

Cookbooks

A fantastic range of cookbooks are now available at The Opportunity for residents to get recipes from. 11 books in total are available and include 'Children's Healthy Cookbook', 'Ministry of Food' by Jamie Oliver and 'The Everything Food Allergy Cookbook'. Feel free to pop into and have a look.

Food Co-op

Do you find it hard to eat the recommended 'Five a day'? Then come along to the weekly Food Co-op which meets every Monday between 2:00 – 3:00p.m 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. You can choose from half or full bags of fruit, veg or salad, priced at only £3 a bag or £1.50 for half a bag. 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.

Plas Madoc Lunch Club

Over the next few weeks, Plas Madoc Communities First will be starting a weekly Lunch Club, to be held at Plas Madoc Leisure Centre. If you would like to come along and enjoy a delicious two course meal and make new friends for only £3.50, then contact Siân Hughes on 813918 or pop into The Opportunity Centre.

Youth Club

The Venue Youth Workers are now providing a healthy snack which the juniors can purchase for a small sub of 20p a day which all profits will go towards the cost of buying snack. If your child/children are allergic to any food products please give details to the youth workers. The juniors are now producing a healthy eating recipe booklet which they can take home with easy step by step homemade recipes.

Gwynant Play Park

Staff at Plas Madoc Communities First would like to say thank you to all those that have been involved in the consultation process regarding the Gwynant park. We have spoke to residents, children and young people asking what they would like to see on the park and from this we were able to choose the equipment needed. Work on the park will hopefully start within the next 6 weeks; the plans are now available for the public to view at The Opportunity Centre. The project has been made possible through funding through WREN's Gift Aid programme, which is part of WRG Landfill Tax Credit Scheme.

Family Trip

A community trip has been arranged by the Family Learning group which is based at Rhosymedre Community Primary School. The group meets weekly on a Wednesday to socialize and discuss any training needs, new members welcome. The trip is to Llandudno and is on Saturday August 1st 2009. If you are interested in a nice family day out . Contact Sharon on 01978 813916/ 01978 812786 seats are limited.

Training

If you are trying to access training then you may be interested in both the Food Safety and Paediatric First Aid course which we are to be delivering at the Opportunity Centre. The Food Safety training is to be held on the 15th and 16th September at 9.15 – 12.15 and The Paediatric First Aid course is on the 5th and 6th of October at 9.15 – 12.15. This training will be free of charge if you are a resident of Plas Madoc. If you would like to access this training then please feel free to contact Nicola Milburn on 01978 812786/ 01978 813916 and we can complete the necessary paperwork.

A couple of residents have approached PMCF asking about computer courses. The current situation is that we need a minimum of 10 people to be able to arrange a course. If you are interested please contact The Opportunity Centre.

PCSO

My name is Hannah Harris I have recently joined North Wales Police and Plas Madoc is my first posting. I would like to take this opportunity to officially introduce myself to the community. I will be working closely with members of the public to build a strong relationship between the Police and the public. My role within the community is to work closely with Communities First, Schools, WCBC Housing and local business's not forgetting the most important, you the local residents. I believe that everyone has the right to go about their daily lives in a safe environment. So my aim is to tackle anti-social behaviour and crack down on petty crime. I'd like to reassure anyone who has been a victim of such cases and that I am here to help and assist where ever I can. I intend to make myself a prominent figure walking around the community and consider myself to be an approachable person, so please feel free to stop me at any time with any issues that you would like to discuss, I will only be too happy to assist you in which ever way I can. Thank you.

Small Grants Scheme

The grant scheme operated by the Community Safety Group is still very much open for applications contrary to a rumour circulating on the estate. The application form has been revised and is now available from The Opportunity Centre. The funding is limited so please don't wait too long if you wish to apply. To dispel another rumour the grant scheme does not issue cash to residents, only equipment that has been requested.