

# RUABON NEWS LETTER 526



## **In2change Summer Newsletter 2024.**

### **Newyddlen Haf 2024 In2change.**

At last am able to wander around the garden,  
sit in the sun and pretend that there is nothing  
for me to do!

Sybil (Bremner)

## **What is Pink Cocaine?**

The first thing you should know about pink cocaine is that it's not cocaine. It is otherwise known as Tuci or Tucibi, but not to be confused with 2C-B.

This synthetic drug usually contains a cocktail of drugs but the lack of any manufacturing standards means that the ingredients can vary widely from one batch to the next. Researchers have found that most samples of pink cocaine include a mix of ketamine along with one or more of the following:

- MDMA (also called ecstasy / mandy / molly)
- Methamphetamine
- Cocaine
- Opioids

- New psychoactive substances (NPS)

There's concern that some batches may have fentanyl in them, but there's not enough research to know if suppliers commonly put this powerful painkiller in pink cocaine. It is also likely dyed with food colouring and may sometimes have a sweet smell, like strawberries. Most of the substances that are commonly included in pink cocaine are addictive, meaning the drug can lead to addiction and other associated issues.

Pink cocaine was labelled as a luxury designer drug, often used by affluent people, however, there are reports of it being used in Wrexham schools and by young people and adults in the area. It is often brought off 'Telegram' or social media sites such as Instagram and snapchat.

### **How does it make you feel?**

Pink cocaine often includes both stimulants and depressants. This mix of uppers and downers is sometimes referred to as a 'speedball' or 'wide awake drunk' and any drugs taken in combination increase the risk of harm. Furthermore, you may not be able to predict how you'll feel when you take pink cocaine and the effects depend on several factors:

- The type of drugs in your pink cocaine
- How much you take
- Your drug tolerance
- How your body reacts to drugs
- Whether you use alcohol or use other substances at the same time

Your high may feel strongest within 1-3 hours, but the effects of pink cocaine may linger for 4-8 hours. Small amounts of pink cocaine may:

- Boost your heart rate

- Make you feel excited or happy
- Make your senses more sensitive

### **What are the side effects of pink cocaine?**

Side effects may be mild to severe and will depend on how much a person takes and what's in it.

The **main risk** with using pink cocaine is that from **poly-drug use** as it is a cocktail of substances. Taking a mixture of drugs together can increase the impact on the brain and body and overdose can occur, effects become even more complicated to predict if different groups of drugs are taken together, for example, taking a stimulant with a depressant. Stimulants speed up the body's system whilst depressant drugs slow down the central nervous system and reduce breathing rate. If stimulants are mixed with depressants the body is placed under a lot of stress as it tries to deal with these competing effects, such as when methamphetamine is combined with alcohol the heart experiences greater strain. This can lead to dangerous complications, particularly for someone with a heart condition and in some cases, fatal drug overdoses are caused by mixing drugs.

Other side effects may include:

- heightened senses
- hallucinations (mild to severe)
- euphoria
- nausea
- vomiting
- agitation
- rapid heart rate
- high blood pressure
- respiratory depression
- damage to major organs
- seizures
- mental health problems such as anxiety, increased paranoia and

psychosis

- Increased risk of being assaulted or otherwise abused
- Exposure to blood borne diseases
- loss of consciousness or potential death

While under the influence of pink cocaine, a person may also be prone to poor judgement and impulsivity. These effects can lead to a combination of problematic behaviours, such as engaging in unsafe sex, combining tucibi with alcohol and other substances, or driving while impaired.

### **How can we help?**

#### Time to talk Drop-in

The Info Shop runs a drop-in on Thursday afternoon 3-5pm. It's a great time to drop in and get help and advice on a range issues affecting you.

#### What In2change offers

In2change is Wrexham's Young People's Substance Misuse service. We offer the following services to young people and professionals:

- Voluntary engagement, Tailored and flexible support,
- Education on all drugs & alcohol, Sessions at venues chosen
- by young people

Diversionary activities for individuals & groups, Education sessions in schools, colleges & youth clubs on a number of topics:

Alcohol awareness, Drugs & the law, Energy drinks and NPS (Illegal highs)

One to one support, Education, Harm reduction, relapse prevention, planned reductions

Advice & support for professionals and Professionals training  
Customised sessions to suit your needs

**For help on referring to In2change email us on**

[in2change@wrexham.gov.uk](mailto:in2change@wrexham.gov.uk) or ring us directly on 01978 295629



# Wrexham AFC

## CW Coast Tour 2024

Wrexham AFC are proud to announce the 2024 Wrex Coast Tour, which will see the men's team return to the US and, for the first time, Wrexham AFC Women travel Stateside.

