

RUABON NEWS LETTER 522



YSGOL RHIWABON
SINCE 1575

24/25

Players Wanted

Ruabon Rovers Youth (Formally Overton Youth) are recruiting players for the 2024/2025 season. We have a strong foundation, our U13's finishing 4th in the Wrexham & District U13's Top Division & our Under 12's winning their respective league.

Session 1
Wednesday
15th May
@ Ruabon Rec



Session 2
Wednesday
22nd May
6-7pm

We are looking for talent to strengthen our squads by way of open training sessions. If you are going to be in Year 8 or Year 9 in September 2024, why not come down and show us what you've got and potentially join our fun, friendly group!

Contact Andrew (U14's)
07871006295
Contact Dan (U13's)
07540388300

Ruabon Youth Football

– Players Wanted –

Monday, 13th May 2024

Ruabon has youth football U13s and U14s sides starting this summer for youths starting Y8 and Y9 this September.

- Open trials are -

Wednesday 22nd May.

Year 7 Conwy Castle Visit – Fri 14th June 2024,

Environmental Workshops -

Year 7 trip to Conwy Castle

Year 7 students will take a Humanities fieldtrip to North Wales on Friday 7th June 2024. We will be visiting Conwy Castle to develop a greater understanding of Edward I's conquest of Wales and visiting West Shore beach in Llandudno to investigate coastal processes.

We will travel by coach, departing from school at 9am and hope to return to school by 5pm. School will provide packed lunches, but please ensure your child brings a water bottle. There will be an opportunity to purchase ice creams and soft drinks, therefore students may wish to bring a small amount of money.

This Trip will be Both Enjoyable and Educational.

Students can wear their own clothing but it must be sensible and practical and they will need suitable footwear (ideally trainers or walking boots) for a full day's fieldwork. A waterproof coat, hat and sun cream would be advisable. No football tops or shorts are permitted.



**Ymddiriedolaeth Natur
Gogledd Cymru
North Wales
Wildlife Trust**

[*Welsh Government survey to understand the impact of funded childcare places is now live.](#)

The Welsh Government is surveying all funded and non-funded childcare and play providers. They want to understand more about the costs that are involved in running a childcare business, and how you generate income. The results of the survey will form part of the next rate review.

The information aims to provide a better-informed rate of funding for the sector when providing funded places.

As we know, the existing £5 per hour is insufficient; helping the Welsh Government to understand the costs of providing regulated and funded childcare, the increased wage costs since the last rate review, and how the funded places influence your business models is important.

You can complete the survey here:

<https://www.smartsurvey.co.uk/s/OHYSWQ/?lang=901711>

Many thanks to Dawn Hughes Lloyd for forwarding the following NHS information

: - <https://www.facebook.com/BetsiCadwaladr>

Mental Health Awareness Week 2024






GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Best Start
for all in North Wales

[Betsi Cadwaladr](#)

-  Information about local pharmacy opening times over the
-  Bank Holiday weekend can be found on our web
-  <https://bcuhb.nhs.wales/services/where-do-i-go1/pharmacies/>



It's important we all look after our mental health and wellbeing. So if you need to talk to someone – or you're concerned about a loved one - call 111 and select option 2 to speak to a dedicated member of our mental health team.

We're here 24 hours a day, seven days a week – offering urgent mental health support to people of all ages across North Wales. The number is free to call from a landline or mobile, even if you have no credit left.

<https://bcuhb.nhs.wales/.../mental-health-hub/111-press-2/>

Today is the first day of Mental Health Awareness Week 2024 and this year's theme is "Movement: Moving more for our mental health".

Physical activity plays a crucial role in maintaining our mental well-being. However, with lives being so busy, many of us find it challenging to have the time to move more often. During Mental Health Awareness Week, take some time to think about how you could incorporate moments of movement into your everyday life. Whether it's taking a stroll in your local park, enjoying your favourite tunes and dancing at home, or doing chair exercises while watching TV, every bit contributes to our well-being!

Staying active can help to protect us against a range of health conditions and is a great way to improve our mental health and wellbeing.

For more information visit:

<https://bcuhb.nhs.wales/health-advice/being-active/>

Betsi Cadwaladr

May 13th at 10:31 am .

