

Plas Madoc Tidy Team

Last week The Plas Madoc Tidy Team made its first appearance on the estate. The Team consisted of 5 adult volunteer members of the community who have decided to lead by example and collect litter from our streets and open areas. The team will meet in the first week of each month to tackle a new area of the estate, as well as enjoying each other's company and getting some exercise. On its first day out the team collected 6 bags full of litter and they would like to thank the Estate Caretakers for their assistance in disposing of the rubbish. The Tidy Team has been set up through the Plas Madoc Community Safety Group to tackle one of this year's priority areas, which is litter. For more information please contact Andrew Harradine on 01978 813910.

Small Grants Scheme

Don't forget that the Community Safety Group has a small grant scheme in operation to support local people make their lives safer. Contact The Opportunity Centre for more information.

Play Project

Consultation for the park at Gwynant is going well. We are keen to involve the children and residents as much as possible in the design of the park. If you would like to see the plans for the park please feel free to come to the Opportunity Centre and speak to Jenny Biesty, we value your opinions.

Cook and Eat

This week sees the return of the Cook and Eat course at The Opportunity Centre in Plas Madoc. Delivered in partnership with NE Wales NHS Trust, the free six week course will help to increase the participants' knowledge and confidence in a range of cooking techniques as well as incorporating more fruit and veg into their diet; helping to lead to a more balanced diet. The current course is now fully booked but if you would like a place on a future course (subject to funding) please contact Sian Hughes on 813918 or pop into the Opportunity Centre for more information.

Fitter and 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 813918. Everyone welcome.

Holiday Club

The children attending Little Sunflowers Holiday club have had lots of fun and new experiences. The activities range from making Easter cards and cakes, face painting, visiting open access play and sewing their own hand puppets plus many more fun things to choose from. Here are a few of the children who proudly show off their handy work.

Photo: From left to right: Back row Neo Beni, Matthew Beni, Leah White, Kaya Thomas
Front row Tyler Thomas and Kaity Taylor

Thanks for Support

The staff at 'Get out and Play' and Reflections would like to say a big 'Thank you' to all the staff at Acrobat and Buffoonery in Rhosymedre for their kind donations of material which the children and young people are enjoying over the half term.

Flying Start Open Day

Little Sunflowers Flying Start open day will be held at 1pm on Thursday 23rd April 2009. All new parents will be invited to join us for a fun packed afternoon meeting the staff and their child's key worker. New families can be shown around the school identifying the different services we can offer, including the relaxing, stimulating sensory room. On your arrival you will be given a welcome pack and registration form to complete where you can inform staff of your child's daily routine and any cultural or dietary needs can be discussed. Little Sunflowers look forward to meeting you soon.

Easter at The Venue

Young people enjoyed making their own Easter celebration cakes at The Venue youth club during Easter Half Term. The Easter half term timetable is available at The Opportunity Centre or The Venue. For more information on future activities contact Fran Bunning at The Opportunity Centre on 01978 813910.

Community youth - Get out and Walk

Young people who attend The Plas Madoc Venue Youth club have today, put there best foot forward to raise money for boosting there communities centre activities budget. The sponsored walk route was chosen by the PMCF Environmental Officer to offer the group an opportunity to get out and experience the Great British Countryside first hand while raising money. The route in total took under 3hrs and covered 6km from Coed Moel Famau car park to the Jubilee Tower on the summit of Moel Famau.