

All set for Africa

On Monday 14th January 8 young people from the Plas Madoc area aged between 15 and 18 will fly out to Gambia on a trip of a lifetime. The trip has been made possible through the Communities First Programme in Plas Madoc, which has provided support and co-ordination for the young people, as they have planned, booked and raised funds for the trip.

The group will be looked after in Gambia by the Gunjur Project, which exists to provide educational and cultural visits to the country by groups from the UK. Over the week, day trips will be laid on to give the youngsters a real taste of Gambian life. These include; attending a local school to teach games and songs to Gambian children; visiting a local fishing village, spending a day-in-the-life of a Gambian family, music projects and tree planting with local communities.

The opportunity to immerse themselves in a new, and previously unknown culture, will make a huge impact on the lives of the young people from one of Wales' more disadvantaged areas.

“The main intention behind the project is to help raise aspirations among young people from Plas Madoc, showing them that everything is possible, albeit with a bit of hard work and planning.” Said Plas Madoc Communities First Co-ordinator, Miriam Beard.

“A trip to Africa is something that would previously not have been entertained by many people, but now young people have been through a process of planning, making arrangements and taking responsibility for the fund raising, which will make them much better equipped for their futures. ”

A number of events have been planned and delivered throughout the year to raise awareness and funding for the trip, demonstrating the young people's commitment to making the idea a reality. They have run stalls at the annual summer fair, undertaken street collections in Wrexham and masterminded large events such as the recent 'Plas Madoc's Got Talent' and '60s Night'.

The Gambian visit will be documented using camcorders, still cameras and mini-disc, ensuring that the experiences can be shared with the community, including schools, youth clubs and Communities First Partners on their return. BBC Wales has kindly provided training and assistance to help ensure that the group brings back high quality footage.

BBC Sports Unsung Hero 2007

An application was sent from Communities First in Plas Madoc Putting Wayne Keefe forward for the award of BBC Sports Unsung Hero, sponsored by Robinsons, For his commitment and hard works in the setting up and running of Plas Madoc Communities First FC all of which is done voluntary. The team are currently fourth in the league. A letter was received from BBC Wales to invite Wayne and a guest to a glittering black tie dinner at the BBC Sports Personality of the year award ceremony at the Celtic Manor, in Newport home of the Ryder Cup 2010. Filming of Plas Madoc and the Communities First FC was done in preparation for the evening by BBC Wales

Wayne attended the evening on the 2nd December, Many sports personalities and celebrity's were present including Jonathan Davies who presented boxer Joe Calzaghe with the award of BBC Wales Sports Personality of the year 2007, a title he won the previous year, the event was recorded live for the TV and radio.

The winner of the Unsung Hero went to Andrew Grey of Milford Haven Gymnastics Club, who is also involved with the Pembrokeshire Under-11 rugby team. The evening was a great chance for people to recognize Wayne's hard work and dedication.

The result was announced on the evening and although Wayne didn't win he was in the top three, which is a massive achievement, this was recognized by the winner

Andrew Grey who said they were all winners .Wayne was kept on his toes all evening doing various press releases, photo shoots and interviews. On behalf of Plas Madoc Communities First a huge well done goes to Wayne and the lads involved in Communities First FC.

Musical Evening

An evening of musical entertainment took place in The George Edwards memorial hall, Cefn Mawr, on November 24th. The event, organised by Plas Madoc Communities First, was well-attended and helped to raise funds for the Plas Madoc Gunjur Project youth group.

Sixties Band 2nd Time Around performed alongside Elvis impersonator James Beard , whilst the crowd enjoyed a bar and buffet, as well as the raffle draw for some fantastic Christmas Hampers.

A big thankyou to all the performers for donating their fees to the Gunjur group.

PLAS MADOC GOT TALENT

A community revealed its hidden talents in front of a panel of celebrity judges on November 16th. More than 350 people watched the community of Plas Madoc perform at a special 'Plas Madoc's Got Talent' event.

Twelve different acts performed on the night for the winner's crown - from dancers to singers and from guitars to wrestlers - with everyone hoping to impress the special celebrity panel of judges.

Sinead Moynihan, who rose to fame in the BBC3 series Drop Dead Gorgeous , and now plays Beth in Hollyoaks, was joined by model and actor Darrell Scott, fresh from successful auditions for Sky's Dreamteam series, and Communities First co-ordinator Miriam Beard to cast a critical eye over entries.

