

### Sainsbury's

There is a display about the proposed Sainsbury's Store and Business Park Development in the reception area at The Opportunity Centre, providing some brief information about the project and the potential benefits to the estate and wider area. Please feel free to pop in and have a look. There will also be the opportunity to sign a form showing your support for the development.

### Courses

We are looking to run the following courses which will be held at The Opportunity Centre over the next few months, if you are interested then please come and put your name down on the list so you can access the training. Training could be free of charge if you are a resident of Plas Madoc but a price list is available when completing a registration form. The courses to be delivered are as follows and times and dates will be announced when we have confirmation: Paediatric First Aid, Child Protection, Manual Handling, Health & Safety/ Risk Assessment, Rhyme and Rhythm and Food Safety. If interested in any of the above training then please contact Nicola Milburn on 01978 812786

### Food Co-op

Due to the Easter break, next week the Food Co-op will take place on Tuesday 14 April between 1:30p.m – 3:30p.m at The Opportunity Centre. Come along to place an order from a choice of salad, veg or fruit priced at £3 a bag or £1.50 for half a bag. For further information contact Siân Hughes on 813918.

### Recipes

Would you like to learn new recipes? Then call into The Opportunity Centre where free recipes are available at reception to take away, or visit our website: [www.plasmadoc.org](http://www.plasmadoc.org) for a full range of recipes for healthy, low cost meals.

### Holiday Child Care

Little Sunflowers based at Rhosymedre Community Primary School is pleased to be able to offer Easter Holiday Child Care during this school holidays (Mon 6<sup>th</sup>-Thurs 9<sup>th</sup> and Tues 14<sup>th</sup> – Fri 17<sup>th</sup> April) from 9am – 4pm. Full session 9am – 4pm = £14 per child per day  
½ sessions either 9am – 12.30pm or 12.30pm – 4pm = £8 per child per ½ day. Lunch provided. ALL CHILDREN MUST BE BOOKED IN PRIOR TO ATTENDING. To book places or for more information contact Sharon Evans on 01978 812786.

### Get Out and Play

Get out and Play will be running through the Easter holidays, the children and young people will have opportunities for lots of fun activities including Easter arts and crafts, sports, den building, woodwork and much more. To celebrate Easter on Thursday there will be an Easter egg hunt at Gwynant. All sessions are run by experienced staff who have undertaken training in Playwork and all activities are **free** for children and young people aged 5-15. For more information on Get out and Play please contact Claire on 813918

Today on the Plas Madoc Communities First Holiday play scheme "Get out & play" centred on Plas Madoc Council Estate. The youngsters are taking full advantage of making use of green silver birch logs with a little imagination these can be transformed in to natural play materials.

The technical term used for this is loose parts play. And it is the perfect way to develop flexibility, creativity, and to develop problem solving skills with the main goal of allowing children to explore and experiment.

The timber is sourced from Natural England's Fenn's, Whixall & Bettisfield Mosses National Nature Reserve and is kindly given to the project and is a by-product of the

continuing conservation Management work which is the key to preserving this rare lowland raised peat bog which is rich in biodiversity.

#### Youth Club

The Venue Youth Club will be holding a number of Easter activities during the Easter half term. This will include Easter baskets, various Easter related cooking sessions, an Easter egg hunt and many more. For more information on these activities please call The Opportunity Centre on 01978 813910.

#### Extra Care Development

PMCF will shortly be organising a trip to the new Extra Care Development in Shotton for anyone interested in having a look round. We already have a list of interested names taken during the two open events held in March. If you put your name down at the events then PMCF will contact you automatically, details will also be made available here as they become available.