

RUABON NEWS LETTER 375

24.05.2021



This photo of a chaffinch was taken
and sent in by Millie Bailey.
The photo of a coot in the rushes
(at a distance)
was sent in by Aron Jones



The Health Minister, Eluned Morgan is encouraging people to holiday in Wales and explore its beauty this summer as the fight against covid continues.

The Welsh Government has announced residents of Wales can apply for a certificate of vaccination for urgent international travel.

The certificate allows them to demonstrate they have received the full course of a covid vaccine.

People living in Wales can request a certificate only if:

- They have had both doses of the COVID-19 vaccine (they should wait 5 days after their second dose before requesting it)
- They urgently need to travel to a country which requires vaccine certification
- They are not able to either quarantine or provide tests to meet country entry requirements.

International travel for people in Wales restarted from Monday 17 May. A traffic lights system, aligned with England and Scotland, is in place with countries classified as green, amber and red, depending on their rates of coronavirus.

Mandatory quarantine is in place for all people returning to the UK from countries on the amber and red lists. All people returning from overseas travel must have a PCR test. People traveling overseas must also follow the rules of the countries they plan to visit.

Health Minister Eluned Morgan said:

"I know people are looking forward to a holiday after the year we have all had, but this is the year to holiday at home and enjoy everything Wales has to offer. I would encourage people to support local businesses in particular in the tourism and hospitality sector which have been hard hit by the pandemic.

"Travelling overseas is definitely not the same as it was before the pandemic - everyone will need to take a test before they leave and when they return and some people will need to quarantine on their return to the UK.

"We've all worked really hard to bring coronavirus under control in Wales; we need to do everything we can to prevent coronavirus from being re-imported into Wales from travel. Our strong advice is to only travel overseas if it is essential."

People can call 0300 303 5667 to request a vaccination certificate for urgent international travel only.

The Minister added:

We have put a system in place to receive a certificate of vaccination status for those who need to travel urgently. There is only a very limited number of countries you can travel to without quarantining and not many countries currently ask for vaccine status as proof to travel. If you really have to travel, please check if your destination requires proof of vaccination. A certificate will take seven to ten working days to arrive so please plan ahead but again we are asking everyone to please think carefully about travelling overseas."

The Welsh Government is working with the UK Government to enable Welsh citizens to use the NHS App to show their vaccination status. This will be available shortly.

THE CALL COMPANIONS PROJECT

We are reminded that The National Lottery funded 'CALL COMPANIONS PROJECT' in the Ruabon area concludes at the end of May.

Please be assured that every older, lonely person referred up to that time can remain with the call companions service free of charge and as various clubs reopen later in the year (hopefully) will be invited to join.

Our call companions are supportive volunteers who, once matched to an older guest, phone every week or so to enjoy a warm, friendly chat. Calls last for around half an hour and have brought comfort and peace of mind to older people who feel lonely or isolated.

The call companions service has reduced the number of older people who have reported feelings of loneliness and isolation to increase their sense of wellbeing.

Our guests have enjoyed the intergenerational contact and have become more optimistic about the future.

1. Developing friendships during these extraordinary times has given people hope that as social activities resume, they feel confident, engaged and connected to their community.
- The service is specifically designed for people aged over 75 who live alone, though exceptions to these criteria are considered.
 - Guests can remain with the service for as long as they wish.

Family, carers, agencies and older people themselves can make an online referral through our website <http://reengage.org.uk/>. You'll find answers to frequently asked questions here too, or you can call the service on [0800 716 543](tel:0800716543) and staff are always happy to help.

Thank you to Dana Davies for sending in the information above.

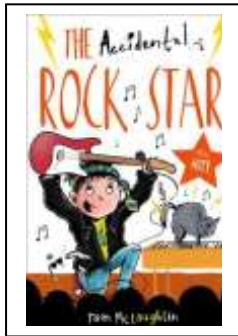
Ruabon Library

On the bookshelf this week...



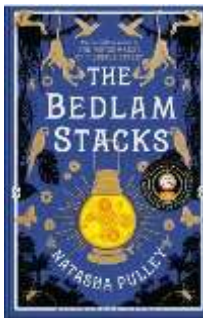
Celebrate Bee Day... **Queenspotting**

The queen is the heart of the hive, her well-being key to the colony. The ability to find her among other bees is essential for all beekeepers. Hilary Kearney, beekeeper and “swarm catcher” dares readers to find the queen, with puzzles and close up photos of the queen hidden among her subjects. This is an absorbing celebration of the unique life of the queen bee, and of the beekeeper.



For younger readers... **The Accidental Rock Star**

This is an entertaining and funny story from the Accidental Series by Tom McLaughlin. Ollie and very disturbed cat-Hector somehow with the help of a recorder, keyboard, have made a hit record. Ollie may have always wanted to be famous, but is life on tour as good as it seems?