The men's first team, fresh from sealing their second consecutive promotion - into EFL League One - will play three matches on this year's tour. The Red Dragons take on AFC Bournemouth at Harder Stadium, Santa Barbara, on July 20<sup>th</sup> before heading to Santa Clara to take on Chelsea at Levi's® Stadium on 24<sup>th</sup> July .

For the first time, Wrexham will then head to Canada to face Vancouver Whitecaps FC at BC Place. Follow the ticket links below to book your place for all three matches.



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## Conwy Castle Trip

Monday, 17th June 2024

As part of their study of medieval Wales, Year 7 visited Conwy Castle.

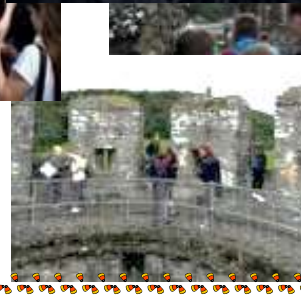
It was a really enjoyable day where students got the chance to climb the towers and walk the castle walls built by Edward I as part of his 'ring of castles'.

King Edward I and his architect, Master James of St George, built both castle and walls in four years between 1283 and 1287.

Mrs. Wright -Davies, Curriculum Leader for History said, *"We had a very interesting day learning all about the castle and its history. Even though the weather wasn't at its best all the pupils thought it really worthwhile and brought a little piece of Welsh to life"*.

Students ended the day with an ice cream on the sea front!

Further details on Conwy Castel can be found on the Cadw website – <https://cadw.gov.wales/visit/places-to-visit/castell-conwy>



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**Thank you to Julian Davies**

**for**


**passing-on the attached**

**information**


**below:**

16:00 [Instagram icon] [Signal icon] [Home icon] [Battery icon] 56%

← [Search icon]

 **Shauna Louise Hannaby**  
1h · [Public icon]

MISSING.... HAS ANYONE SEEN BROOKE? SHES 14 AROUND 5FT 4 AVERAGE BUILD MAY BE WITH A BOY CALLED CONNOR FULLER HES KNOWN TO RHYL AND RUNCORN AND SHES FROM WREXHAM BUT BEEN KNOWN TO GO TO CHESTER, SHOTTON & FLINT..... POLICE HAVE BEEN INFORMED PLEASE CONTACT ME OR THEM PLEASE SHARE, SHE'S IN A VUNERABLE MENTAL STATE



[Like icon] Like [Comment icon] Comment [Send icon] Send [Share icon] Share



# Newyddion Llyfrgelloedd Library News



Newyddion Llyfrgelloedd am yr wythnos yn dechrau 16 Mehefin

Library News for the week beginning 16<sup>th</sup> June



## Wrexham Library – new Reminisce group

Join us at Wrexham Library to share your memories, reminisce with books and items of interest, try out our new activities and meet and chat with others.

This new group will meet on the 4<sup>th</sup> Thursday of the month, 2-3pm, with the first meeting taking place on 27<sup>th</sup> June, 2024.

We welcome individuals, families and carers and we'll also provide free light refreshments.

For more details please call Mandy Woodfine-Jones, Community Agent on 07780 253985 (Monday-Friday).

We look forward to seeing you soon!

## Reading Well with Dementia



Reading Well for Dementia is a new book list developed by the Reading Agency which recommends helpful reading for people living with dementia.

