do a bank transfer and we can take your address to post you your bingo tickets with the Zoom joining link. Prizes will be a £10 E- Voucher to spend in Tesco or Amazon

LITTLE SUNFLOWERS



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

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 820729 4**

CAFFI CWTCH Tel: 01978 317 800

Our mobile freshly prepared food service **Meals Matter**, brought to you by our award-winning team at **Caffi Cwtch** is available and ready to take your orders. Meals Matter is a 'free' delivery service for those ordering meals (over £5) within the WCBC area. Download the menu bit.ly/Caffi-Cwtch Orders, collections and deliveries can only be taken between 10am and 4pm Monday to Saturday. £5 minimum order. Card payments only. Delivery within Wrexham county only. Phone: **01978 447550** to order your food!

STREET LIGHTS

Street Lighting for Cefn Community Council area reporting

These lamp posts will usually have a number on them and should be reported to the Clerk. The Clerk can be contacted on **01978 821298** or by email: cefnmawrparish@btconnect.com

WCBC Street Lighting reporting

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

RUABON DISCOUNT STORE

New High Street Ruabon. Tel: 01978 810982

We continue to do our best to keep the shop safe for everyone. We ask customers follow the guidelines whilst shopping. With the everyday essentials, and bread, milk, biscuits, teabags, sugar, cleaning products, toiletries and a key cutting service. We have Contactless payments. Did you know that our PayPoint machine does all these things?? Mobile Top Up, Energy Top Up, Digital Vouchers, Bill Payments, TV Licencing. We also have a Collect plus and Amazon delivery service! Our opening times are **Mon to Fri 9am to 5pm/ Sat 9am to 3pm**. Check our Facebook page for stock update and offers.

RUABON COMMUNITY AGENT

If you or a relative or friends are experiencing loneliness, isolation, anxiety - or just simply a lack of contact to help with everyday life, particularly if you are over 50, then help is available

Supported by the Ruabon Community Council, the Community Agent works with over 50's in Ruabon providing easy access to a wide range of information to help people make informed choices about their present and future needs offering

HELP – SUPPORT – SIGNPOSTING - ADVICE – GUIDANCE - ASSISTANCE

Are you or someone you know looking for free confidential, information and advice on local services? You are not sure who to turn to and you live in Ruabon? Or if you just want to chat about your concerns or an issue? The service is free! Just contact your Ruabon Community Agent **Paul Tincello** telephone: **07947 530140** email: **communityagentruabon@gmail.com**

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. **Masks must be worn.** **Open: Monday to Friday 10am to 12pm then 2pm to 6pm Saturday 10am to 1pm Tel: 01978 821802** **Please collect repeat prescriptions after 2pm**

SHELTER CYMRU ACCESS

Shelter Cymru 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/> Access our expert housing advice via the Shelter Cymru mobile app. Download it from your app store here: Android: <http://bit.ly/1SjNwRJ> Apple: <http://apple.co/1RYzOI8>

COVID-19 has pushed a lot of people close to homelessness. If you're worried that you will lose your home because of the pandemic, learn how you can get free help and advice today. <https://sheltercymru.org.uk/cy/digartrefeddcudd/>

NOTICE FROM RUABON MEDICAL CENTRE

Firstly, we would like to wish all patients, colleagues and associates a happy, healthy and safe New Year.

Covid-19 Vaccinations We have been receiving an unprecedented number of calls regarding the Covid-19 vaccinations. We know this can be an anxious time for many, but please note that we are currently unable to answer any questions that you may have at this time nor are we currently providing appointments. **Please wait patiently to be contacted over the coming weeks and months.** Please visit the Public Health Wales website for the latest information and advice as the situation is regularly evolving. You can find answers to most frequently asked questions on the **Public Health Wales COVID-19 vaccination Information pages.** **Telephone calls to the surgery** The excessive amount of calls we have been receiving recently about the Covid vaccination, has been blocking our phone lines, and in turn has been restricting medical emergency calls from being dealt with. We are kindly asking that all patients please help us by refraining from calling any GP surgery about this matter. Thank you all in advance for your cooperation. In the interest of everyone's safety, face to face appointments at the surgery are still reduced. As a result there is an ongoing increase in telephone calls due to telephone triage which means that all of our telephone lines are regularly in use. Call volumes have also increased due to the frequent enquiries that patients have been asking regarding the Covid vaccination.

We apologise if you've had difficulties getting through to us, or you've been waiting a long time to speak with someone. We'd like to thank you for your ongoing patience during what are difficult times for us all.