For historical, mystery fans... **The Bedlam Stacks**

In Peru, the holy town of Bedlam stands at the edge of a mysterious forest. Deep inside, the bark of the cinchona trees provides lifesaving malaria treatment. Across the Pacific, India is stricken by the disease. In desperation, Merrick Tremayne is sent to Bedlam for cinchona cuttings. There he meets the enigmatic priest Raphael, who is the key to a valuable secret. This fast paced, mysterious adventure story is full of magic and intrigue.

For these or many other great reads, contact Ruabon Library!

For appointments for browsing or order and collect:

telephone: **01987 822002** between **12.15 - 4.45** Monday, Wednesday and Friday. Thursday: **9.15 -1.00.**

Or by email at: ruabon.library@wrexham.gov.uk

FOOTBALL FEVER CONTINUES IN WREXHAM

May 24, 2021



Football remains high on the agenda in Wrexham as £400,000 is confirmed to provide two more 3G football pitches.

Two pitches will be installed at Ysgol Y Grango and Ysgol Rhosnesni.

What happens next? We'll now go out and secure a contractor to do the works and we've got our fingers crossed that work will start in the Autumn.

The funding has been agreed with the Football Association Wales (FAW) and will be matched by ourselves.

Cllr David A Bithell, Chair of the Steering Group, said: "Football continues to make front page news in Wrexham and the interest in taking part in the sport is spreading. The pitches will be a fantastic asset to both schools but we won't stop there. We'll continue to work with FAW to provide new and upgraded facilities for all our secondary schools to make sure every community can become involved in this sport.

"I would like to take this opportunity to thank members for their support for this project and to the FAW for their commitment and support for the young people of Wrexham."

Cllr Phil Wynn, Lead Member for Education, said "This is excellent news for the schools and for team sport in general. There's no doubt that young people will benefit by exercising, helping to build their social skills and self-confidence and just having fun and enjoying themselves. I look forward to their completion and to visiting to see them in use."



Great news - from - Shane Hughes

Spring Clean Cymru

Be part of the million mile litter picking mission (28 May - 13 June)

In the past twelve months our outdoor spaces have mattered to us more than ever before. They have been a sanctuary during challenging times, and from 28 May - 13 June 2021, we will be calling on our community of **#LitterHeroes** to join us and show some love for those special places that helped us through lockdown.

Be part of the million mile litter picking mission

Spring Clean Cymru is part of the Great British Spring Clean which is delivered in collaboration with Keep Britain Tidy in England and Keep Scotland Beautiful in, you guessed it, Scotland.

Together, we're calling on everyone to get outside, pick up litter and help us collectively walk a million miles as we show some love for our environment - and ourselves. Because what's good for our environment is good for our mental and physical health too.

Why a million miles?

During our September 2020 campaign, 51% of volunteers said taking part helped them to be more active, and this got us thinking...

If the average person walks a mile in twenty minutes, in an hour's lunch break you could travel three miles. If 250,000 people across the UK pledged to pick up litter for an hour and twenty minutes each, we would have travelled a million miles - that's the distance to the Moon and back ... twice.

Whether you choose to run, walk, cycle or wheel, join our million mile mission and help us care for the environment - and yourself - during your daily exercise.

Just to let you know that Spring Clean Cymru this year will be taking place between **Friday 28th May and Saturday 13th June**.

There are five community litter picks taking place around Wrexham throughout the campaign (listed below) and to keep everyone safe each socially distanced litter pick will be limited to 15 - **Please follow this link to register [Wrexham Spring Clean Cymru | tocyn.cymru \(beta\)](https://www.keepwalestidy.cymru/tocyn.cymru)**

- Ruabon outside Village Hall Thursday 10th June and Saturday 19th June. Outside Village Hall at 10am. Each will depend on the weather
- Alyn Waters Country Park - Friday, 28th May - 10:00 - 12:00
- Chirk - Station Road / Holyhead Road Junction mtg at Chirk Memorial - Monday, 7th June - 10:00 - 12:00
- Coedpoeth -Castle Road, outside Plas Pentwyn - Tuesday, 8th June - 10:00 - 12:00
- Cefn Mawr - Junction of King Street and High Street - Saturday, 12th June - 10:00 - 12:00

If you would like to hold your own litter pick please follow this link <https://www.keepwalestidy.cymru/Pages/Category/spring-clean-cymru> to register, for advice on health and safety, where to find and borrow litter picking equipment, bag collections etc. plenty of resources available!

If you have any questions, please do not hesitate to contact me
Kind regards, Shaun Hughes

How to get involved

At the moment, to make sure everyone stays safe and well, we're encouraging individuals, households and schools to clean-up the streets, parks or beaches on their doorstep.