In first place for singing was Jacob Millar and in second place was Tammy Jones.

A special prize went to Lucy Birchall, Jade Evans and Jess Bellis for their version of 'Valerie'.

A donation was also made to Dance Zone and Dancing Shoes by Plas Madoc Communities First to acknowledge their fantastic performances on the night.

The evening was arranged by Plas Madoc Communities First who are supporting a group of young people who will be travelling to The Gambia in the new year on a special travel project. The youngsters suggested running an event in order to help raise the funds needed for the trip.

Plas Madoc Leisure Centre offered to host the event at no charge to lend its support to the cause.

The night was a great success, and big well done to everybody who took part - the standard was incredibly high! We hope to arrange a similar event, in a bigger venue, next year.

Halloween

Communities First held its annual Halloween Bonanza , the day was a fantastic success with the help of all the staff from Communities First, Little Sunflowers and the Open Access Play Scheme. All the children/young people who attended had the opportunity to carve out their very own pumpkin and take it home. The day had many spooky events running including Scary Stories, Apple bobbing, Donut bobbing, Fancy dress competitions, Face painting and a scary movie on the big screen. The day attracted over 150 people most of whom attended in fancy dress, Communities First would like to say a big thank you to all who volunteered on the day and in the preparation leading up to the day.

Just 4u

Communities First is pleased to launch a new project called Just 4u . If you wish to purchase affordable school uniforms, toys, or clothing or If you wish to donate any items then do not hesitate to contact Dale Stanway on 01978 813910 or visit at the stated days and times. We look forward to meeting you

The Launch day for just4u will be on Wednesday 14 th November. At Rhosymedre infant school.

The project will be open on the following days and times

Monday, Wednesday, Friday 9.15am-10.15am

Tuesday & Thursday's 3.15am-4.15am.

MAN UTD TRIP

A group of 15 residents from Plas Madoc travelled to Manchester at half-term to take a tour of Old Trafford stadium. On the way, they stopped off at The Trafford Centre for lunch and shopping, and afterwards they had a chance to visit the Manchester United museum and shop. The trip was a great success.

Plas Madoc May Queen 1973

Plas Madoc Communities First would like your help in finding the Plas Madoc May Queen from 1973. You may have seen in the recent Bygone Wrexham Supplement No.5 published in the Evening Leader, a series of photographs from the 1973 Plas Madoc Carnival. We think it would be great if we can locate this May Queen so that 25 years later she can crown our 2008 Carnival Queen during our August Funday. If you are the 1973 May Queen, know who she is or are one of the attendants pictured in the photograph then Plas Madoc Communities First would love to hear from you. Please contact 01978 813910 or email plasmadoc@mac.com

With thanks to North Wales Newspapers Ltd for the use of the above photographs

TAKE THE WEIGHT OFF FOR CHRISTMAS

Come along to the Fitter & Trimmer Club. Sessions are from 6pm to 6.30 on Thursday evenings at: The Opportunity Centre Hampden Way . For further information Contact: Sue Cole 813910

FREE TILL CHRISTMAS, COME AND TRY PILATES CLASSES

Held at The Opportunity Centre, Hampden Way Classes start at 6.30 till 7.30
Everyone welcome. For further information contact Sue Cole 813910

PARENT & CARERS COFFEE GROUP STARTS 9AM NOVEMBER 7TH

RHOSYMEDRE COMMUNITY PRIMARY SCHOOL

All Plas Madoc parents & carers welcome with children aged 0 to 8. Pop in for a chat learn about training courses Suggest and help organise future events. For further information contact Sue Cole 813910

HAPPY BIRTHDAY

Over 100 children, parents and guests celebrated the 1st Birthday of Plas Madoc's Little Sunflowers childcare project with a party held at its base in Rhosymedre Community School. It was a special day for the project, which started in 2006 with a group of volunteers from the Plas Madoc Estate supported by staff from Communities First. The community had long highlighted the lack of accessible child care and through the Communities First Programme it became possible to address this for the benefit of families on the estate. In its first year, Little Sunflowers has seen 55 children access the service, with an average of 19 2 year olds per day attending the sessions. The party offered a reunion opportunity for Little Sunflowers past and present to celebrate this milestone.

The event started with children's entertainer Sally from Party Poopers Puppet Shows who led the children in songs and fun activities. This was followed by Lee Marsh, Children, Young People and Families Officer at Plas Madoc Communities First, who spoke about the success of the project over the past year.