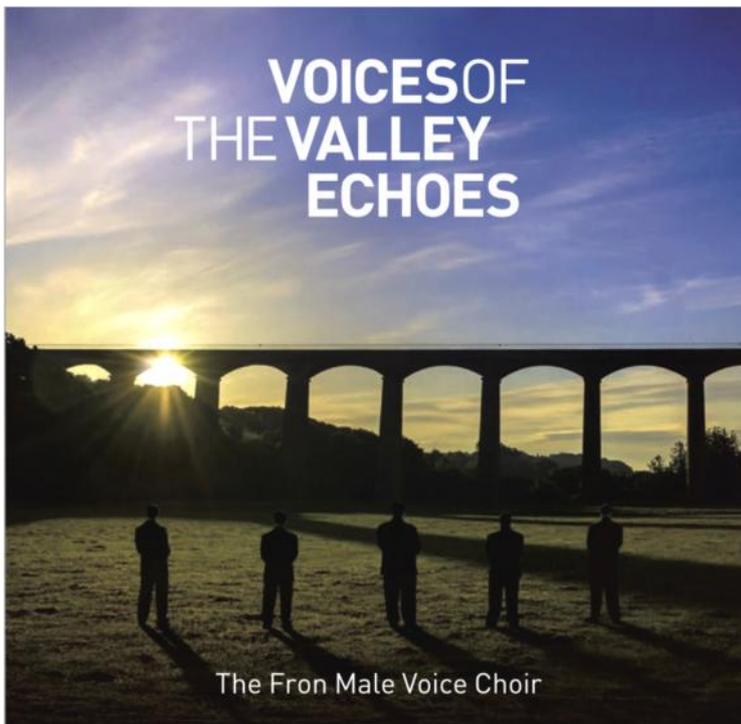
All requests to visit the surgery will continue be assessed over the telephone by an appropriate member of staff. Please **DO NOT** attend the surgery unless you have been advised to do so by a staff member. Please continue to post all prescription requests in the wall mounted post box situated beside the staff entrance door at the end of the building (closest to the private houses). Please note that we cannot accept repeat prescription requests over the telephone. We would like to take this opportunity to thank all patients of Ruabon Medical Centre for the kindness, generosity and patience shown to us, and we sincerely thank you for ongoing understanding and co-operation. *Regards Practice Manager – Ruabon Medical Centre.*

Our *Doorstep Delivery Service* is dedicated to those in vulnerable and isolated households in our communities and we are still offering this service as we work through this Current lockdown. 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*

MORRISONS WREXHAM COMMUNITY



Our *Doorstep Delivery Service* is dedicated to those in vulnerable and isolated households in our communities and we are still offering this service as we work through this Current lockdown. 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*



2021 IS AN IMPORTANT YEAR FOR THE FRON MALE VOICE CHOIR.

During July and August 2019 the Fron Male Voice Choir set about recording an album of 12 songs. Unfortunately, the choir had to abandon plans to release it Christmas 2020 due to the Covid restrictions. After discussions with their new Record label, Silva Classics, a decision was made to release the album on February 26th in time for March 1st - St David's Day. The album, called **Voices of the Valley - Echoes**, has been available for pre-order since 1st of December 2020.

"Bring Him Home", from Les Miserables, was released as a single on December 1st and Billy Joel's "And So it Goes" was released as a single on January 15th. Both singles are available from all the usual music website, and both have music videos available on the choir's YouTube channel.

<https://www.youtube.com/c/FronMaleVoiceChoirVoicesoftheValley>

Voices of the Valley - Echoes will have a worldwide release and will be available in countries such as the USA, Canada, Australia and many in Europe. If you have family and friends living abroad, please tell them that it is available from their country's Amazon and Apple websites. In this country, you can buy it from <https://fronchoir.tmstor.es/>

Full Tracklist:

- 01 - A Million Dreams (Greatest Showman),
- 02 - Llanfair (William Williams arr Mansel Thomas),
- 03.- And So It Goes (Billy Joel)
- 04 - She (Aznavour),
- 05 - The Bandit's Chorus (Verdi's Ernani)
- 06 - The Seal Lullaby (Eric Whitacre),
- 07 - Spanseniye Sodelal (Russian Sacred Music)
- 08. The Lord's Prayer (Albert Malotte),
- 09 - Maria (West Side Story),
- 10 - O Iesu Mawr (Handel Parker),
- 11 - Bring Him Home (Les Miserables),
- 12 - Tydi A Roddaist (Arwel Hughes)



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Gift vouchers available now & treatments when we can open. See our Facebook page for more information.



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Offering a wide selection of beauty and nail treatments including :-

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- Indian Head Massage • Lash Lift
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- Gift vouchers now available

We are really missing you, stay safe everyone.



T: 07498 727816 Closed Mondays
 8 Crane Street, Cefn Mawr LL14 3AB



THE CUTTING ROOM

Offering a wide range of Colour, Cutting & Styling Services with over 18 years of experience.

Close for now, hope to see you all soon.

Pensioner Discount 20% off on Wednesdays. Don't forget to get your Loyalty Card.

