

### Plas Madoc Communities First on Facebook

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### Healthy Eating Roadshow

Today sees the last of the Healthy Eating Roadshows, which will take place between 11a.m and 2p.m at the Drop In, 48 Peris. Thanks to a grant from Health Challenge Wrexham, people living in Plas Madoc have taken part in seven Roadshows since November last year. The aim of the Roadshow is to show people out how easy it is to prepare and cook healthy meals on a budget. People attending the Roadshows have so far enjoyed free leek and potato soup, beef stew, banana and strawberry smoothies and vegetable kebabs. At two of the Roadshows free goodie bags containing ingredients for the soup and stew were given out, together with recipes and information on healthy eating and exercise. At today's event delicious chilli (both beef and vegetarian), smoothies and jacket potatoes will be served to all who attend. Siân Hughes would like to thank all volunteers that have helped to cook the food.

### Fitter & Trimmer Group

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 813918. Everyone welcome.

### Parents

The next Parent Carers Support group will take place on Thursday 26 March between 10:30 – 12:30 at the Opportunity Centre. If you would like to come along, please contact Siân Hughes on 01978 813918 or drop in. The support group is open to all areas and ages.

### Play Boost for Plas Madoc

As I'm sure you're aware Plas Madoc Communities First has been granted £125,000 to develop play opportunities on the estate. A percentage of this money will be used to improve the existing site at Gwynant and also develop a new and exciting adventure playground for the children and young people. Over the next few months we will be undertaking consultation with the children and young people, adults are also welcome! This consultation aims to give the young people a voice, giving them an input in the development of their play spaces. For more information pop into the Opportunity Centre or phone 813910

### Toddler Group

Do you want to meet new parents / carers? Do you want somewhere where your toddler can play in a safe environment? If yes come along to the parent and toddler group every Friday, in the ICC next to the Opportunity Centre. Starts at 12.30 – 2.30 **free** to join with a healthy free snack for all children.

For more information pop into the centre or call 07717858580

### Little Sunflowers Childcare

Little Sunflowers provides a fun environment for children with new play opportunities and the chance to sing and dance. Every week we choose a song which we sing every day to help the children to learn both the actions and the words. The children really enjoy song time and if you are interested in learning new songs and rhymes then this article could help you. This week's song is Wind the bobbin Up the words are as follows :

Wind the bobbin up,  
Wind the bobbin up,  
Pull, pull, clap, clap, clap,  
Wind it back again,  
Wind it back again,  
Pull, pull, clap, clap, clap  
Point to the ceiling,  
Point to the floor,

Point to the window,  
And point to the door,  
Clap your hands together,  
1, 2, 3,  
And put your hands upon your knee

Little Sunflowers have received their annual inspection. Mrs Anne Manning of CSSIW who wrote the report was very complimentary and described the service as highly organised, providing a good level of care for the children who attend. Mrs Manning visited the Flying Start and Rising 3's and 4's rooms and was pleased with the overall behaviour of the children which during the session was very good and all staff were positive role models. The children were all happy and busy throughout the afternoon. Sharon would like to thank Anne for her positive feedback during the visit and all of the staff for their hard work and commitment and a huge thank you to those parents who completed questionnaires.

#### Plas Madoc Drop-in

Have you ever wondered what happens at the Drop-in? Well now is your chance to find out. On Tuesday March 24<sup>th</sup> 11am – 2pm there will be a healthy living roadshow at the drop-in where you can sample smoothies and enjoy chilli, jacket potatoes curry and rice and have the chance to look around the drop-in and talk to some of the agencies that provide support from there. All welcome. For more information ring Clare Barnes on 01978 821210 or Sian Hughes on 01978 813910.

#### The Venue

The Venue detached team will be available for young people on a Monday, Wednesday and Friday night from 6.15 to 8.45pm. The detached team offer a number of activities for young people based around issues where needed. For more information on which part of the areas the detached team work, phone the Opportunity Centre on 01978 813910

The Venue youth workers are looking for ideas for arts and crafts sessions to be held with the juniors, anyone young person or parent who would like to give their ideas are welcome to phone the Opportunity Centre on 01978 813910.

#### Plas Madoc Extra Care Development

Thank you to all the residents who attended the two open events where the plans for the new Extra Care Development were put on show. We have collected a list of over 50 interested people and over the coming weeks we will arrange trips to view other Extra Care Developments in N Wales. For more information or to see the plans contact Andrew Harradine on 01978 813910.

#### Community Safety

The next Community Safety Meeting in Plas Madoc takes place tomorrow at 6:30pm in The Opportunity Centre. Please come along and discuss issues that concern you on the estate and contribute to the development of action plans to put them right!