“Little Sunflowers is a key project for Plas Madoc. It shows the benefit of listening to the needs of the community working in partnership with other agencies to resolve them. Families now have access to an exceptionally high standard of childcare for 12.5 hours per week , which allows them to link in with other services, activities or employment. Although it is early days we are now working on providing full day care in Plas Madoc.”

Little Sunflowers has brought wider benefits to the community, with all six of the staff being residents of Plas Madoc. The party offered the opportunity to acknowledge a number of staff who have completed their NVQs in childcare. The Mayor of Wrexham, Cllr Joan Lowe made presentations to Katy Roberts and Nicola Milburn, who have achieved their NVQ Level 2, Claire Pugh who received a Level 3 and finally Sharon Bellingham, the Little Sunflowers Supervisor who has attained the Level 4 standard, making her among the most qualified child care workers in North Wales.

“We have been able to provide direct employment for people from the estate and they have more than risen to the challenge, taking on huge amounts of training in order to be able to deliver such a high calibre service. We are all proud to see Plas Madoc leading the way in such a positive manner in the field of childcare” said Miriam Beard, Communities First Co-ordinator.

Recognition was also given to the partners, who have supported the project including; the head teachers at Ysgol Rhosymedre (past and present) and the Welsh Assembly Government's Flying Start Programme, which is administered through Wrexham County Borough Council.

Little Sunflowers has already had a positive impact on the enrolments into the nursery class at Rhosymedre Community School. In the past enrolments had been decreasing but 20 additional children entered the nursery at the start of this school year, having "graduated" from Little Sunflowers.

The presentations were concluded with the unveiling of a huge birthday cake, which was kindly custom made by Mike Gill of Sugar and Spice cake makers on Charles Street, Wrexham, who were delighted to provide the cake for such a special occasion. The single candle was blown out by Marley Milburn, who was also celebrating his birthday and who had achieved 100% attendance during the Little Sunflower's sessions. A party buffet then followed before the children settled down again for another serving of fun from the entertainer.

Xmas shopping trips

Plas Madoc Communities First are providing the following shopping trips during November, to enable people from Plas Madoc to get their Christmas shopping in early. The trips will be on a First come first served basis, so book early by visiting the Opportunity Centre to book your place. All trips will leave and return from the car park at The Opportunity Centre at the times stated. For further information contact Dale on 01978 813910

Mon 5th Nov trip to Chester Retail Park 10-3pm

Wednesday 7th Nov trip to Asda 10-3pm

Friday 9th Nov trip to the Outlet Village, (Cheshire Oaks) 10-3pm

Mon 12th Nov trip to Chester City Centre 10-3pm

Wednesday 14th Nov trip to Asda 10-3pm

Friday 16th Nov trip to the Trafford Centre 9.15-3pm

Mon 19th Nov trip to Telford City Centre 10-3pm

Wednesday 21st Nov trip to Asda 10-3pm

Friday 2nd Nov trip to Broughton 10-3pm

Mon 26th Nov trip to the Trafford Centre 9.15-3pm

Wednesday 28th Nov trip to Asda 10-3pm

Friday 30th Chester retail park 10-3pm

All Asda trips £1.00 All other Trips £3.00

Community Safety

The Community Safety Group will be undertaking its annual Safer Living Better Living campaign in November. This is when we ask you, as tenants and residents of the estate, how you feel about crime and safety issues. For the last 2 years we have used a questionnaire that has been posted through the door. Now is your chance to let us know how best to ask you for your views. Maybe questionnaires are not the best option - would meetings be better? Perhaps you think we should

set up a special "virtual-newsletter" using emails or text messages to share information. The Safety Group knows that the best way to get the information we need to make the estate safer is to find the most convenient way for people to give it to us, so please help us by passing on your suggestions. You can ring Andrew Harradine on 01978 813910, pop into The Opportunity Centre or use the email plasmadoc@mac.com

WCBC - Mobile Skate Park Workshop

This course will provide candidates with the knowledge to supervise the portable skate park in Plas Madoc and surrounding areas. The course will also outline the procedures on how to safely load and unload the skate park. The course is aimed at people who are interested in volunteering with the skate park. It would also be beneficial to youth workers, teachers or anyone with a general interest in skate sports. For more information contact Sandra Ashfield Plas Madoc communities first on 01978 813916 or matt Holden sports development Wrexham on 01978 297352