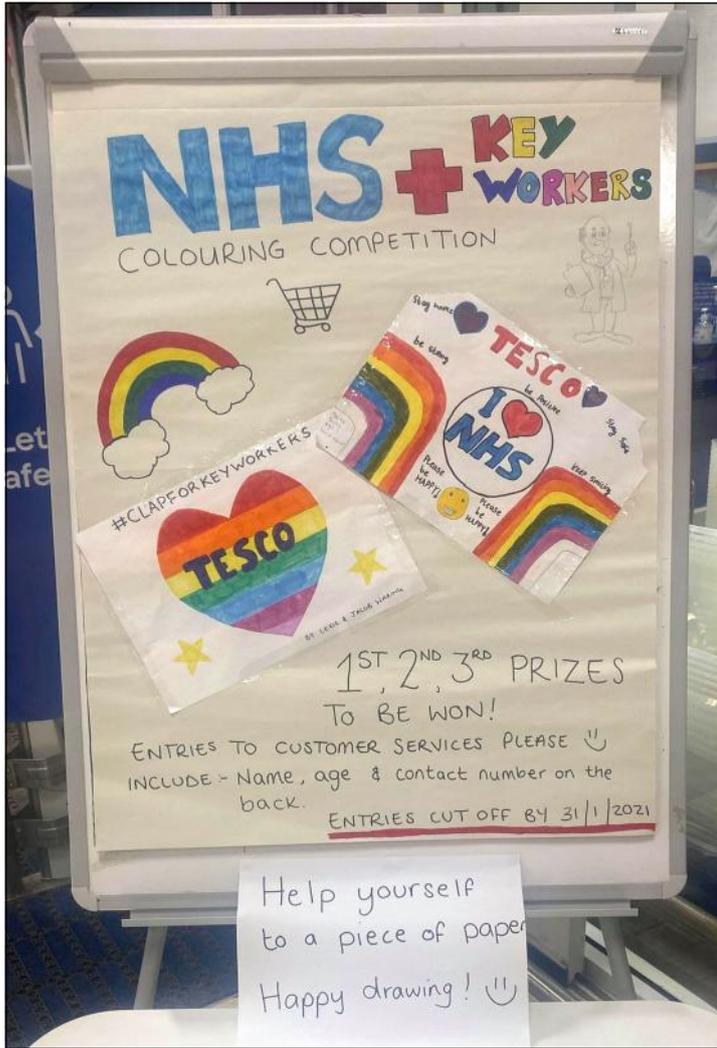
To book an appointment please Call or text 07975 540059 or find us on Facebook.

8 Crane Street, Cefn Mawr LL14 3AB

THE TEEN SLEEP HUB



The Teen Sleep Hub has been funded by the National Lottery Community Fund and Coronavirus Mental Health Response Fund to help teens understand how important sleep is for good mental health. The hub provides teens with some top tips on tweaking your routine or help to understand the science behind your sleep patterns and why sleep is so important for our body and mind to find out more please visit <https://teensleephub.org.uk/>



It's that time again where home schooling is back. Are you running out of ideas and activities for the kids at home? Could your children help us fill our windows instore with some drawings, this could be a colourful rainbow, it could be a doctor or nurse or something resembling the NHS, maybe a family member who is a key worker.

Lee says he will be issuing a first second and third prize for all entries along with a thank you letter for each entry. Please can all entry's feature a name, age, contact number and address thank you. Your drawing can be handed in to our customer service desk at the front of the store at Tesco Cefn Mawr.

GROUNDWORK NORTH WALES



We know more people than ever before have been struggling with their energy bills due. We want you to know that the Energy Team are continuing to offer their LEAP service to ensure it can help

those in need, during this difficult time.

To find out more please visit our website:

<https://www.groundworknorthwales.org.uk/.../projects/leap/>

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WELLA PROFESSIONALS
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@maypolehairgallery may not be able to open but we can still help with your hair care needs.

Please message for any further information and we see how @wellahairuki or @paulmitchelluk can help

Find us On  

Celtic COMPUTERS

ROB PARRY 07512 416453 / 01978 810639

5A Crane Street Cefn Mawr LL14 3AB

Vanity Fur Dog Grooming

We love making your Furbabies look pretty.

Appointments only, we look forward to welcoming you and your furbaby back soon.

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6 Crane Street, Cefn Mawr LL14 3AB
e: vanityfurcefnmawr@gmail.com
Find us on Facebook @ Vanity Fur

USEFUL WCBC NUMBERS

OUT OF HOURS EMERGENCY NUMBERS

WCBC Out of Hours 01978 298989

Emergency Council Housing Repairs
01978 298993

Social Services 0345 053 3116

Emergency duty team

Highways 01978 292055

Telecare 01978 292055

Adult Social Care 01978 292066

Social care services for adults & older people

Children's Social Care 01978 292039

Social care services for children & families

Business (01978 298990)

Business rates & licensing

Education 01978 298991

School admissions, term dates, free school meals, school transport

Finance 01978 298992

Council tax account queries, Council tax support, payments, benefits

Housing 01978 298993

Housing repairs

Planning & Building Control 01978 298994

Planning permission, advice & guidance

Pride in Your Streets 01978 298989

Waste collection, street cleanliness, street lighting

Transport 01978 298996

Blue Badges, bus passes

Welfare Rights 01978 298225

Wrexham Family Information Services

01978 292094

More services 01978 298997

Including births, deaths & marriages, voting and job vacancies

Text relay

To use the Text Relay service prefix any number with **18001**

Or call our switchboard on **01978 292000**.

