

Play Research Project

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 their children venture outdoors alone.

Try to remember how you used to play.....Did play involve going out in the morning with a bottle of pop and only returning home when it was getting dark, exploring, making dens, climbing trees? As Play and Early Years Participation Officer I'm currently researching play past and present and would appreciate any information / photographs, etc. you could offer on the play opportunities had when you were younger. If you think you could help in anyway please contact Claire Pugh on 813918 alternatively pop into the centre and ask for Claire.

Recognition for Contributions on Plas Madoc

At the recent Community Safety Group members voted to publicly thank the Estate Caretakers and Parks Team for their efforts during the snow and ice. The Group felt that the extra gritting of the footpaths that was done by hand, made a significant difference and allowed people to move more safely around Plas Madoc during the cold spell. The Group also felt that WCBC had done a good job with the main gritting runs in and around Plas Madoc.

PCSO Chris Cheshire was also singled out for praise by members of the Safety Group for his ongoing work on Plas Madoc, which they felt was contributing to a safer, cleaner and better looking estate.

St David's Day

Little Sunflowers children had fun celebrating St David's day and making daffodil handprints and cards for their loved ones. The time is fast approaching for some of our children to move onto Early Years Education after Easter and will be sadly missed, Visits to Lil Stars are to be arranged to allow the children to meet the staff and to play in the setting making their transition easier.

Allotments

Are you interested in developing a community allotment site on Plas Madoc? If there is, please contact, David Gittins at Plas Madoc Communities First, who is currently looking to create a date base of interested people. We would like to hear from you, so please don't hesitate to contact us at: - The Opportunity Centre, Hampden Way, and Plas Madoc. So you can leave your contact details. David Gittins is Environment & Arts Officer and is funded by The Big Lottery Fund Wales.

Prison Visit

An educational visit to Altcourse prison will take place on July 28th. Anyone 14 -25 wishing to go on this visit should call into The Drop In for more information or ring Clare Barnes on 01978 821210. The Drop In is now open every Tuesday and Thursday until 5.30pm so if you are aged 14 - 25 and need help with any issues then just call in.

Play Scheme

'Get out and Play' ran through the half term holidays with an average of 22 children and young people attending each session, the current staff, children and young people welcomed two new members of staff to the play scheme, Scotte Griffiths and Nicola Birchall who attended training in playwork earlier this month. The young people enjoyed lots of fun activities including toasting marshmallows over the fire pit, den building and creative play,

we were visited by David Gittins the Environmental Officer from Communities First who kindly offered the young people the opportunity to search for water through a divining activity, Sian Hughes the Fitter and Trimmer Development Officer hosted a healthy eating road show on the last day of the play scheme, all the children were given the opportunity to make fruit smoothies and vegetable kebabs.

Early Years Library

On Tuesday 24th February Little Sunflowers Day Care had a surprise visitor attend their story telling session. Pupils from Ysgol Rhiwabon and Staff from Youth Work and Education assisted Nerys Woodall the Early Years Librarian for a fun packed afternoon of action rhymes and stories. The Little Sunflowers story of the week was We're Going on a Bear Hunt and the children thoroughly enjoyed meeting the friendly giant bear.

Cook and Eat

Last week saw the end of the current Cook and Eat course at The Opportunity in Plas Madoc. Six women – Gemma Doyle, Donna Griffiths, Denise Shailer, Stephanie Roberts, Katie Pemberton and June Truby have successfully completed and passed the 6 week course, where they have learnt to prepare and cook healthy recipes on a budget as well as improved their knowledge on nutrition. Meals have varied from Banana Muffins to Chicken Lasagne and Sweet and Sour Pork. Siân Hughes would like to congratulate the women on passing the course and thank Carolyn Watts, Dietician from North East Wales NHS Trust for facilitating the course. If you would like to take part in a future free course please contact Siân Hughes on 01978 813918.

Food Co-op

Don't forget to come along to the weekly Food Co-op at The Opportunity Centre every Monday between 1:30-3:30. A choice of veg, fruit or salad are available to order at £3 a bag or £1.50 half a bag. This week the £3 fruit bag contained 5 bananas, 5 apples, 2 pears, 2 oranges and 2 kiwi fruits – which demonstrates what excellent value for money the bags are. Everyone welcome.

Fitter & Trimmer Club

Do you want to lose weight but need some support in a relaxed and friendly place? Then come along to the Fitter and Trimmer Club which is held every Thursday at 5:30p.m at The Opportunity Centre on Plas Madoc. Admission is only £1. For further information contact Siân Hughes on 01978 813910. Everyone welcome.

The Venue dance groups

The dance sessions are back on the group meets every Wednesday from 5 pm till 7.00 at the Rhosymedre school hall a small fee of 1 pound entry, which includes refreshment. There are currently 38 member's for the junior session and 10 dance member's for the senior session which is held at the opportunity centre on a Monday evening from 6;30 to 8 pm. All attendees for these sessions express how much they enjoy and look forward to every week for the dance. So come along and join in the fun. For more information contact Sandra Ashfield on 01978813910 or call in at the venue youth club

The Venue

The Venue youth club we be reopening on Monday 9th march 2009 for more information on the activities being run contact Sandra Ashfield on 01978 813912 or stop and ask communities first detached team that are around the estate or the youth workers