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Betsi Cadwaladr

May 13th at 4:21pm. .

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PHARMACY OPENING TIMES OVER THE BANK HOLIDAYS



Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Are you a parent in Wrexham? You may be entitled to help including childcare, financial support, guidance on returning to work and much more! If you are finding family life challenging and need help, your Wrexham Family Information Service is here for you.

Visit “childcareinformation.wales/wrexham” to find out what support is available to you and your family.



Walk to School Week

Childcare Offer for Wales – Change to future application opening dates

Recent feedback from parents highlighted they were unclear when they could apply for the Offer as application opening dates varied across Wales. We have therefore agreed with local authorities that a universal application opening date will now apply across Wales in order to bring consistency of experience for parents and childcare providers. As such, applications for the Childcare Offer for Wales will now open 75 days prior to the start of term.

The change will come into effect in time for those taking up Childcare Offer places from the autumn term, which begins 2nd September 2024.

This means that applications for Childcare Offer funded childcare for the 2024 autumn term will open from 19th June 2024.

As always, parents who are approved to receive the Childcare Offer will be asked to make contact with the childcare provider of their choice to discuss their needs, before setting up an Agreement on the Childcare Offer for Wales platform.

Further information for childcare providers on the Childcare Offer for Wales is available here:

[Providers get help with the Childcare Offer for Wales | GOV.WALES](https://gov.wales/providers-get-help-with-the-childcare-offer-for-wales)

Xplore! Family Fun Day



Wal Goch Festival for Football Lovers

The leading festival of football culture, [Gŵyl Wal Goch Festival](#), is back for a fourth edition, once again in Wrexham - the spiritual home of Welsh football. The festival will run from 31st May – 2nd June with loads going on in Ty Pawb and around the city.

**Girls laugh,
learn and
expand their
horizons
for ages 10 to 14**

Guides
1st Ruabon
Guides

**We help all girls know
they can do anything**

At Guides, all girls are welcome to enjoy our fun-filled space, where she'll make good friends, learn to be herself, explore what she loves and do stuff she's never done before!

We have spaces in our group

Meeting day **Thursday**

Join our Guides group
girlguiding.org.uk/joinus



FRIENDS OF RUABON SUMMER FETE

8TH JUNE 2024



RUABON COMMUNITY REC FIELD STARTS AT 1PM



BRING YOUR FAMILY & FRIENDS!

STALLS, GAMES, FOOD AND MORE



New system will make it easier to access Wrexham Council planning services



Submit a planning application or building control enquiry, or make a Land Charge search – our new ICT system will make all of these things faster, easier and more convenient for customers...

Wrexham Council will be introducing a new ICT system to process planning and building control applications, as well as Land Charge searches.

The new system is due to go live on 28th May and will allow the council's Planning, Building Control and Land Charges teams to process applications and enquiries more efficiently and effectively.

It will also make it easier for applicants, agents, councillors and members of the public to access these services online.

However, there will be period of disruption during the transition from the old ICT system to the new one, and this may result in delays in the initial processing of applications and enquiries submitted after 13th May+.

Councillor Hugh Jones, Lead Member for Planning, said: "This new system represents a significant investment in the future of our Planning, Building Control and Land Charge services.

"It will help us provide a much more user-friendly service that will benefit our customers, and allow us to deal with applications and enquiries much more efficiently.

"There may be some delays while we move across to the new system, but this will only be temporary, and the long-term benefits for both customers and the council will be huge."

If you have any queries or need advice, please contact our [Planning team](#), [Building Control team](#) or [Land Charges team](#)

Newyddion Llyfrgelloedd Library News



Newyddion Llyfrgelloedd am yr wythnos yn dechrau 19 Mai

Library News for the week beginning 19 May





Sgiliau TG Gwella Improvers IT

Ariannwyd yn llawn ar gyfer pobl 19+ oed sy'n byw yn Wrexham a Sir y Fflint.

Fully funded for those aged 19+ living in Wrexham and Flintshire.

Cwrs am ddim i ddysgu sut i ddefnyddio eich Sgiliau TG Sylfaenol!
Get to grips with basic IT on this free course!

