

### **Community BBQ**

Last week around 40 people from Plas Madoc tucked into a healthy BBQ, held at the Sensory Garden next to The Opportunity Centre. The BBQ was organised by Community Chefs Donna Griffiths, Steph Roberts, Gemma Doyle, Denise Shailer and Katie Pemberton, who made and cooked healthy homemade steak burgers, coleslaw, pasta salad, vegetable, pork and chicken kebabs and jacket potatoes. Everyone that attend the BBQ commented on how delicious the food was and also how lovely it was to make use of the Sensory Garden. Siân Hughes, Health Development Officer at PMCF would like to thank the women for organising the event and for all their hard work.

### **Trim Trail Event**

Have you ever visited the Trim Trail at Ash Grove but have been too scared to use it? If yes then come along to the Trim Trail tomorrow at 1p.m, where a Fitness Instructor will be showing people how to use the Trim Trail. The Trim Trail consists of a number of apparatus that help you to exercise for FREE in the open fresh air. Everyone is welcome to come along to the event, where free refreshments will be provided. To find out more, contact Siân Hughes on 813918 or pop into The Opportunity Centre.

### **Parent Carers Group**

The next Parent Carers Group will be held on Thursday 23 July between 10:30 – 12:30 at The Opportunity Centre. The group is open to all parents and grandparents that care for a child who has a disability, sensory impairment and/or special need. The group is run in partnership with Wrexham Carers Service, who provide free support and information for all Carers living in Wrexham. The group sessions are relaxed and friendly and include free counselling sessions. If you would like to come along, call in on the day or contact Siân Hughes on 813918 for more information.

### **Recipe of the week**

This week's recipe of the week is Healthy Steak Burgers – which were cooked at last week's BBQ. To obtain a copy call into the Opportunity Centre where copies are available in the recipe area, or visit our website : [www.plasmadoc.org](http://www.plasmadoc.org)

### **P.Y.O - Summers Harvest**

With the summer upon us and the school summer holidays are in full swing, Plas Madoc Community First's Young wildlife explorers group headout one evening last week to the strawberry field's of Holt. In a project aimed at letting children see were there food originates from, and what better way than picking there own soft fruit.

### **Holiday Childcare**

Are you struggling for child care during the summer school holidays? If so, Little Sunflowers is offering child care for children aged 3 – 11 years from Monday 20<sup>th</sup> July until Friday 7<sup>th</sup> August 2009. All parents need to book their child in before attending as places are limited. If you want more details please contact Sharon Evans on 01978 813916 / 01978 812786. Concessions may be available if you have more than one child.

### **Gwynant Play Ground**

Work is underway on the development of the park in Gwynant, the plans are available at the Opportunity Centre for the public to view. The park is due to be completed by mid August. The staff at Plas Madoc Communities First would like to say thank you to B & Q Wrexham for their kind donation of plants and flowers which will be planted at Gwynant throughout the holidays.

If you would like to be involved in the finishing touches please contact Claire on 01978 813918 alternatively pop into the centre.

### **Training Opportunities**

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 15<sup>th</sup> and 16<sup>th</sup> September at 9.15 – 12.15 and The Paediatric First Aid course is on the 5<sup>th</sup> and 6<sup>th</sup> 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.

Computers – we have been approached by a group of ladies wishing to start up some computer training courses. If you are interested in joining them please contact Andrew Harradine on 01978 813910. No course is arranged as yet but the more people that are interested the better we can tailor the training.

### **Safety Group**

Following feedback from the community over the last few speed gun exercises, PMCF has worked with WCBC Highways and WCBC Streetscene to reduce the height of the 3 sets of 20mph signs. The signs are now as low as the legislation allows and will hopefully be a bit more noticeable. Thanks to WCBC for their help with this matter. Please remember that the estate is covered by a 20mph zone and particularly during the summer holidays when children will be playing and quite likely not to be paying full attention.

The next meeting of the Safety Group is 9:30am on Wednesday 29<sup>th</sup> July.

### **Digital Switchover**

The analogue TV signal will be turned off in our area at the end of October 2009. It will be replaced by a digital signal. In order to receive TV pictures you will need a digital set top box or satellite TV. If you need some help getting to grips with the Digital Switchover please contact Andrew Harradine at The Opportunity Centre, who has received training on the subject to be able to assist local people with the changes. It is important to note that you DO NOT automatically need a new aerial to receive digital TV. We are already aware of incidents of some companies who are telling people they must buy expensive new aerials. Please don't be pressured into making such purchases without taking time to check.

### **Fitter and Trimmer Club**

The Fitter and Trimmer Club is back! The weight loss group meets every Thursday at The Opportunity Centre on Hampden Way. Everyone that wants to lose weight with

a helping hand is welcome to come along. For further information call into The Opportunity Centre or call Sian Hughes on 813918.