

Community Safety Group

The Safety Group meets tomorrow at 9:30am at The Opportunity Centre – all welcome. Have you been a victim of a crime so far this year? At the last meeting The Group was told that there had been some garden thefts in the area. If you have been affected please contact the Plas Madoc PCSOs Chris Cheshire or Tom Dewberry or if you prefer pop into The Opportunity Centre.

Neighbourhood Recycling Site

A Recycling Education Officer will be at The Opportunity Centre between 4pm and 5pm on Wednesday 3rd June to answer any questions about the proposal to re-locate the Recycling Centre currently behind the Leisure Centre to The Opportunity Centre car park. No decisions will be made without the backing of local residents so if you have a view, please do come along and have a say.

Cook and Eat

This week sees the last of the current Cook and Eat course at Plas Madoc Communities First, which has been delivered in partnership with a Dietician from NE Wales NHS Trust. Four women have taken part in the course – Pam Townsend, Jackie Roberts, Toni Jones and Rachel Evans. Over the past six weeks, the women have learnt how to cook healthy recipes on a budget as well as learning about food nutrition and how to read food labels. Siân Hughes, Health Development Officer at Plas Madoc Communities First would like to congratulate the women on completing the course. If you would like a place on a future FREE course, contact Siân on 813918 or pop into The Opportunity Centre for more information.

Coracle Training

Tomorrow Plas Madoc Coracle Club members at The Venue are set to attend a CT River Safety Training Day held at the National White Water Centre at Tryweryn as part of this The Heritage Lottery Fund - Young Root's project. The aim is to introduce basic safety and rescue techniques required for swimming in moving water, so making it ideal training for use with coracle water craft. Despite the serious nature of the course it is designed to be enjoyable and can be very entertaining for the participants.

Little Sunflowers

Little Sunflowers will be looking at Mini Beasts over the next few months and the children will have magnifying glasses, binoculars and jars to help them collect bugs and insects which are all around us. Activities, songtime and the books we read will be used to enable the children to develop their understanding of the world around them, whilst making sure the children have fun going on nature walks and hunts for creepy crawlies.

Holiday Childcare

Are you struggling for child care during the school holidays? If so, Little Sunflowers can offer child care for children aged 4 – 11 years during this holiday break(Tues 26th- Fri 29th May 09)

9.00 am till 4.00 pm = £14 per day including lunch.

9.00 am till 12.30 pm = £8 per ½ day including lunch.

12.30 pm till 4.00 pm = £8 per ½ day including lunch.

Concessions are available if you have more than one child.

Please make sure you book your child place prior to attending.

If you want more details please contact Sharon Evans on 01978 813916 / 01978 812786

The Brook

You cannot fail to notice the brook is being cleaned on a regular basis and we have mentioned this in the press release over the past few weeks. The young men responsible for cleaning the brook do so in a voluntary capacity. Last week they came back into the Opportunity Centre having cleaned the brook on the hottest day of the month, they were hot, exhausted, sweating and protested loudly at the state of the brook in just a few days. Whilst it was disappointing that rubbish had been dumped in the brook within a matter of days; it was quite amusing to hear the teenagers moaning about the people who are “dumping in the brook”, going on to say, “It was spotless a few days ago, I know how my mum feels now when she tidies my bedroom”. So on behalf of the lads who are labouring to keep the brook clean please spare a thought if tempted to throw something in, someone is going to have to take it out.

Leisure Centre

We have been involved in consultation for the past 4 months with questionnaires being delivered to each household on Plas Madoc with further questionnaires distributed by The Leisure Centre. Over 800 questionnaires have been returned. The Chief Officer of WCBC Leisure Department has been keen to get the views of the local community and has been working closely with Communities First to monitor feedback through the questionnaires. Future plans for the Plas Madoc Leisure Centre are still not clear, however, the questionnaires will provide an insight into what people want from the Leisure Centre. If you would like to follow the progress of this or would like more information please call in and speak to Andrew Harradine or Miriam who will be pleased to provide an update.

August Fun Day

Staff are planning events to be included in this annual event. Suggestions so far have been fashion shows, cockroach race, (yes you read it right), a pet corner, a reptile display, tractor rides, fair rides, face painting, tarot reading, best cake contest, dancing, singing, healthy food stall, not so healthy food stall, plant cuttings given away, Brazilian Jiu Jitsu demonstration and lots lots more. If you think there is something you could bring to the day or would like to volunteer please let us know.

The Venue

Congratulations to Darren Williams and Fran Bunning for passing his First Aid at work training. Darren and Fran attended this for 4 days at the Red wither Business Tower and learnt a number of essential skills for him to carry with him while he progresses with his youth work career.

Half term begins 25th May. The youth workers will be providing various activities throughout the week for the young people to participate in. Timetables will be available in the Venue youth club for the young people to access. For more information on the activities call Fran at the opportunity centre on 01978 813910.

Credit Union

There is a representative of Credit Union at the drop-in every Monday 10 - 12am. If you would like more information regarding low repayment loans then call in and have a chat with Jo. For example a loan of £300 would cost only £9 per week (repayments subject to acceptance).

Substance Misuse

Are you under 18 and concerned with your drug or alcohol use or your child/friend or other family member? If so why not call into the drop-in on a Monday afternoon 1-3pm and speak to Sarah. One to one appointments or informal chats are available. Just drop-in or ring Clare on 01978 821210 for more information

Plas Madoc Lunch Club

Plas Madoc Communities First is looking at holding a Lunch Club at Plas Madoc Leisure Centre, but we need your help! We need ideas for menus and also need to know if you would like to come along to the weekly Lunch Club, which will cost approx £3.50 for a two course meal. If you would like to be involved, please contact Siân Hughes at 01978 813918 or drop into The Opportunity Centre.

Recipes

Don't forget to look at our website www.plasmadoc.org for a variety of healthy recipes, or pop into The Opportunity Centre, where recipes are available to take away at reception.

Holiday Play

This week sees the return of 'Get out and Play' the open access playscheme! The playscheme provides play opportunities in areas around the estate where children play naturally. Today the playworkers are in Gwynant, Wednesday we will be visiting Bran, Thursday morning Dinas travelling to Bodlyn in the afternoon and Friday we will be returning to Gwynant. The scheme runs between the times of 10-12 then 1-3pm and is **free** for all children and young people aged 5-15. For a full list of areas and times pop into the Opportunity Centre where timetables are available.