Summer Trip to Liverpool

A group of 30 adults and children from Plas Madoc travelled to Liverpool in August to take a tour of Anfield stadium. On the way, they enjoyed fantastic views of the city skyline from a ferry across the River Mersey, and had a chance to explore the Albert Dock area. The stadium tour was a great success, as the group got to see the changing rooms, manager's dug-out, interview areas and the famous KOP. They also had time to visit the museum and shop

A recent project involving the BBC and two families from Plas Madoc has been undertaken at the Communities First Opportunity Centre. The project involved Dale Stanway , Susan Lloyd and her parents, Kath and Alvin Evans. Their project discusses the changes on Plas Madoc. Brien Powell and his daughter Elizabeth, and Brien's Granddaughter Emily discuss if the children of today have it easier than the children did in the past. The interviews are recorded and can be heard on the link below. If you are interested in becoming involved in an interview for the BBC then contact Dale on 01978 813910 or pop into the Opportunity Centre.

Two residents from Plas Madoc have started up a group for people who suffer from Phobias, Social Problems, Loneliness, Isolation, Hard of Hearing, and a whole range of issues. The group is confidential, so don't just sit at home suffering, pop along to 49 Peris every Friday from 12.00-3.00pm. This new service will begin on Friday 5th October. Eric and Emily will warmly welcome all. If you wish to discuss anything in relation to this group confidentially then call Dale on 01978 813910 or pop into the Opportunity Centre and ask for Dale Stanway .

Grants for school uniforms

Have you got a child who has just gone into year 7, are you claiming free school meals, Income support, Income based Job Seekers Allowance, Pension Credit, Child Tax Credit or have an income below £14,495 and not in receipt of Working Family Tax Credit. If so you may be entitled to a grant of £97.50 towards the cost of a school uniform. Application forms are available by contacting Dale at The Opportunity Centre in Plas Madoc. Help if needed will be given to fill in the grant forms, Call Dale on 01978 813910.

Minister visits Communities First

The Minister for Social Justice & Local Government visited Plas Madoc Communities First to see at first hand the regeneration work taking place on the estate. The minister met with Co-ordinator, Miriam Beard and Chair, Mark Leather and other staff and also had time to view the Little Sunflowers Child Care provision and take in the Garden of Senses, where he commented on the progress being made on the estate. "I am also impressed by the commitment and drive of people who provide these services to the public and getting their perspective on a range of issues is invaluable." Said Dr Gibbons.

August Fun Day

The community of Plas Madoc didn't let the wet, miserable weather put them off from attending the annual Fun Day held at Rhosymedre Junior School's field. Hundreds of people came through the gates to brave the fast and exciting fun fair rides as well as having a look at a number of displays and attractions.

Carnival Queen Nessa Jones and her Attendants, Kelsey Barton (left) and Nicky Storer (right) before getting into their pink limo for the procession

The Fun Day commenced with the inaugural Plas Madoc Carnival Queen Procession, which set off with newly crowned Carnival Queen, Nessa Jones accompanied by her attendants Kelsey Barton and Nicky Storer, in a massive pink limousine kindly supplied for the occasion by Starlight Limousines from Rhosymedre. Following the Carnival Queen came a tractor and trailer from Ty Mawr Country Park full of toddlers from Little Sunflowers and the Plas Madoc Playgroup. A number of community projects were then represented in the foot procession such as the Dance Group, Venue Youth Club and Get Out and Play Scheme. Bringing up the rear was a fire engine from NW Fire & Rescue Service based at Johnstown and its army counterpart the Green Goddess. The procession took in a circuit of the estate before returning to the Rhosymedre Junior School where the Carnival Queen officially opened the event.

Carnival Queen Nessa Jones and her Attendants, Kelsey Barton (middle) and Nicky Storer (front) in their pink limo from Starlight Limosines

A view of members of the Plas Madoc community taking part in the Carnival Queen Procession.

On the field the community were joined by the Deputy Mayor of Wrexham Cllr D Griffiths and his wife the Deputy Mayoress, who toured the marquee housing stalls from Victim Support, NW Police, Youth Forum, Pennaf Housing Group, Action for Employment, 50 Plus Group and the Gunjur project, where youngsters from Plas Madoc went about raising funds for their planned trip to Gambia in early 2008. Also in attendance was the IMPACT Vehicle Roadshow from NW Fire & Rescue Service, which delivers a poignant road safety message. For those wanting a bit more action there were football and basketball competitions, tractor rides and a chance to have a go on the play equipment from the Get Out & Play Scheme. A dog show, sponsored by Pets at Home, Plas Coch was held with fun categories for local people to enter their dogs into. Of course the Fun Fair comprising 8 rides for all ages stole the show with many people spinning around at high speed for most of the day.