USEFUL NUMBERS

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

Age UK: 0800 169 6565

Alzheimer's Society 0300 222 11 22

CALL Community Advice & Listening Line

0800 132 737 or text 'help' to 81066

Cambrian Credit Union 01978 266843

Caritas Surgery Cefn Mawr 01978 720450

Childline: 0800 1111

Citizens Advice 0300 330 1178

Citizens Advice Bureau, 01824 703483

Social and Welfare Service

Citizens Advice Bureau, 0844 826 9690

Legal Service

Community Fire Safety 01745 352693

Consumer Direct Wales 08454 04 05 06

Crime Stoppers 0800 555 111

Dementia Help Line Wales 0808 808 2235

District Nurses Plas Madoc 01978 812163

DAN 24/7 Drug & Alcohol Help Line 0808 808 2234
or text 'DAN' to 81066

Domestic Abuse Safety Unit (DASU)

01978 310203

Domestic Violence Hotline: 0808 2000 247

Floodline 0845 9881188

Home Fire Safety Checks 0800 169 1234

Live Fear Free 0808 8010 800

Macmillan 0808 808 00 00

Men's Advice Line 01823 334244

MIND 0300 123 3393 or text 86463

National Drugs Helpline 0800 776600

No Panic . Don't suffer alone, pick up the phone. 0844 967 4848

RNIB 020 73881 266

Samaritans: 116 123

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

The Mix Young Peoples Helpline 0808 808 4994

Universal Credit 0800 328 5644

Wales Domestic Abuse Helpline 0808 8010800

Working Families 0300 012 0312

Wrexham Care & Repair 01978 268120

Wrexham Dog Warden 01978 298989

Dog Warden Out of Hours 01978 292055.

Acorn Kennels 01948 662931

Wrexham Communities for Work

07976 200414 or 07976 200413

Wrexham Maelor Hospital 01978 291100

Although Wales is at
ALERT LEVEL 4



is open for all

information, advice and guidance

We are open from 11:30am

Clinic times are 3:00 - 5:30pm

Monday / Wednesday / Friday

01978 295600 / infoshop@wrexham.gov.uk

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Workshop Tel/Fax 01978 822665

*If no reply, please leave your name and
telephone number and we will return your call*

Email chapelbedrooms@btinternet.com

Llangollen Road, Acrefair LL14 3RP

TY MAWR COUNTRY PARK UPDATE

Ty Mawr Country Park is open for local visits, we regret that as part of our safety measures we have had to close the car park to comply with Welsh Government guidelines. Please note the Visitor Centre and toilets remain closed, we ask that you please pick up after your dog, thank you.

Mark's Electrical

07512 363352

Offering a variety of domestic electrical work including outdoor lighting, ovens, kitchens, extensions, freesat fitting, plug fittings, fuse boxes, thermostats, extraction fans.

Please call or message me for a free quotation

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Tel: 01691 770054 or 07725 819414

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E-MAIL: wrexhamtool@gmail.com

Website: wrexhamtoolhire.co.uk



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Monday - Friday from 8am - 5pm
Delivery & Collection Service Available

PLANT & EQUIPMENT HIRE • SALES

"Because a good chat means the world"

Call companions is a free telephone befriending service for older people who feel lonely or socially isolated

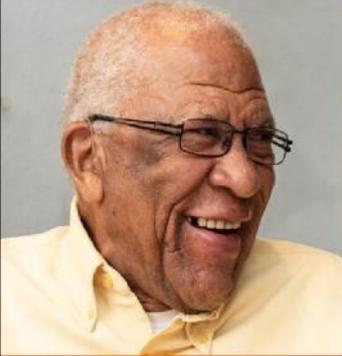
Refer your service users

Call companions is for older people who live alone or in sheltered housing and are able to enjoy a chat over the phone.



It's quick and easy to refer online

With the applicants permission, simply fill in the referral form on our website and we'll contact them directly. We don't need their emergency contact details at this initial stage.



Or just pass on our number

Alternatively, you can give them our freephone number. We have experienced staff ready to guide applicants through the form over the phone.



And we'll do the rest!

We'll phone the applicant to go through the details of the service and capture any information we need. Then we'll match them with a suitable volunteer, set up the initial phone call and monitor progress.



Call 0800 716 543 or visit www.reengage.org.uk/refer



YSGOL ACREFAIR NEWS



On behalf of the children and staff at Ysgol Acrefair, I would like to thank Mr Phil Vaughan, Chair Cefn Community Council for the cheque for £50. This was put towards our Christmas activities, which the children really enjoyed in these strange times.



The Autumn term flew by in a flash and although Christmas was very different to usual, the children and staff worked really hard to make sure that we still did some of the normal things. Christmas concerts were filmed and shared, and even live streamed in some cases. There were some beautiful Christmas crafts too.

2021 hasn't begun in the way that we would have expected or hoped, and we are all missing having our classes back in school to start the year together.

Our children and families have been wonderful adapting to the new way of working and keep in regular contact with their teachers using google classroom and Seesaw. We've been impressed by the response to our online lessons and meetings, and it has been lovely to be able to see the children for these 'check-ins'. We love seeing the children's work too and they should all be extremely proud of what they have shared so far.

School is still open to children where parents are Key Workers and these children have also been keeping busy completing their work each day in their bubbles. We hope that we will all be back to normal soon!



KIDDIES WORLD NEWS

Wow what a term we have had, we have looked at how and why we celebrate Christmas. The children have had such a magical time getting ready for Santa to visit. They have

been enjoying producing lovely craft items for their family ranging from Christmas cards, calendars and tree decorations. We were able to catch Santa on our Santa cam sneaking into Kiddies World to deliver some presents for the children.

The children have been exploring the outside provision at all times, all weathers and adapting to the new learning environment.