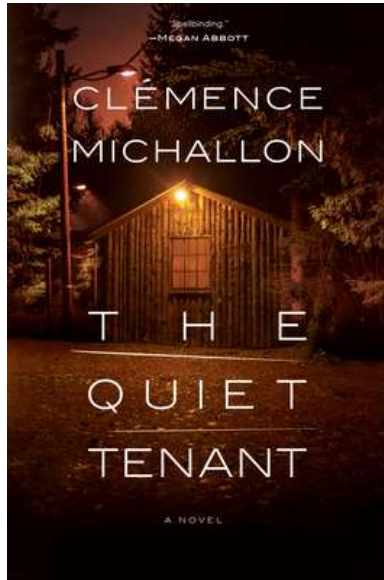
There are books on the list for family members, friends and carers including younger children to help them understand

more about dementia. The books provide reliable information, advice and support as well as personal stories. There are 20 titles on the list which are available to browse and borrow, free of charge, from Wrexham, Rhos, Ruabon and Llay libraries (where there are reminisce groups), but you can request them from any of our libraries.

## Book Review

## The Quiet Tenant by Clemence Michallon

The Quiet Tenant is a brilliant debut psychological thriller which had me gripped from the very first page! A kidnapped woman, given the name Rachel, has been kept in a shed for five years by Aidan, a highly



respected member of the community.

When Aidan's wife dies he is forced to move to a new home with his teenage daughter, Cecilia. He decides the time is right to bring Rachel into the house, introducing her to his daughter as a family friend whilst continuing to strictly control her every move. This novel is both a tense thriller and an astute study of trauma, survival and the dynamics of power.

The story is told from multiple female perspectives - mainly Rachel, Cecilia and Emily - a local woman who has a crush on Aidan.

Highly recommend and will be looking out for more from this author.

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## **Darganfod returns!**



The ever popular [Darganfod Science Festival](#) is returning to Wrexham city centre this summer – tickets are on sale now!

Tŷ Pawb and Xplore! Science Discovery Centre are teaming up once again for a family friendly weekend of spectacular interactive shows, hands on science activities, arts workshops, and much more! This year's festival will take place on the weekend of the 3rd and 4th August 2024 and promises to be the most exciting edition yet!

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## **Simon O'Rourke exhibition, 10<sup>th</sup> – 23<sup>rd</sup> June**



If you've seen any of Simon O'Rourke's work, you'll appreciate just how

skilled an artist he is. He currently has a [solo exhibition](#) at the Ebenezer Chapel in Cefn Mawr. See Simon's beautiful sculptures, inspired by nature, created from sustainable timber. The former chapel is worth a visit in itself, with lots of great local history and artefacts! Take a trip to Cefn Mawr and see what the team are doing there!

## Open Day at Brymbo Heritage Project!



Discover the 300 million year story of Brymbo at the next [Brymbo Heritage Project](#) open day! If you've never visited the site, or heard about their plans, it really is a great up and coming project. On the day, you can explore the fossil forest and uncover hidden natural history, take a guided tour of the historic iron and steel works through the remains that still stand, and even take a 4x4 guided tour! The open day takes place on Saturday 29<sup>th</sup> June, from 11am – 4pm – see [here](#) for all the information and to book onto the tours!

## Ramada Plaza Wrexham go for gold!

The reception team at the Ramada Plaza have been celebrating this week, with all their staff becoming Wrexham Tourism Ambassadors! They become the first hospitality team in Wrexham to commit to all staff undergoing this training, by way of further improving their already great visitor welcome! The scheme is free to all, not just hospitality businesses, and is a sure way to update and build on your knowledge of our wonderful county! For more information, and sign up to the free course.



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**WALES NAMED AS:**

**“SECOND IN THE WORLD”**

**FOR RECYCLING NATION IN A NEW STUDY.**



## Wales has been named as “second in the world for recycling nation in a new study published today”.

First published: 5<sup>TH</sup> June 2024    Last updated: 5<sup>TH</sup> June 2024

Wales by far leads the way in the UK and is listed just behind Austria in the global rankings published by Eunomia Research and Consulting and Reloop.

Northern Ireland is ranked 9th, England at 11th and Scotland at 15th among the 48 countries included in the comparison.

**[‘Global Recycling League Table - Phase One Report’](#)** examined the recycling performance of 48 countries, including the countries that report the highest recycling rates and many of the world’s largest economies.

It is being published today on World Environment Day.

The First Minister of Wales, Vaughan Gething, said:

It’s fantastic news that Wales has climbed to second in the world for recycling. This shows what we can achieve when people across Wales work together to deliver against ambitious targets, backed up by investment in our infrastructure.

