

### **Extra Care Plans on Show**

Don't forget that the plans for the new Extra Care Development are on show at The Opportunity Centre this afternoon between 2pm and 4pm. There is then a second event on Thursday 19<sup>th</sup> March taking place at The Plas Madoc Leisure Centre between 2pm and 6pm. This is a chance for local people to come and see the plans, make comments on them and seek more information about what Extra Care means and how it might be of interest.

### **Railway Bridge Vandalism**

Following the criminal damage caused to the railway bridge late on Tuesday night last week, Plas Madoc Communities First and North Wales Police devised an immediate response to the situation and by the middle of the following afternoon a team of four young adults from the estate had volunteered to paint over the slogans. North Wales Police supported this action by providing two local officers to control traffic on the bridge, whilst the painting took place. We are very grateful for the help that these young men provided and for the assistance of North Wales Police in getting this offensive and completely unacceptable graffiti removed as quickly as it was. Anyone who has any information on who was behind this act of vandalism should contact the Police as soon as possible.

### **It's a Frog's Life**

Plas Madoc toddlers who attended the Little Sunflowers Nursery which is run by Plas Madoc Communities First once again have the opportunity to observe wildlife on their door step using a purpose made outdoor frog life-cycle tank which has been made with support from the Plas Madoc Communities First Environmental & Arts Officer who is funded through "The Big Lottery Fund". Over the next 12-13 weeks the youngsters will be able to witness the development from egg through to tadpole and then on to fully grown frog. This project will be incorporated in to the children's sessions through story's, pictures, and is a fantastic way for children to discover nature in their own Nursery back yard..

### **Global Group**

A new Global Group has started which will look at the issues facing people, particularly young people around the world. We will look at issues such as recycling, poverty, child labour and conflict but in an informal and positive way. If you are aged 12 – 18 and would like to know more about this group then come along to a meeting on Tuesdays 4 – 5 pm at the drop-in or ring Clare on 01978 821210.

### **Open University**

A group of new Open University students had the first support session last week and are all keen to start their studies on various courses. If studying from home with hours to suit is something you are interested then why not have a chat to Clare at the Drop-in or ring 01978 821210. There are a variety of courses on offer and if you are on a low income some could be free.

### **Healthy Eating Roadshow**

The next Healthy Eating Roadshow will take place on Friday 20<sup>th</sup> March from 4p.m at The Venue Youth Club. Delicious dishes will be prepared and cooked by young people that attend The Venue for all to try. If you would like to be involved in future events or cooking courses such as the popular Cook and Eat course, please contact

Sian Hughes on 01978 813918 for further information.

**Food Co-op**

Don't forgot to come along to the weekly Food Co-op at The Opportunity Centre every Monday between 1:30-3:30p.m. 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 salad bag contained a lettuce, 5 tomatoes, a big bunch of spring onions, a packet of beetroot and a pepper. For further information contact Hughes on 01978 813918 or pop into The Opportunity Centre.