Kiddies World is open Monday - Friday 9:10am - 2:45pm, we offer different sessional times depending on the parents needs.

For any information please contact us by phone: **01978 810242**

kiddiesworld7@gmail.com

or on our Facebook page



COMMUNITY AGENTS UPDATE

I was able to get out delivering meals to vulnerable people within the community over Christmas, volunteering my time on Christmas and Boxing Day I visited many vulnerable members of our community bringing dinners and a little face to face chat time.

I am in the privileged position of being able to still offer face to face visits if required by our over 50's. Most services are currently only able to offer a telephone service due to Covid-19 however, I am aware that this is not suitable for some people, some are feeling lonely, isolated, anxious or really missing contact with family and friends. Your safety will always be my priority. If you are still isolating and need some support, you need essential shopping,



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

01978 810 375

Order online at Food Hub and
www.acrefairkebab.com

*Free Delivery starting from 4pm
Minimum order £9*

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

OPENING TIMES

Mon, Tues, & Thurs 4 to 11pm.

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

Sun 2 to 11pm



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Open when it is safe to do so

Tuesday - Thursday 9am to 6pm

Friday 9am to 6.30pm

Saturday 8am to 2pm

Please call for an appointment



Tel: 01978 821033
Excellent parking near by.

advice, or just a chat, please feel free to contact me on my mobile **07925 048711**, via my email at cefncommunityagent@gmail.com, or through Tyger on Facebook or **07532 780007**

If you are struggling and need a **Foodbank Voucher** or you know someone who does, please let me know as I can make a referral for you - just a few questions and can be done over the phone.

If you have books or completed jigsaws you no longer need I can get them sanitized and will then share them with other over 50's in our community, let Tyger know with your contact phone number so I can arrange to collect them, thank you.

CHURCH NOTICES

CEFN MAWR CHRISTIAN FELLOWSHIP



Dear reader, how many times have you been asked “Do you want the good news – or the bad news”? And how many times have you replied “the bad news first”? Why do you think this is? Is it because we want to get the bad news out of the way, so that we can at least, focus and finish on a happier

note? That most probably is the case!

Well, we have certainly been hearing plenty of bad news over the past ten months haven't we!? And it would seem that the future also holds some uncertainty for most of us. Perhaps deep-seated fears and concerns. Will my family stay safe? Will these vaccines work? When will I and my family be offered one? Will I be able to get another job? Will I be able to afford to look after and feed my family? I am sure all of our heads are filled with so many questions which affect us and our futures personally, and with being in lockdown still there is unfortunately, plenty of time to 'think'!?

So, what is the good news? We are told, that for our mental health and sanity, a problem shared is a problem halved, and that we should talk to someone to discuss our problems, and not to bottle it up! There are of course friends and family who will listen, and there are also professionally trained people available should you need that extra help. We do of course encourage you to seek that special help if that is the case. But *in addition* to that, who can you turn to at a moment's notice, at any time of the day or night, who will understand exactly how you are feeling during these difficult times?

You may not have considered prayer in your life before – talking with God? But may we encourage you to try it! In the Bible God says “Come to me **ALL** you who are weary and burdened, and I will give you rest” Why? Because He loves you and doesn't want you to struggle through hardship on your own. He knows you completely and you can tell Him anything, your current experiences, your fears, your regrets. Nothing will come as a surprise or as a shock to Him! And you may be surprised to find that He really does answer prayers too!

If you would like to know more then please call **Colin** or **Rowena** on **01978 824785** or leave your name and number on our answer phone if necessary, and we will get back to you. We do wish you all a much happier and blessed New Year!

LLANGOLLEN GROUP OF ANGLICAN CHURCHES

Our churches are closed until further notice for every one's safety. Please note we are live streaming Mass every Sunday at 11am. Please go to our Facebook page to watch this live, thank you.

ST JOHN'S RHOSYMEDRE

Closed during January. We hope to resume worship in church in February depending on the advice from the diocese. There is a Zoom service every Sunday at 11am, please contact DrTrishOwens@gmail.com for the link. The churchyard is open if you wish to visit to tend a grave.

RHOSYMEDRE METHODIST CHAPEL

Chapel closed for the time being and we look forwards to re opening for worship when it is safe to do so.

ST. MARY'S CHURCH RUABON

Church closed. We hope to be back in February depending on the advice from the diocese. Zoom service details are now available, along with the order of service, on our Facebook page and St Mary's Chirk's website. Please note service details will no longer be displayed on our website. If you do not have access to Facebook, please do not hesitate to get in contact with us stating that you need details for the Zoom service. Please visit our website