The Deputy Mayor of Wrexham, Cllr David Griffiths with Peter Jackson and Kayleigh Griffiths of the Gunjur Project, who attended the Fun Day to raise awareness of their plans to visit Gambia in 2008

Plas Madoc Communities First raised nearly £1700 from the event, which will now be invested in community projects taking place on the estate; and would like to thank all of our partners particularly Rhosymedre Junior School , North Wales Police and WCBC Environment Dept. who provided significant assistance to ensure the day went off successfully. PMCF would also like to thank the residents of the estate living near the site for their patience and understanding during the last few days. Plas Madoc communities first held a fun dog show as a part of the August Fun day held on Saturday 18th August,

The dog show was attended by residents of Plas Madoc & other dog owners. All the dogs entering left with a Certificate & a doggy bag full of goodies kindly donated by Communities First and local pet superstore Pets at Home. There were three fun classes' judges by local PCSO Chris Cheshire and Regeneration Officer Sue Ball-Cole, who were both impressed with the dogs and the skills of their owners. The results of the show are below.

Most Obedient

Cleo owned by Yolanda Bathers

Lucy owned by Chris Poglettke

Jesse owned by Mr Alvin Evans

Best Groomed

Jess owned by Mr Alvin Evans

Lucy owned by Chris Poglettke

Jess owned by Mrs Stephanie Griffiths

Prettiest dog or Bitch

Jess owned by Mrs Stephanie Griffiths

Cleo owned by Yolanda Bathers

Jesse owned by Mr Alvin Evans

Trolleys for hire

Plas Madoc Communities First has purchased 2 trolleys, which can be borrowed by people living on the estate to help move objects to the local skip site. The trolleys are capable of shifting items as large as a sofa. If you wish to borrow a trolley there is a small charge of £2 per half day, along with a deposit of £5 which will be returned once the trolley is handed back in undamaged. Proof of ID will be required. If you would like to borrow the trolley please contact David Gittins or Andrew Harradine at The Opportunity Centre or by calling 01978 813910.

PLAS MADOC MINI OLYMPICS

The first week of the summer holidays proved to be an energetic one for the children of Plas Madoc, Trainers and their owners were worn out by the end of the week. The reason for this was because Plas Madoc became the host to their very own Mini Olympics.

The event was organized by Plas Madoc Communities First and was held on Rhosymedre school field over the first 5 days of the school holidays. There were many different events available and children from as young as 4 through to 18 took part. Events included: 100m race, hurdles, football, basketball, rounder's, tug of

war, sack race and many more, even the staff from Communities First dusted off their trainers for a race.

The children proved to be excellent athletes and competitors and really got into the spirit of the Olympics. All the children received a participating medal and all 1st 2nd and 3rd places won a gold, silver or bronze medal, many children went home with several medals around their necks.

The event was arranged in order to encourage participation in sport in the young. Now days our society is full of new exciting technology which the children love. However, many of these new gadgets keep today's children inactive, leading to an increase in childhood obesity, depression and anxiety. The week long Mini Olympics proved a great success with an average of 38 children attending each session, all the children took part and worked well together. It shows that if children are exposed to sport they participate and have great fun while keeping fit, the event was so successful that we will be holding yearly Plas Madoc Olympics and you never know we could have some champions for the 2012 Olympics. Along with yearly Olympics we now want to continue with our drive for active living and aim to set up regular sports on the estate. If anyone is good at a sport and wishes to volunteer their time for the children of Plas Madoc please contact Jenny Biesty or Dale Stanway at the Opportunity Centre. A Big thank you to Rhiwbon High School for the use of their hurdles and Rhosymedre Junior School for the use of their field. The results of the races are as follows:

Mini Olympics 2007 Results [click here](#)

Weekly shopping Trip to Asda

Communities First are providing a weekly shopping trip to Asda superstore in Wrexham, The bus will pick up and drop off at the following locations,

11am at the Opportunity Centre,

11.05 Whalleys Way car park

11.10 The Leisure Centre

The service will start on Wednesday 18th July. There is a small charge of £1 for the return trip, which can be paid on the day.

