

Recycling Centre

PMCF has had a limited response to last week's piece about the proposal to move the Neighbourhood Recycling Centre from the rear of the Leisure Centre to the car park at The Opportunity Centre. The intention is to hold a meeting where local residents can learn more about the proposal and ask any questions. Please do get in touch if you have an opinion and / or would like to attend the meeting.

Food Co-op

Have you heard about the Food Co-op but never been because you're not sure what's in the bags? Well have a look at the photos above to see what the typical contents of a salad, veg and fruit bag is. At only three pound a bag (examples above) or £1.50 for half a bag, the food co-op is a great way to ensure you eat the recommended "Five a day". The Food Co-op meets every Monday between 1:30 – 3:30 at The Opportunity Centre, where a team of friendly volunteers are at hand to take your order, which will be available to collect the following Monday. Families that receive Healthy Start Vouchers, can use their vouchers to buy the produce. For more information about the Co-op please drop into The Opportunity Centre or call Siân Hughes on 813918.

Fitter and Trimmer Club

Do you want to lose any extra few pounds to help you look great on the beach this summer? Then come along to the weekly Fitter and Trimmer club held at 5:30p.m every Thursday at The Opportunity Centre, Hampden Way. For only a £1 a week you can find out how easy and fun it is to get into shape! For further information contact Siân Hughes on 813918

Parent & Toddlers

Ti a Fi / Parent and Toddler group is now running in the ICC next to The Opportunity Centre on Wednesday's between 1 – 3.00pm and at Idwal Family Centre every Friday between 1-3pm. The group is **free** of charge. You do not have to speak Welsh to attend these groups. Please contact Denise Williams 07792 945640 for more information

Martial Arts

Brazilian Jiu Jitsu is now starting on Thursdays at The Opportunity Centre at 6.30pm for more information contact Sandra Ashfield on 01978 8713912 or call in at The Opportunity centre.

Llangollen Garden Show

Flying Start have been asked to contribute to the Llangollen Garden Show this year. As Little Sunflowers provides a Flying Start service we have been asked to make mobiles out of recycled/reclaimed materials. As always parents contributions and ideas are very welcome. If you have any materials or suggestions please contact Sharon on 01978 813916/01978 812786.

Family Support

Residents from Plas Madoc have recently set up a Community and Family Support Group and if you feel you have any issues or concerns that you would like to discuss

with the team then please don't hesitate to contact Nicola Milburn or Sharon Evans on 01978 813916, 01978 812786

Dee Coracle-Research trip

Teenage historians on Plas Madoc are heading "West" to Carmarthenshire on the hunt for information relating to the use of Coracles in Welsh Rivers. The group is making the trip to the National Coracle Museum, which houses an international collection of coracles and a complete collection of coracles from around the British Isles.

The museum is located in the stunning grounds of a 17th century flour mill beside the beautiful Cenarth falls famed for its Salmon leaps and 200 year old bridge over the river Teifi. We are hoping to gather information on our travels to help with developing our mobile interpretational display, charting the history of the Dee coracle and bringing it up to date with the story of the Plas Madoc coracle club. This has all been possible by being awarded a grant through The Heritage Lottery Fund's Young Roots. For further information please contact The Environmental Officer on 01978 813914, or call into The Plas Madoc Communities first, The Opportunity Centre, Hampden Way, Plas Madoc.

Holiday Play

'Get out and Play' will be returning to the streets again this Whit holiday. The scheme will travel around the estate visiting areas where children and young people play naturally. The play scheme is free of charge and is for children and young people aged 5-15. A list of areas will be available shortly. If you have any suggestions of areas we should visit or any general comments regarding the scheme please contact Claire Griffiths on 813918.

Football

Junior football sessions are now starting up on. They take place on a Wednesday at 5pm on the MUGA. Everyone is welcome young people must come in sensible clothes and shoes e.g. trainers or pumps. For more information call Fran Bunning at The Opportunity Centre on 01978 813910.

Dance

Ljay's Dance group still meets on a Monday night from 6.30-8.30pm. This group is welcome to anyone boy or girl and is really fun and friendly. It is a great way to get fit and meet new friends. For more information call Fran or Lucy at The Opportunity Centre on 01978 813910.

Altcourse Visit

There are still some places available for the visit to Altcourse prison. The visit involves a tour around some of the prison provisions and also a chance to watch the prisoners act out the Choose Life drama which shows how easy drug use can result in a custodial sentence. If you would like to be considered for a place on this visit, contact Clare Barnes on 01978 821210. The visit will take place on July 28th.