<https://stmaryschurchruabon.co.uk>

email: katherinetiltman@gmail.com

Tel: **01978 824087**,

CATHOLIC CHURCH

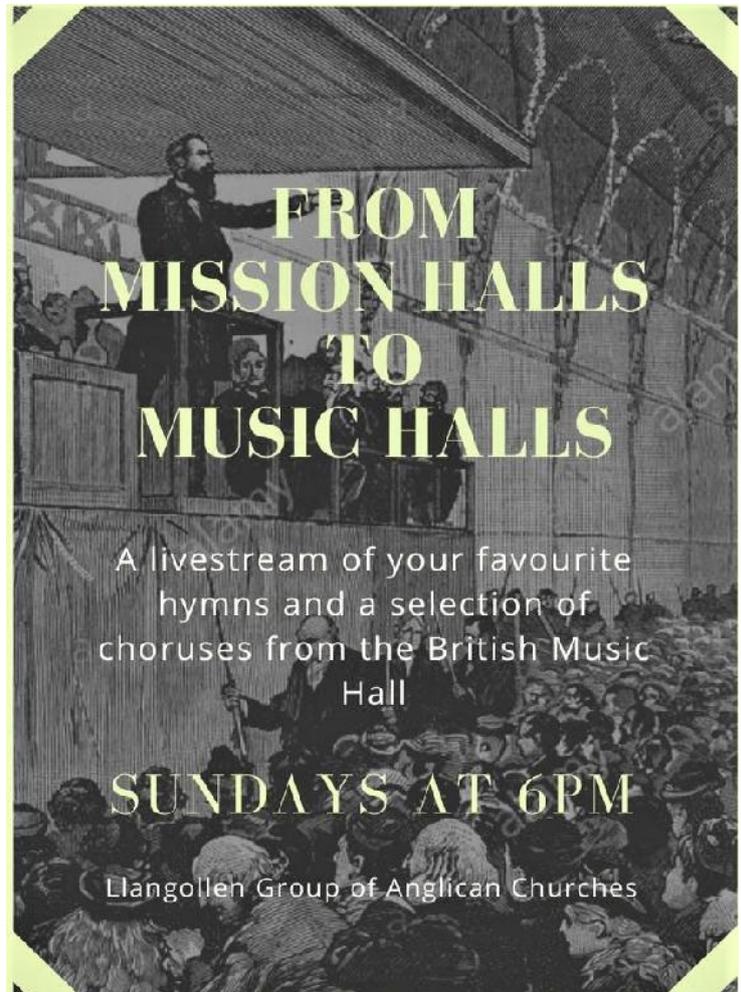
Ruabon, Llangollen and Chirk

All churches are close, for details of mass times and other devotions please go to our Facebook page

Esgobaeth Wrecsam - Diocese of Wrexham

Please contact: Rev'd Fr. Anthony Nnamah MSP for weddings, births and funerals by email:

chykenam@gmail.com



**FROM
MISSION HALLS
TO
MUSIC HALLS**

A livestream of your favourite hymns and a selection of choruses from the British Music Hall

SUNDAYS AT 6PM

Llangollen Group of Anglican Churches



TOWERS DAY NURSERY

The Towers Day Nursery welcomed some new children when we returned after a busy Christmas, which included a socially distanced visit from Father Christmas. They are all settling in well and are enjoying the varied, nursery activities. The Children in Need event in November raised £46.50 and a certificate of appreciation has been received.



This term, the children will be busy celebrating Chinese New Year, St Valentine's Day, Shrove Tuesday, St David's Day and Easter. They are enjoying stories, drama and art/craft work. They will be baking Welsh Cakes and also dressing up. For Mothering Sunday we will be busy making cards and gifts and for St David's Day the children will be making Welsh flags, leeks and daffodils; as well as looking forward to dressing up in traditional costume or a Welsh football/rugby top on March 1st.

As we move into Spring there will be more opportunity for outdoor play and for work on the garden. The children will soon be busy planting seeds and putting in plants ready for the Summer.

The staff have been busy too, one member of staff has qualified at Level 2 in Childcare, having completed all the written work during lockdown, and two others have resumed their college work, attending lectures on line.

The nursery has remained open up to date and has provided a valuable resource for not only the children of key workers but for all of you that still need childcare in order to get to work. Thank you for your support over recent months.



Thank you so much for your donation Ruth,
you have just done something amazing!

Thanks to your support, we can continue our life changing work, finding and funding voluntary groups, community projects and local charities to make an incredible difference for children and young people across the UK. To say thank you properly for supporting this crucial work, we'd be delighted to award you with a thank you certificate.



Gwasanaeth Gwybodaeth i Deuluoedd Wrecsam
Wrexham Family Information Service

WREXHAM FAMILY INFORMATION SERVICE

We are still here! Wrexham Family Information Service (WFIS) has a supportive Outreach Team to help and support you with a range of family issues or concerns. Please contact the team for a chat on **01978 292094** or email: helpfis@wrexham.gov.uk to see how we can help you.

Also check our Facebook page for updates on resources, on-line events, activities and courses for you and your family to help you at this time.

VETERANS GATEWAY

We want veterans and their families to get the support they need, easily, wherever they are, or wherever they need it.

Veterans' Gateway is the first point of contact to make that happen. When you need to be referred to the right help quickly, **Call 0808 802 1212** or **text 81212** visit our website <https://bit.ly/38UiaL2> we are open 24/7, or find us on Facebook



The Towers Children's Day Nursery

Full or Part Time Childcare
From birth to 5 years

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



The Towers, Llangollen Road, Acrefair
Wrexham LL143SG

Tel 01978 822446

YSGOL RHIWABON NEWS



PC Kim Jones, School Liaison officer, has been in school learning how our live lessons are created and taught using the Hwb platform. PC Kim Jones and Mrs E Beveridge, can be seen here delivering a Year 9 Maths lesson live to pupils.