If you are interested in becoming a driver or have any queries then contact Dale on 01978 813910.

UNWANTED OLD MOBILE PHONES

Plas Madoc Communities First is working alongside Go Green and Everyman to collect old mobile phones for recycling. By donating your old mobile phone you will also be helping research into Male Cancers. The drops off boxes are situated at The Opportunity Centre, The Venue and Plas Madoc Central. For further information contact Dale on 01978 813910

PLAS MADOC ENVIRONMENTAL ACTION DAY

See Projects page for report on this successful day

Making a Difference Awards 2007 - Have your say!!!

PMCF is holding its annual Making a Difference Event on Friday 29th June 2007 This year we need your help in voting for members of the Plas Madoc community who have "made a difference" by their efforts on the estate. Each household on Plas Madoc will receive a nomination pack. Please use this pack to tell us who should win the awards and why. There are a number of categories; Community Award (x2), Group Award, Professional Award, Youth Award (x2) and a Special Award. For those who return a completed form there is a prize draw for High Street Vouchers, so it is worth your time to take part. Forms should be returned to The Opportunity Centre. A copy of the nomination pack can be downloaded here.

Alan Youens the Neighbourhood Warden for Plas Madoc in 2006 receives a Special Award from residents Arthur & Joan Hopwood at last year's Making a Difference Event.

Welsh Rugby Legend Jonathan Davies MBE will be our special guest at the Making a Difference 2007 Event to be held on 29th June 2007 at Ysgol Rhiwabon.

Jonathan Davies' rugby career has crossed both codes of play. At the age of 17 Jonathan left school and became an apprentice painter and decorator. Jonathan signed for Neath RFC in 1982 and after 35 games for the club he was selected to play for Wales . His first game was in Cardiff Arms Park against the age old enemy England . Jonathan gave a Man of the Match performance, scoring two tries in a Welsh victory. In recent years Jonathan moved into television and radio work, and has built his second career as a popular sports commentator or in both Welsh and English.

SUPERMARKET SHOPPING

Do you find your local supermarket and shop expensive? Do you want to have a chance to do your weekly shop at a supermarket of your choice? Plas Madoc Communities First is proposing to provide transport to supermarkets in Wrexham. If you are interested please contact Dale Stanway on 01978 813910 or pop into the Opportunity Centre and pick up a questionnaire.

PLAS MADOC ENVIRONMENTAL ACTION DAY

Plas Madoc Environmental Action Day will take place on Wednesday 6th June 2007 between 9:30am and 4pm. The event will target the areas of Gwynant, Glaslyn, Alwen, Dinas and Ogwen providing help to remove unwanted items from properties as well as a general clean-up operation. There will be door to door teams visiting all properties offering advice on crime prevention and fire safety as well as offering the chance to speak to representatives from the Housing Office. The event has been arranged by the Plas Madoc Community Safety Group and is supported by the Wrexham Joint Action Group and Community Safety Partnership.

PLAS MADOC MINI OLYMPICS

Come and join our Plas Madoc Mini Olympics it will be held on Rhosymedre School field from Monday 23rd July through to Friday 27th July from 3.30pm until 8.30pm. The Mini Olympics are open to ages from 7 to 18, if you fancy taking part then call Jenny Biesty or Dale Stanway at The Opportunity Centre on 01978813910 to register. There is a vast array of events on offer including; 5-a-side football, netball, volleyball, table tennis, field sports and running races, tug of war and bowls to name a few. There will be a formal opening ceremony with a closing party including a BBQ and disco. There will also be a staff team from Communities First waiting to take on the winners of the 5-a-side competition. Please click [here](#) to view the Mini Olympics Timetable.

Communities First are looking for anyone who is interested in attending a taster session of the popular game Crown Green Bowling. Crown Green Bowls is an outside sport, similar to the more common Lawn Bowls (or Flat Green Bowls as we know it). One of the great things about this game is that it played by a vast range of people, both men and women, from the age of 9 to 90

If you are interested then contact Dale on 01978 813916 or pop into The Opportunity Centre for a chat.