25ain Gorffennaf - 15fed Awst
25th July - 15th August

10:30am - 1:00pm

Llyfrgell Rhiwabon, Caer Llan, LL14 6NH
Ruabon Library, Caer Llan, LL14 6NH

Rhaid archebu ymlaen llaw!
Booking is essential!

Cysylltwch â | Contact
 ✉ training@groundworknorthwales.org.uk
 ☎ 01978 757524
 🌐 www.groundworktraining.org.uk





Funded by UK Government  Wedi ei ariannu gan Llywodraeth y DU

 DGO Gogledd Deheuol Cymru
North East Wales ACL





Cymraeg

Ysgrifennwch ataf yn Gymraeg neu Saesneg
Please write to me in Welsh or English

We welcome correspondence in Welsh. We will respond to any correspondence in Welsh and this will not lead to any delay.

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A Message from Helen
to all those who wish to improve

PRESS RELEASE
Ken Skates MS | Clwyd South



20/05/24
for immediate publication

Senedd Cymru
Welsh Parliament

Thousands of GP hours lost due to patients not attending appointments

Thousands of local GP hours are being lost because of patients not turning up to appointments, says a Member of the Senedd.

Clwyd South MS Ken Skates found that at least 13,000 slots were missed at surgeries across his constituency between April 2023 and March this year.

Local surgeries provided details of their 'DNAs' – did not attend – to Mr Skates, who is now urging people not to waste GPs' precious time.

"Of course, sometimes people will genuinely forget or something might come up at the last minute, but when people just can't be bothered to turn up to appointments it has consequences for staff and other patients," said Mr Skates.

"Then there's the cost of DNAs – missed appointments cost the Welsh NHS millions every year."

Caritas Surgery, which has branches in Cefn Mawr and Coedpoeth, was worst hit – with 3,332 DNAs over 11 months. Dee Valley Medical Centre in Overton had 1,756 over the same period, while Llangollen Health Centre and its branch clinic in Glyn Ceiriog recorded 1,503.

Ruabon Medical Centre was also badly affected, recording at least 2,930 DNAs over the 11-month period according to the surgery's published data, while Chirk Surgery suffered 1,631 missed slots.

Mr Skates said: "If we take the average appointment as being 15 minutes, we are talking thousands of hours lost in Clwyd South. Those are hours that GP and primary care staff won't get back where they could be helping other people.

"Sometimes practices will write to those who don't attend advising them of the impact it has on the surgery and its staff, but that costs more time and more money."

He added: "I highlighted this issue about 10 years ago, but sadly the problem appears to have got even worse. It's a huge drain on resources."

Mr Skates was able to get data for around half of the surgeries in his constituency. As a number do not publish their DNA information, the true number of missed appointments will be much higher.

Of those which supplied or publish the information, Beech Avenue Medical Practice in Rhos had at least 1,379 missed appointments and Uwchaled Medical Practice in Corwen recorded 520 DNAs.

One practice manager said: "DNAs are an increasing problem, our rates have never been so high. It's frustrating that we can't take any real action against those who repeatedly do not attend."

The business manager of another surgery added: "We do have a protocol to write to offenders advising them of the impact of DNA, but it is not necessarily effective and of course it's another task to have to find time for."

Ffion Johnstone, BCUHB's Lead for Primary Care, said: "Missing an appointment wastes the time of hard-working GP surgery staff and deprives other patients of an opportunity to be seen, leading to longer waiting times.

"At a time when resources are being stretched to meet record levels of demand in primary care, the significant number of missed appointments is something that our health service simply cannot afford. We urge patients to make every effort to attend their planned appointment and to let their GP surgery know if this is no longer possible."



The following information is supplied by David Goodban:

“Please find attached a press release highlighting the impact of patients not attending GP appointments. Figures show that more than 13,000 appointments were missed over 11 months in Clwyd South - with the real number likely to be twice as high.

The attached photograph is of Ken with GP Gareth Bowdler (centre) and staff at Dee Valley Medical Centre in Overton following his visit on Friday”.

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Mr Chris Williams.

(Who is also a very kind and considerate Gentleman).

Another holiday next Monday - I do hope that you will
enjoy yourselves.

Best wishes ALWAYS,
Sybil (Bremner)