

## Co-ordinator's Message

The staff at Communities First wishes you all a Happy New Year.

It is hard to believe we are in our sixth year as it has gone so quickly. I know everybody says that but it really has. There have been so many changes on Plas Madoc and the future looks hopeful with many more to come. Not least with the possibility of a Sainsbury store opening in Ruabon. I know some people are not keen on the idea and some welcome it with open arms. The locality makes it easier to access which is a bonus. Having a variety of things to buy is under one roof is also a bonus. Job opportunities will also be forthcoming. If there are any comments you would like to make regarding the above please let us know. We have already received requests for more information which we are happy to pass on.

During the past 5 years we have been revisiting the possibility of a health centre on Plas Madoc. Gathering information and arranging meetings takes its toll and is a lengthy process but I am happy to say all the hard work seems to have paid off. I attended a meeting just before Christmas with the Local health Board to begin the planning process for a Locality Centre to be built on Plas Madoc. I feel confident that the people around the table supporting this new build are committed to seeing this through to the final stage. Brien Powell in particular has been an avid campaigner for a health centre to be built on Plas Madoc and it is due to his persistence that it is finally at the planning stage.

I would like to thank all the people who have and still are working with Communities First and have been actively involved in working for their community. I am sure many of you have seen Charlie Davies and his friends cleaning the brook and tidying gardens for some of the senior citizens who live on Plas Madoc. Special thanks from all at CF go out to the many people who have given their time and efforts to help with all the activities and events held. The Santa's Grotto was fantastic and the children were mesmerised by it. Halloween was as scary as it could be with volunteers making fantastic costumes throughout the night. Plas Madoc's Got Talent, The Coracle Project, The Environmental Day, to name but a few have all been a great success without the support of the community none of this would have been possible.

Eight young people will be flying out to the Gambia at the end of January for a week. We are so excited for them and can't wait to hear all their stories when they return.

Happy New Year to you all

## Little Sunflowers

Little Sunflowers would like to wish everyone a Happy New Year and to welcome all the new Flying Start children. The open day for the new children was Wednesday 7<sup>th</sup> January where they received their free book bag which included a cookery book, shapes book, colouring book and also a Nursery songs and Rhyme book from the Language and Play team. The children have all met their key workers and are settling in well. Little Sunflowers provides a fun, caring environment with highly qualified staff where parents/carers can leave their child knowing that they will learn, develop and socialise.

### Cook & Eat Course

Starting on 14 January, 7 residents from Plas Madoc will be taking part in a six week cook and eat course, run in conjunction with Dieticians from Wrexham NHS Trust. The women will learn how to prepare and cook healthy meals, as well as learning about food nutrition. The course is fully booked, but if you would like to take part in a future course, please contact Sian Hughes on 01978 813910.

### Reflections Group

Reflections is a group for children aged 8-11 who do not access mainstream services, this can be due to a number of reasons including shyness, lack of confidence or a disability.

The children can take part in a wide range of fun activities including arts and crafts, physical activities such as skipping, football, face painting, computers and lots more. The group is run by qualified, experienced workers every Friday between 3.30 – 5.30, if you think you're child would benefit or you would like any more information please pop into the Opportunity Centre and speak to Claire Pugh alternatively phone 813916.

### Working with Children

Are you interested in working with children?

'Making choices' is a fun course aimed at people considering working with children, but maybe unsure which direction to take!

The course will begin on the 28<sup>th</sup> January between 12.45 – 2.45, for those with younger children there will be a free crèche provided.

To book a place or for more information pop into The Opportunity Centre and speak to Claire Pugh alternatively phone 813916

### Play Scheme

Get out and Play is the open access play scheme that travels around the estate through the holidays, the scheme is for children aged 5-15.

Playwork is a rewarding career which is fast developing !

Are you fun, energetic and motivated?

If yes, would you be interested in volunteering at the playscheme?

Please contact Claire Pugh on 813916 alternatively pop into the Opportunity Centre

### Food Co-op Returns

Volunteers are wanted for the new and improved Food Co-op at Plas Madoc Communities First. Can you spare 2-3 hours of your time on a weekly basis to sort and bag up fruit and veg? If you can please contact Sian Hughes at The Opportunity Centre on 01978 813910 or feel free to pop in to find out more. Training will be provided.

### Youth Club

The Venue has changed its opening times for senior session. The new times are 6.15pm to 8.45pm on a Monday to Thursday. Detached workers will be working on the following evenings Monday and wednesdays from 6.15pm to 8.45pm. If you

would like to find out what areas of Plas Madoc they will be working in situated on the nights, please contact The Opportunity Centre on 01978 813910.

#### Open University

The Open University will be running a course in Plas Madoc called Understanding Children.

A free taster session will be held on 19<sup>th</sup> January between 10am and 12:30pm at The Opportunity Centre. This will be a chance to look at course materials, meet the tutor, and learning about Open University in general.

#### Rhosymedre Community Primary School

Forms are now available to register your child with the Nursery. Please pop into the main school building for more information.