Thanks to the efforts of households and workplaces across Wales, we have transformed from a nation with very low rates of recycling at the beginning of devolution to one of the leading nations in the world and far ahead of the rest of the UK.

This achievement belongs to all of us, and we are committed to improving recycling rates further still with the number one spot in the world our next target.

Climate Change Cabinet Secretary Huw Irranca-Davies added:

This is excellent news and, with the action we are already taking, we are working towards challenging for the top spot.

In rolling out the successful approach to household recycling to our workplaces, we are also taking action to tackle the climate and nature emergency, while providing important benefits to the economy, by capturing a resilient supply of high-quality recycled materials.

This is so important for Wales because it means capturing high quality recycling that is fed back into the economy and supports creating jobs, with a high percentage staying in Wales and the wider UK for processing.

It also helps us tackle the climate and nature emergencies by reducing our carbon emissions and avoiding the need to extract raw materials with the damage they can bring.

I often talk about a Welsh way of doing things and the team effort which had led to today's achievement is one should all be rightly proud of – da iawn Cymru!

AWD Group are a Welsh company who play an important role in the circular economy here in Wales. Their plastic granulation line was grant supported by the Welsh Government's pilot of the Circular Economy Fund.

Managing Director of AWD Group Ltd, Alun Wyn Davies said:

We take in 300 tonnes of mixed rigid plastics a week and we're proud of the contribution we make towards our recycling targets in Wales.

Cleaning and processing this material is hard work, but recycling these plastics is important because it would have historically gone to landfill and wouldn't break down for hundreds of thousands of years.

We're proud to employ 38 staff members and will soon introduce a second shift which will employ an extra 22 jobs. Most of the people who work here are from Neath Port-Talbot. I'm from the area myself so

employing local people is important to me, especially with the current situation at Tata.

Wales are truly on the map with these recycling figures, and that's a huge achievement.

**First published 5<sup>th</sup> June 2024 Last updated 5<sup>th</sup> June 2024**  
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## **Paperless Clinic and Kits to Reduce Medicine Waste** **Winners at NHS Awards**

Marsh House has been brought back into active use to provide 11 units of supported youth homelessness accommodation, 22 units of temporary accommodation and a community hub drop-in facility. Additional features also include communal kitchens, lounges, games and TV rooms, accommodation for staff, outside wellbeing spaces and active travel provisions.

It will serve as a homelessness assessment and triage centre, providing interventions for those requiring temporary accommodation in a crisis. The innovative transformation is a result of partnership work between the Welsh Government, Merthyr Tydfil County Borough Council, Merthyr Valleys Homes and Pobl.

The refurbishment received more than £1 million in funding support from the Welsh Government's Transforming Towns Capital Funding alongside support from Merthyr Tydfil County Borough Council's core capital funding.

Additional funding from the Housing Support Grant will support ongoing work by Merthyr Valley Homes.

The Cabinet Secretary for Housing, Local Government and Planning, Julie James, recently had the pleasure of visiting Marsh House and meeting with some of its residents to discuss their lived experiences.

The Cabinet Secretary said:

The Marsh House project promotes the restoration of key buildings in our town centres as well as providing vital temporary accommodation, supported living and tailored in-house service provisions to local residents.

The fantastic work being undertaken at Marsh House demonstrates that by working together in partnership we can help support our communities when they need us most.

Homelessness cannot be prevented through housing alone and we have long recognised that all public services and the third sector have a role to play in ending it.

Everyone deserves to have somewhere to call home and I would very much like to see this project's approach replicated in other areas facing similar challenges.

Lorraine Griffiths, Assistant Director (Support) at Pobl Group, said: As the largest provider of support services in Wales for people experiencing or at risk of homelessness, Pobl was delighted to welcome the Cabinet Secretary to Marsh House.

Our new support service, Marsh House, demonstrates how we work in a multi-agency way within a psychologically informed environment to positively support those who need it most on their journey to creating a stable and secure home.

In October 2023, the Welsh Government introduced its White Paper that sets out how the Welsh Government plans to end homelessness in Wales.

The proposed legislation will transform the experience of those who are homeless and at risk of homelessness by fundamentally changing the homelessness system and the role of professionals working within and around it.

