

## It's a frog's life

Learning through nature can take many forms, but for youngsters attending Plas Madoc Communities First's Little Sunflowers Nursery, it has taken the unusual concept of starting a Froggy Wildlife Reserve for the second year on the trot. The aim is to enable the children to witness at first hand the unfolding story of the frog life cycle on a daily basis. Once they have reached the small frog stage they will be released back to their original local pond.

## Community Caravan Holidays

Plas Madoc Communities First is pleased to confirm that the community caravan is now available exclusively to residents and tenants of Plas Madoc. The caravan is an 8 berth and is on an extremely popular site near Rhyl. For more information on how you can book a holiday, please contact the Opportunity Centre on 01978 813910. Please be advised that terms and conditions do apply and bookings are taken on a first come, first served basis.

## Holiday Play Scheme

'Get out and Play' ran successfully through the Easter holidays with an average of 30 children attending each session, the children and young people took part in a wide range of activities including woodwork, arts and crafts, dressing up and lots more! An Easter egg hunt was enjoyed by all and 40 children received an Easter egg for taking part. The children were visited by the Plas Madoc Environmental Officer, which is funded through The Big Lottery, who provided silver birch logs for making their own 'bog monsters'. 'Get out and play will be returning to the streets in May half term, if you have any comments or would like more information regarding Play on Plas Madoc please contact Claire Griffiths on 813918 or pop into The Opportunity Centre

## Carer Support Group

Do you look after a son, daughter or grandchild, who, because of a disability, special needs and/or sensory impairment could not cope without your help? If yes, then you are a Carer. Working in partnership with Wrexham Carers Service, Plas Madoc Communities First holds a friendly and relaxed Parent Carers Support group every other Thursday between 10:30 – 12:30 at The Opportunity Centre on Plas Madoc, with the next session taking place on Thursday 23 April. Come along and find out what support and information is available to you, people from all areas and of all ages are welcome.

## Healthy Food

Don't forget 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 one lettuce, 6 tomatoes, a bunch of spring onions, a packet of beetroot, a packet of radishes and a tub of cress which shows what excellent value for money the produce

is. For further information contact Siân Hughes on 01978 813918 or pop into The Opportunity Centre.

### Volunteering in Childcare

The Childcare Volunteer Programme run through Communities First Plas Madoc has been running for 15 months and is very successful. The programme has given 30 people the opportunity to access wrap around courses such as First Aid and Food safety whilst assisting candidates to finding placements and enrol on NVQ training in Childcare. We currently have 4 candidates on placements at the moment based at Little Sunflowers and Kiddies World and our waiting list is filling up. One candidate has recently qualified by passing her NVQ 2 in Children's Care Learning and Development and has also gained employment since joining the Programme. I wish all the candidates all the best in their training and hope they achieve their goal. If you too are interested in working with children then find out more about the programme by contacting Nicola Milburn on 01978 812786.

HALF PRICE-What a bargain.

Little Sunflowers Rising 3' and 4's is based at Rhosymedre Community Primary School and gives families the opportunity to gain employment or enjoy time for themselves knowing their child/children are being cared for in a relaxed home from home environment. We are open from 11.30-3pm daily during term time and costs are currently reduced. To book a place or to have an informal chat about any of Little Sunflowers services please contact Sharon Evans on 01978 812786

### Community Safety Small Grants Scheme

Just a reminder that the Small Grants Scheme run by the Community Safety Group on Plas Madoc is open to all tenants and residents of the estate. A grant of up to £75 can be available to make improvements to your property that will reduce the fear of crime through increased safety. Application forms are available from The Opportunity Centre. The funding panel will meet on the last Tuesday in April to assess the applications to date so there is still some time to put a form in.

### Extra Care Development

The Pennaf Housing Group and WCBC have now submitted their planning application for the new 52-apartment Extra Care Development in Plas Madoc. There will shortly be a formal consultation period of 21 days where people can view the plans and make any comments.

### Ruabon Gateway Project

Plas Madoc Communities First would like to remind people that plans for the proposed Sainsbury's and Business Park development are currently on show in the reception area at The Opportunity Centre.