Organisations that support skills, business, communities and employment in Wrexham are being urged to look at the UK Community Renewal Fund.

The new fund has been set up as an alternative source of funding for local communities, as EU Structural Funding will end in 2023.

The pot will provide £220 million of investment across the UK and is seen as a pilot project to prepare areas for the launch of the UK Shared Prosperity Fund next year.

Funding is allocated via a bidding process and is capped at £3 million per place.

Wrexham Council is now issuing a call for applications from both organisations and council services looking to deliver activity within the county.

Eligibility

Projects must be in line with the Renewal Fund prospectus, must end in March 2022, and must align with at least one of the following investment priorities:

- Investment in skills.
- Investment for local business.
- Investment in communities and place.
- Supporting people into employment.

The UK Government anticipates supporting a range of projects of various size and scale, but applicants are encouraged to maximise impact through larger projects (£500,000+).

The council has been designated as a Lead Authority by the UK Government and will be responsible for receiving bids, and selecting those that will be forwarded to the UK Government for consideration.

The council will also pay grants to the successful projects and manage their performance.

Key opportunity for Wrexham

Councillor Mark Pritchard, Leader of Wrexham Council, said: "The past 12 months have been incredibly tough, and this is a key opportunity to tap into UK government funding.

"If your organisation is looking to deliver activities that will benefit Wrexham, please take a close look at the UK Community Renewal Fund. If you think your proposals meet the criteria, please make an application.

"This initiative could make a real difference to Wrexham, and we need to grab this opportunity with both hands."

Apply now

The application process will be live from Monday, May 10 until noon on Friday, May 28.

The council will then shortlist projects and carry out due diligence, before the final list of proposals is compiled to submit to the UK Government by June 18 (2021).

To apply and learn more about the project, take a look at the council website:

"UK Community Renewal Fund-Invitation to Submit Project Bids"

We are seeking applications to the new UK Community Renewal fund both from organisations & Council services wishing to deliver activity within the county.

To help local areas prepare for the introduction of the UK Shared Prosperity Fund, the UK Government is providing funding in 2021/22 through the UK Community Renewal Fund.

Projects must deliver activity that is in line with the UK Community Renewal Fund Prospectus and align with at least one of these investment priorities:

- Investment in skills
- Investment for local business
- Investment in communities and place
- Supporting people into employment

Wrexham County Borough Council has been designated as a lead authority by the UK Government and will be responsible for issuing this invitation, receiving bids, selecting the bids that will be sent to UK Government for consideration and paying grants to successful projects and managing their performance.

The closing date for applications is noon 28th May 2021.

Message from the Rev'd. Kate Tiltman:



"We will continue to hold a service each Sunday at 9.30am for a service of Holy Communion.

All are welcome, but please follow the one way system, wear a mask and observe social distancing. Thank you"

Mass is still taking place every Sunday at 11am.

Ruabon Age Concern Charity Shop

We are still unable to take huge amounts into the shop because we have to store all donations for three days before sorting, and we have very limited space.

Opening hours are:

Wednesday: 10am to 3pm

Thursday: 10am to 3pm

Friday: 10am to 3pm

Ruabon Community Council

Community Agent

It has been a challenging year for everyone, and this is set to continue into the rest of 2020 and 2021. 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.

**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 that may be bothering you? As Covid 19 lockdown restrictions start to relax perhaps we can arrange to meet and talk things through and identify a way forward – the service is free!

Just contact your Ruabon Community Agent Paul Tincello using the contact details below:

Telephone: 07947 530140

Email: communityagentruabon@gmail.com

LOVE YOUR MARKETS

Here are the current opening times for our town centre markets:

- The Butchers Market is open 9am-4pm, Monday-Saturday (9am-1.30pm on Wednesdays).
- The General Market is currently open 9am-4pm Monday-Saturday (closed on Wednesdays).
- Wrexham's weekly outdoor market is held every Monday throughout the year on Queens Square from 9am-4pm.
- Tŷ Pawb's Market and Food Court is open 10am-4pm, Monday to Saturday. Selected food court traders will be open until 6pm for take away.

This is an important time to help support our local businesses. But remember - the virus has not gone away and it is just as important as ever to stay safe as lockdown measures continue to be eased.

It's still essential though that we all keep following social distancing guidelines, use the hand sanitisers available in the shops and markets and wear a face mask unless you are exempt.

Our social distancing champions will once again be out and about to assist you and answer any queries.

Around 1 in 3 people with Covid have no symptoms and could spread the virus without realising.

Keep 2m distance and wear a face mask when needed.

GroWrexham.

