

Wildlife Explorers

Plas Madoc youngster at the Venue had the opportunity to learn the fine art of dowsing using only L- shaped rod's held out in front of them. The rods suddenly swing towards each other indicating that a watercourse is in close proximity. The tradition 'Y' shaped hazel stick is more commonly seen on TV. But any one can learn to dowse. It takes a little patience and an open mind. And best of all it is fun to learning as a group.

How do you do that!

- Use an old fashioned metal coat hanger and make it into an 'L' Shape.
- Hold them gently and loosely. One in each hand, the top wire slightly tilted downwards.
- Walk slowly, take your time. Start in an area where you know there are pipes and water courses.
- Believe – it might just happen.

For more information on future events with the Wildlife Explorers contact David Gittins on 01978 813914 or pop into the Opportunity Centre.

Free Courses

Communication Skills for Parents:

Do you reach deadlock when faced with challenging behaviour from your children? Much of the conflict in these situations is made significantly worse by a breakdown in communication. This course, running over 3 weeks, will help you to learn how to open two way channels, examine the role we play in escalating conflict and discover how improved communication can make a real, positive difference.

Stress Busters!

Find and examine what is causing stress in your life, increase your confidence and pick up some practical tips to help you 'cope with anything' with this free 2 hour course.

Computers for the Clueless

If you don't know where the start button is and think a mouse is a squeaky furry animal – this 3 week course is for you. Learn how to create and file basic documents, how to find them again, create a useful diary for yourself and find out what you can use the internet for. You don't need any typing skills or experience of using computers.

Interview Skills

This short course will give you an extra boost of confidence when attending interviews. Learn how to manage those nerves and feel relaxed at interviews and other difficult meetings.

There is a choice of morning or evening sessions, so for more information, to book a place on any of these free courses or to find out what other training we can help you with, contact Sandra Hughes, on 01978 813916, sandra.hughes@plasmadoc.org or pop into the Opportunity Centre.

Community Safety Group

The Community Safety Group will meet tomorrow at 3.00 pm at The Opportunity Centre. The group has just identified its priorities for the coming year and is keen to see more people taking part and putting their views across. Please feel free to pop along to this meeting or contact Andrew Harradine on 01978 813917 for more information.

Little Sunflowers Child Care

The Little Sunflower's Valentines Disco was a massive success attracting over 80 children. The youngsters filled the infant hall at Rhosymedre Community Primary School and danced along to the latest hits as well as enjoying hot dogs and drinks.

Venue Youth Club

The Venue Youth Club has closed for maintenance; however the Youth Workers are providing a varied programme of events for the next couple of weeks. For more information in relation to the temporary changes, please contact Sandra Ashfield on 01978 813912 or pop in to the Opportunity Centre.

Half Term Holidays

The half term holidays were a great success. The young people participated in a number of fun activities which included a trip to Wrexham's ten pin bowling, pool and darts competition and arts and crafts workshops. The junior session also took part in St Patrick's Day celebrations.

Play

Play is a fundamental necessity for all children and young people, unfortunately the children today have limited access to 'real' play opportunities due to traffic, stranger danger worries and lots of other barriers which can deter parents allowing their children to venture outdoors alone.

Try to remember how you used to play.....

Going out in the morning with a bottle of pop and only returning home when it was getting dark, exploring, making dens, climbing trees?

All of which gave you the life skills needed in later life.

As Play and Early Years Participation Officer I am currently researching play, past and present and would appreciate any information / photographs etc you could offer on the play opportunities you as adults had when you were younger. If you think you could help in anyway please contact Claire Pugh on 01978 813912, alternatively pop into the centre and ask for Claire.

Carers Support Group

Are you looking after a relative, friend or neighbour, who, because of a disability, sensory impairment and/or the effects of age could not cope without your help? If yes, then you are a Carer. Working in partnership with Wrexham Carers Service, Plas Madoc Communities First is starting a carers support group on Thursday 26 February between 9:30 – 11:30 at The Opportunity Centre on Plas Madoc. If you would like to come along, please contact Sian Hughes on 01978 813918 or drop in. The support group is open to all areas and ages.

Food Co-op

Are you stuck with ideas of how to use the vegetables in your veg bag from the weekly food co-op? This easy to follow healthy recipe will help you to prepare a quick and simple meal in no time!

Country Vegetable Soup

1 kg (2 lb) mixed root vegetables — carrots, celery, leeks, onions, parsnips, potatoes, swedes, turnips, etc.

75 g (3 oz) butter or margarine

2 cloves garlic, sliced

bay leaf

salt and pepper to taste

300 ml (1/2 pt) good chicken or vegetable stock

Method

1. Wash and prepare the vegetables, trimming and peeling where necessary, and slice them.
2. Heat the butter or margarine in a large pan and add the vegetables, garlic, bay leaf, and a little salt and pepper.
3. Stir well, then cover and cook slowly for 15 minutes, stirring occasionally.
4. Add the stock, bring to the boil, then cover and simmer gently for 30 minutes or until the vegetables are tender.
5. Remove the bay leaf. Strain the soup, reserving the liquid.
6. Coarsely mash or blend half the vegetables. Add to the liquid.
7. Sieve or liquidize the remaining vegetables until they form a thick puree.
8. Add to the soup, reheat and taste for seasoning.
9. Spoon into individual bowls and serve

For more free healthy recipes, pop into the Food Co-op every Monday between 1:30-3:30 at The Opportunity Centre on Plas Madoc.

Altcourse Prison

Another trip to Altcourse prison has been arranged for July. In addition to a guided tour of the prison you will watch the Choose Life drama showing how easy drugs and alcohol can result in a custodial sentence. If you are interested in attending this visit call Clare on 01978 821210 or call into the Drop-in at Peris.

Vehicle Protection

PCSO Chris Cheshire from North Wales Police has provided Plas Madoc Communities First with vehicle protection kits called 'Don't Bother Kit'. The aim of the pack is to deter car thieves from your vehicle. Packs are limited so please contact the Opportunity Centre on 01978 813910 if you would like to receive one, alternatively pop in to the centre which is open Monday to Friday.

The Venue Dance Groups

The dance sessions are back on. The Junior group (age 3 years to 8 years) meets every Wednesday from 5.00 pm till 7.00 pm at the Rhosymedre Community Primary School junior building, fee £1, which includes refreshments. There are currently 38 member's for the junior group and 10 dance member's for the senior group (age 8 years and upwards). The senior group meet at the Opportunity Centre each Monday evening from 6.30 to 8.00 pm. So come along and join in the fun. For more information contact Sandra Ashfield on 01978 813912 or call in at the Venue Youth Club.

Girls Football Team

Are you aged 8 – 12? Interested in learning new skills and having fun at the same time? Then come along to the Plas Madoc Girls Football team sessions each Thursday at the Leisure Centre. Sessions are run by a qualified coach, for more information or to get a membership form contact Jade Davies on 01978 813915 or pop into the Opportunity Centre, Plas Madoc. Fee 50p.