PC Kim will be supporting the school during the '30 minutes *Live on line* Form Tutor Wellbeing Sessions' initially and will eventually be offering her own sessions as part of this programme.



HEDDLU GOGLEDD CYMRU
Gogledd Cymru diogelach
NORTH WALES POLICE
A safer North Wales

North Wales Police

If you would like to talk to your Neighbourhood Policing team covering Ruabon / Cefn Mawr / Plas Madoc / Llangollen Rural for any help or discuss any concerns you may have. Please call a local officer listed below.

Please be aware these officers do work shifts, if they cannot be contacted please contact 101 or 999 should it be an emergency.

PC 2604 Mark Sayer - 07989166119

PCSO 3969 Jessica Lloyd - 07890388788

PCSO 3952 Rhys Yaxley - 07974243270

PS 3175 Thomas Dewberry - 07989161080

E Mail: Jessica.Lloyd@nthwales.pnn.police.uk

Rhys.Yaxley@nthwales.pnn.police.uk

WREXHAM FREEGLE GROUP



Temporary Closure of Wrexham Freegle Group. We were hoping to be able to keep the groups going with additional measures put in place. Unfortunately with cases of Covid-19

increasing rapidly in the community and instructions from Government to **Stay At Home** unless essential we have decided to close during the lockdown period. If there is any community emergency that you think we could help with during this time eg household fire or flood please email us directly on: Wrexham-Freegle-volunteers@groups.ilovefreegle.org The ChitChat area of the website will still be open for support and to keep up to date with Freegle:

<https://www.ilovefreegle.org/chitchat>

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YSGOL RHOSYMEDRE NEWS

Last term we enjoyed many Christmas and seasonal activities even though some elements and traditions were adapted to look a little differently. The children still enjoyed a delicious home cooked Christmas dinner and performed in their concerts which their families got to watch over the internet. Each child also made seasonal crafts which they took home with pride. It was magical to still experience the joy of this time of year with our children and to see the beauty of the season through their eyes, especially with the backdrop of the current national picture.



Before Christmas pupils in year 4 were discussing how they were going to miss singing in our local care homes this year and then had a further discussion about how difficult it must be for residents not seeing their families. So, pupils took part in the hearts for homes campaign, writing positive messages and drawing pictures to take to the local care home Magnolia House. These were dropped off just before Christmas and the staff said the residents would be delighted to read them and thanked us. They also said they look forward to having us sing there next year!

We have been very grateful of all the support and donations received, especially during the weeks before Christmas. These benefited our pupils, their families, and our school. A special thank you to Phil Vaughan, Chair of Cefn Community Council) for his donations.

As a School we continue to respond to the changing Covid 19 situation across Wales with the help and support of our pupils, their families, and our community. This means that school is closed to many pupils and learning has moved online. The school is open to some children including those who live with critical workers. These children are completing their remote learning whilst in school. Our children have shown resilience and flexibility by responding to their remote learning with enthusiasm and with the support of their families. Although our School is quieter, we miss every single pupil and so staff will stay in contact with all. It has certainly helped staff morale to receive photos, videos and comments from children and families, each one makes us smile so please keep them coming through each class' digital platform.

As difficult as this time is, we all understand it is vital to keep everyone safe, especially those working in health on the front line. Let's all keep safe, follow the rules and hopefully we will all be back together again very soon which is what we are all desperate for.



COMMUNITIES FOR WORK MEETING THE CHALLENGE OF A BUSY YEAR TO COME



In this most difficult of years here at **Communities for Work Plus** we would like to thank all our partners, staff and clients for their hard work through these

challenging times. Through this support over 95 people have gained employment and we are expecting many more over the coming months.

We are predicting a busy year in 2021 and with the expected increase in people looking for work, here at **Communities for Work Plus** we are ideally placed to help and work with other organisations to get people into work. We offer one-to-one mentoring giving support with CVs, interview skills and training opportunities.

If you would like some assistance finding long term or temporary work, please email cfw@wrexham.gov.uk, or call **07976 200413** or **07976 200414** to sign up to the Communities for Work Programme, there is a short telephone referral form to go through but this will be explained in more detail when you call.

The lines will be open between **10am – 3pm** and we will be expecting a high volume of calls, so please do leave a voicemail message and we will get back to you ASAP.

Make sure you also check out 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**



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**RAISE THE ROOF
COMMUNITY SINGING FOR
EVERYONE**

We have regular Zoom meetings at 7pm on Thursdays until we can all safely get together again. Please 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!

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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 strange time. We will also keep updating information as Businesses and services are opening 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.





Are you struggling to lose weight?

Join thousands of successful dieters in losing weight and gaining confidence, not to mention the impossible to hide beaming smile.

The 1:1 diet has deliciously nutritional food. A you shaped weight loss plan and your very own personal diet consultant to provide you with a big dollop of support throughout every step of your journey.