WELLBEING TASTER EVENT

Tuesday 22nd May 2007

1 1.00 am - 3.00 pm

At the Opportunity Centre, Plas Madoc

The event is free and everyone is welcome to pop in at anytime during the day
[click here for programme of events](#)

Brazilian Jiu Jitsu

Brazilian jiu jitsu is back, the sessions will be run by Victor Scott (European Super Heavyweight Champion) and Glyn Powditch (European Middleweight Bronze Medallist) the sessions running on Saturdays at The Opportunity Centre 9.45 till 11.00 for children aged 7 to 12 and 11.00 till 12.00 for adults For more information contact Sandra Ashfield on 01978 813916 or call in at the opportunity centre. For more information on the benefit of the sport [click here](#)

Current Training Courses

Basic Counselling Skills

Wednesday mornings, 9.30 - 11.30am 10 weeks Start date: 28th February End date: 16th May

Basic IT Skills

Thursday Mornings, 9.30 - 11.30am 12 weeks Start date: 1st March End date: 31st May

OCN Introduction to British Sign Language (BSL)

Friday afternoons, 1 - 3pm 10 weeks Start date: 2nd March End date: 18th May

NEW FOOTBALL TEAM

Wayne Keefe the youth worker at The Venue on Plas Madoc is looking for youths over the age of 16 to set up a Plas Madoc football team for more information contact Wayne Keefe on 01978 822768 or Sandra Ashfield on 01978 813910

Wildlife Explorers Group - Supporting local wildlife

Plas Madoc children attending the Plas Madoc wildlife Explorers group based on the estate while using The Venues youth club facilities have successfully produced 20 blue tit boxes in just a two hour session. The workshop allowed local children aged between 8-14yr to get directly involved in nature conservation.

The key aim of this event was to involve local youngsters in making a difference by creating homes for small birds using basic materials and learning how to use simple wood working tools.

These sessions will concentrate on allowing children to access there local and regional area's with the emphasis on learning new skills and allowing them to develop a love of been outside in the British Countryside, but at the same time making if a fun and an enjoyable experience.

Urban kids helping local barn owls

Over the Easter holiday period the hard working youngsters, who attend Plas Madoc Communities First - Venue have been participating in setting up there own barn owl nest box building project.

The barn owl was once a familiar sight in the British countryside. As its name suggests, it was frequently found in and around farm buildings. Unfortunately in modern times there population numbers have suffered a decline.

The task comprised of making two 'A' frame designed boxes which are suitable for installation on to large trees.

This has enabled the group to learn a whole new range of wood working skill through the delivery of this project

Plas Madoc Food Co-operative

Let us help you reach your '5 a day'!

Eating more fruit and vegetables is the key to a healthier lifestyle. Reach your '5 a day' by becoming a Plas Madoc Food Co-op customer. The produce is delivered by a local supplier - Farm Fresh Supplies Ltd (The Veg Shop, Ruabon) and offers high quality and good value.

Order and collect your fresh produce from The Opportunity Centre every Monday (Tuesday if Monday is a bank holiday) between 2 - 4pm.

Buy veg, salad or fruit at £3 per bag.

Contact the Opportunity Centre on 01978 813910 for more information.

Lighting in Plas Madoc

Cefn Community Council have agreed to install 3 new street lights on the estate, the funds will be available in April

Plas Madoc Leisure Centre

There will be a 2 month consultation period to gather people's view on the future of the Leisure Centre, which according to reports is earmarked for closure. If you have any comments about this then please contact Communities First

FLYING START TRAINING 2007

This training is funded via Flying Start and is free to people living or working in the areas where the training is being carried out. Other people are welcome to join the training at the subsidised prices...[click here for training schedule and prices](#)

Young Mums Group

Plas Madoc Communities First and Sure Start are setting up a new group for expectant mums aged 20 and under from Plas Madoc. The group will be very informal and relaxed and will enable expectant mums to make new friends, share experiences and help each other. Antenatal sessions will be run and issues such as feeding, healthy eating, relaxation and benefits are just some of the topics that will be discussed. The group will run every Wednesday 12.30 - 2pm from the ICC and is free of charge with lunch provided.

Early Years Provision

See the Day Care & Early years page for details of services available on Plas Madoc

Self-Harm & Eating Disorder Support Group

A support and social group for people who self harm or have an eating disorder runs each week on Plas Madoc. The group has been running for several months, and offers people experiencing difficulties a place where they can talk in a supportive environment. The group previous ran in the evenings although by the request, this has now been changed and will run every Tuesday between 11am-12pm. The group meets at the Opportunity Centre.