An idea from St Asaph diocese for those who would like to grow their own vegetables but don't know how to start Rev'd Kate Tiltman has received the first of the garden starter kits for Ruabon residents which include a bag of compost, vegetable seeds, fork and trowel, gloves and a watering can.



There are 50 kits, for Ruabon and 100 for Plas Madoc which are FREE to anyone who wants to start growing their own vegetables.



Please contact: Friends of Ruabon mobile: on 07957628551 or 01978 824087 to leave your name and address and a member of Friends of Ruabon will deliver a kit to you.

If you would like to see more about this scheme please go to: [GroWrexham+in+Rhos+y+medre](#) to see the u.tube video.



FRIENDS OF RUABON

LITTER PICKING

Equipment is still available for those who wish to join in with friends and families who are continuing to help to keep Ruabon looking tidy, clean and an inviting place to be.

The equipment consists of gloves and litter pickers for children. For adults there are gloves, litter pickers, trollies and hoops to keep the bags open.

Friends of Ruabon have to account for the special bags used, because they are from Keep Wales Tidy, and can be left on the side

of the road for collection by WCBC, so a photo of the result of a litter pick is useful (if it is possible).

Please use The Friends of Ruabon phone number if you have any questions or wish to borrow the litter picking equipment:
07957628551.

**“Fforwm Ymarferwyr
Ymgysylltu Gogledd Ddwyrain
Cymru**

Dyddiadau ar gyfer Cyfarfodydd y Dyfodol

27 Mai 10am – 12pm drwy Teams
Thema – Iechyd Meddwl ac Anableddau
Dysgu

1 Medi 10am – 12pm – lleoliad i’w
gadarnhau
Plant a Phobl Ifanc

26 Tachwedd 10am – lleoliad i’w gadarnhau
Gofal dros y Gaeaf

Rydym yn chwilio am siaradwyr ar gyfer y
themâu hyn ac os hoffai eich sefydliad
gyfrannu cysylltwch â mi cyn gynted â
phosibl – Sandra.anderson2@wales.nhs.uk

Cofion Cynnes / Kind Regards

Sandra Anderson

Swyddog Ymgysylltu / Engagement Officer

Bwrdd Iechyd Prifysgol Betsi Cadwaladr University

Health Board 07732415679

Sandra.Anderson2@wales.nhs.uk



**HAVE YOUR SAY ON CYCLING AND
WALKING**

We’re asking for your help as we put
together our plans to improve cycling and
walking routes in towns and villages in



Wrexham. We want to make them better places to live, work and visit by the routes to make active travel the normal way to get around for local journeys.

The plans some specific areas in Wrexham; these areas have been shaded on an interactive map <https://wrexham.commonplace.is>, to make it easy for you to let us know your views.

You can also tell us about things outside of these places, but our main focus is to improve areas where there is the greatest need for change and highest potential for more people to choose active travel.

The locations were chosen because they're where the facilities are that people travel short distances to regularly - schools, leisure centres, employment sites, local shopping districts and transport interchanges.

Covid-19 has seen a big change in people choosing to walk or cycle rather than use their cars and we'd like to make sure we're prepared to support this increase as much as possible. We also want to know what barriers you face in using the current walking and cycling routes:

- Are they too short?
- Are there too few of them?
- Do you feel safe using them?
- Are there enough of them?

Please take a few minutes to take part.

The consultation is ongoing until 25th June 2021

We will use the views to develop our future infrastructure which we will formally consult on later in the year.

You can view the interactive map here:

<https://wrexham.commonplace.is>

Feeding Birds in the Parks



It's something we've all done. Taken our stale bread to feed the birds in the park especially if we have young children with us.

But we're asking you not to do that as simply put it's not good for them and in some cases can cause a lot of harm.

Bread is the equivalent of junk food for birds and, just as with humans, too much of it can lead to weight gain and illness.

It's also attracts vermin such as rats which is something none of us wants to see in our beautiful parks.

What should I feed them?

The good news is there's lots of other household goodies and leftovers we can feed them such as:

- Sweet corn.
- Wheat, barley, or similar grains.
- Oats (uncooked; rolled or quick)
- Rice (plain white or brown, cooked or uncooked, whole or instant)
- Milo seed.
- Birdseed (any type or mix)
- Grapes (cut in half or quartered if very large)
- Lettuce - they're surprisingly partial to lettuce.

Cllr David A Bithell, Lead Member for Environment and Transport, said: "We all love feeding the birds but bread is harmful to them. There's lots of other things they can eat which most of us will have in our cupboards and fridges. Bread also attracts rats and controlling them whilst not harming any other wildlife in the area can be difficult.

"Please help us to look after our lovely parks to keep them and their inhabitants in top condition."

Best wishes everyone, Sybil.