No group weigh ins

Free start up pack

Free weekly weigh ins

No sign up/ membership fees

Free 24/7 support

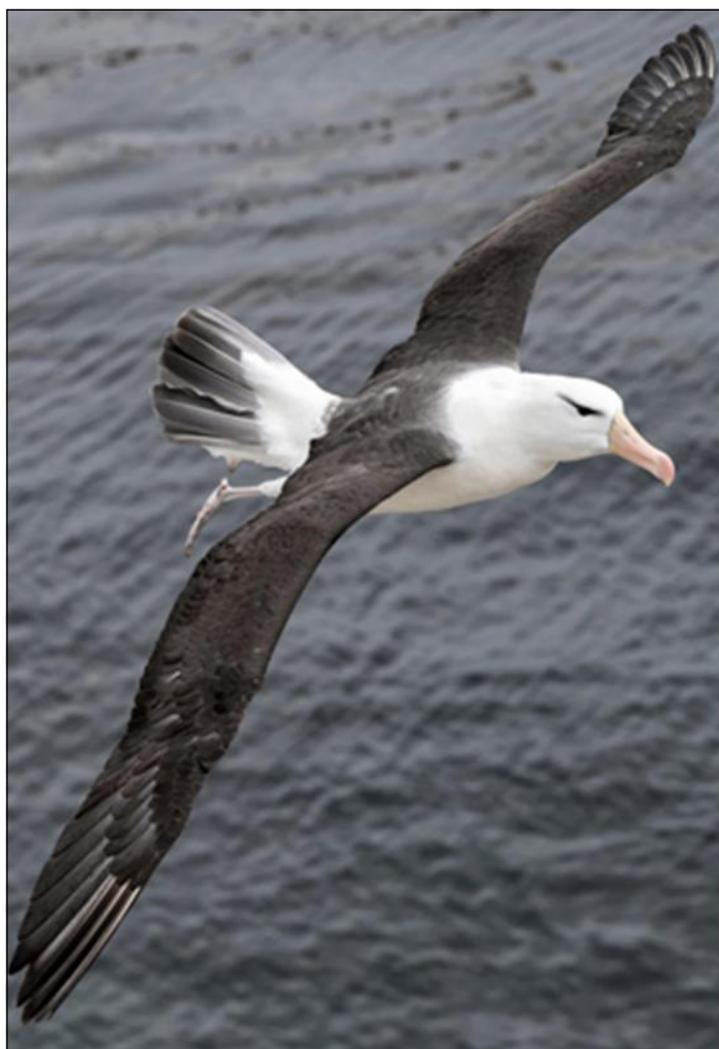
This is me still on my journey. The top photos are day one, the 1st of September 2020. Bottom are me 4 weeks ago at a massive 5 stone loss. I have carried on and since lost another stone.

I have still 2 more stone to lose but as I believe in this diet 100% and have first hand experience that it works I know it wont be long before I reach my goal. I tried to diet alone for many years but with the 1:1 diet you are never alone. You will have your personal cheerer oner. Let me support you on your weight loss journey, let me help you become the best you.

Call or text me on 07463 303353

Email vivmoore.cwp@hotmail.com





Dear All, we wanted to bring you a message of hope and good will as a relief from the Coronavirus Pandemic and Lockdowns. We at the Holly Bush Inn, although currently closed (again) as per lockdown, and the PKC Group are doing what we can to help our community, the Welsh Nation, and the World.

Seems like quite a tall thing to say, but not so when you think about it like this. The Albatross is a magnificent bird that lives across the expanse of the Pacific Ocean on the other side of the World. A fully grown adult has a wingspan more than 3mts and can fly thousands of miles in search of food. And this is where the problem lies for this bird and its young.

A problem we are creating as a race, is the Plastic Ocean. This is a popular name given to the vast areas of plastic debris that are collecting in our oceans, all of them, and each one, thousands of miles across.

During the Lockdowns we have learnt many things including the **Plight of the Albatross**. If you want to know more about this, look it up on You Tube.

These birds are eating plastic debris and are also feeding their young. Both of whom eventually die because of such. Furthermore, as the volume of plastic waste increases, so the number of this species falls, along with so many others.

However, this is not a tail of depression even though there is reason, it is about hope and what we can do, to

help ourselves and all around us. We at the Holly Bush Inn have implemented our Environmental Policy where we operate on Circular Economy Principles minimising waste. The little waste we do produce is recycled in our 110% system as previously reported. The 10% in addition to our (limited) waste is made up from what we collect around our community on litter picks.

We are simply picking up litter to help reduce plastic and other waste (bottles and cans etc) entering our storm drains and getting washed into the river, or canal and thence down to the sea. Once in the sea, floating plastic rubbish can literally travel around the world in the ocean currents and our waste can even end up in the Pacific Ocean. So, we at the Holly Bush Inn have decided to do what we can to help prevent this and bring about a better future for our Children and Grandchildren. As we have said, we are tackling this at three levels, (1) Locally, around our pub in our Village Centre, (2) Community wide, including the remediation of the Ex-Monsanto Site, and (3) Nationally by joining the Welsh Government in the Circular Economy and the drive towards sustainability and practice of the Future Generations Act 2015.

Here we can all play our part if you want and it will make you feel good, I assure you. Please try to take your rubbish home and dispose of it correctly in the facilities provided by WCBC. WCBC & FCC run a good recycling facility where our waste is dealt with responsibly and I hope to bring you more articles on this in the future so keep reading.

In the meantime, I hope you have had a good Christmas & New Year, and all the best for this one.

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

www.pkcgroup.wales

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