First published 14<sup>th</sup> June 2024 Last updated 14<sup>th</sup> June 2024.

**A former care home in the heart of  
Merthyr Tydfil has been  
redeveloped to provide temporary**

## accommodation housing for young people and adults in a crisis



### Recognition in schools vital to help young carers thrive

**Minister for Social Care Dawn Bowden heard from young carers during Carers' Week about the importance of being identified, as a first step to accessing support in school.**

First published: 13<sup>th</sup> June 2024 Last updated: 13<sup>th</sup> June 2024

There are more than 22,500 young carers and young adult carers in Wales – almost two carers in every classroom.

A third of carers under 25 report struggling to balance their caring responsibilities with school, college, or university work. Some young carers spend up to 50 hours per week looking after a family member with an illness or disability.

Minister for Social Care, Dawn Bowden said:

It is important schools and colleges are aware of students with caring responsibilities, and that young carers are recognised so they can



receive the appropriate support.

Young carer ID cards can help young carers easily identify themselves to teachers and education staff, helping to connect them with the services they need and helping them to achieve their full potential.

Young carer ID cards are a useful means to help identify and respect the specific needs of young carers. I hope to see them used consistently in schools in Wales, so young people have the confidence to ask for help when they need it.

A young carer said:

“ I use my young carer ID card to let the teachers know I’m a young carer and that I sometimes need support or extra time to get tasks done.“

The school have got a great young carers group, and we all support each other. Every young carer has the right to support in school and teachers who understand what it’s like to be a young carer.

Director of Carers Trust Wales, Kate Cabbage said:

Young carers in recent years are providing more hours of care than ever before, all alongside classes, homework and trying to keep in touch with their friends in school.

Using the young carers ID card in school is helpful as shorthand to explain the caring role and can be the first step to accessing support to enable them to thrive.

Many schools in Wales have carers’ leads and will be connected with their local carer organisation, that can wrap around the young carer both in school and in the community.

First published 13<sup>th</sup> June 2024    Last updated 13<sup>th</sup> June 2024

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## **YSGOL RHIWABON**

### **Record of Achievement and Prom 2024**

Tuesday, 18th June 2024

As in previous years, there will be a professional photographer available on site in Room E6, for any students who wish to have their photograph taken.

They will also be at the early part of the Prom celebrations to take photographs also.

Full details of the company and their website where you will be able to purchase the photographs directly is below –

Pro Media Photography

Unit 4

Felin Puleston  
Wrexham  
LL13 7RF T: 01978 264440  
M: 07437 850592  
E: [info@promedia.uk.com](mailto:info@promedia.uk.com) Link to their website  
<https://www.promediaphotography.co.uk/>



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## **WREXHAM BUSINESS START-UP CLINICS**

Do you need the kick start to your entrepreneurial career?

We are offering free, impartial and confidential support; all the support providers at the clinic are both passionate and committed to helping pre-start businesses.

The clinics will be held between the hours of 10:00 - 14:00 on Wednesday the 26<sup>th</sup> of June 2024 and 12:00-16:00 on Thursday the 27<sup>th</sup> of June 2024, at Xplore! Science Discovery Centre, Henblas St, Wrexham LL13 8AE.

To express your interest in this brilliant opportunity to discuss your business venture with numerous support providers at once, please email us on [business@wrexham.gov.uk](mailto:business@wrexham.gov.uk) with your contact information and “Wrexham Business Start-up Clinics” as the subject line.

A registration form will then be provided, which will need to be complete in order to be assigned an appointment slot.

Kind regards

Business and Investment Team

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**Ruabon and District Field Club**  
has planned an outing to:  
**Capesthorpe Hall, Gardens and Parkland**  
**on Monday 24<sup>th</sup> June**



**Cost of Travel and Visit by Coach is £25. per person.**

**The Coach leaves Maes-y-Lan Lane, Ruabon, at  
11am.**

## **BOOKING IS ESSENTIAL**

Contact members or 'phone Ann on 01978 822725  
Or 'phone John on 01978 820640

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**Mr Chris Williams.**  
(Who is also a very kind and considerate Gentleman.

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Sunshine AND WARMTH at last  
I hope you are able to enjoy it all!  
Best wishes  
Sybil (Bremner).