

Lil Stars Meet the Police

Early Education Setting 'Plas Madoc Lil' Stars' has been working closely with the local Neighbourhood Policing Team. PCSO Hannah Harris has been visiting the children on a regular basis so that they can build up a good relationship with their local Police officers. The setting has been looking at 'people who help us' as their theme for the term and have made their own police station within the Plas Madoc ICC. They have also had a recent visit from the NW Police Mounted Section, where they got up close to the horses. Recently their mascot 'Lamb Chop' had gone missing and PCSO Hannah Harris and PCSO Tom Dewberry have been involved in tracing his whereabouts. Supervisor Sandra Bayley and play worker Paula Wilcox, with the help of the police team, arranged a visit to Cefn Mawr Police Station so that the children had the opportunity to see how the team work. The children had a police escort and were invited into the station where they filled out an incident form. They also had the opportunity to examine the police cars. Thanks to PCSO Hannah Harris and PCSO Tom Dewberry 'Lamb Chop' was found and safely returned to the setting.

Detached Youth Work

The Plas Madoc challenge is upon us, the detached team would like to invite you the community to challenge us the community to any activity, from welly throwing to tug of war, This challenge is open to clubs communities, or simply one another. For more information contact Nicola Birchall or Scotte Griffiths on 01978813910.

Round 2 of Plas Madoc v Ruabon Rounders match will be held at Ruabon on Wednesday 29th July at 7pm, arriving back at 9pm (over 8's only for this activity). Please ask Scotte Griffiths or Nicola Birchall for open consent forms for this off-site activity, or call into The Opportunity Centre.

Nature Discovery

Last week two excited young nature detectives knocked on The Opportunity Centre door asking to speak to the Plas Madoc Communities First Environmental Officer. They were holding a pond dipping net with and an old plastic drink cup with something swimming around in the bottom. On investigation these turned out to be 3-spined Sticklebacks which are found in slow moving waters of the Plas Madoc brook. Sticklebacks are native to Britain and are an important part of our native ecosystems. This is positive feedback from the hard work carried out by community volunteers in their effort to clear the Plas Madoc brook as it suggests nice clean water.

The Venue Youth Club

The Plas Madoc Summer Timetable is now complete and full of great activities for the six weeks holiday if you would like a copy please call in at The Venue Youth Club or The Opportunity Centre or if you would like any more information contact Sandra Ashfield on 01978 813912.

The junior session will now be run over the summer holidays' every morning 10.00 'til 12.00

As it is now the end of the school year if you have any old uniforms that you do not need please could you take them to The Venue youth club.

For more information contact Sandra Ashfield on 01978 813812 or speak to one of the youth workers.

Communities First Football Team

Communities First over 16s Football Team which is run by Tyrone Foulkes is now looking for new players for this season. They are now in Division One of the Welsh National League. If you are interested please see Tyrone or contact Sandra Ashfield on 01978 813916 or call in at The Opportunity Centre.

Get Out and Play

The Play Scheme got off to a flying start the first week of the holidays, the children and young people participated in arts and crafts, den building, woodwork, dressing up and much more. On Tuesday the children and young people were visited by the Health Development Officer at Plas Madoc Communities First who kindly offered the children the opportunity to take part in preparing and cooking stir fry. These cook and eat sessions will continue to run every week, providing healthy snacks which the children and young people will choose each week.

'Get Out and Play' is free for all children and young people and will continue to run throughout the six weeks between the times of 1.00 – 3.00pm then 3.30 – 5.30pm, a timetable of areas are available from the play workers or at The Opportunity Centre. Please ring 01978 813918 if you require any more information

Young Savers Project

If you would like your child to learn the skills of saving money then why not help them and give them the opportunity to join the Credit Union where they can save money weekly and see their savings grow. The money would be collected by Nicola Milburn and Sharon Evans and this will then be deposited into the Post Office and passed onto Credit Union. If you are interested in your child joining the Credit Union then please contact Nicola Milburn or Sharon Evans on 01978 813916 / 01978 812786 to receive the relevant paperwork.

Early Years Open Day

Flying Start There will be an open day for all new Flying Start prospective parents and children on Monday 7th September at 1pm. All families who are eligible will be contacted before this date. There will be an opportunity for families to meet the staff and for their children to be introduced to their key workers. All children will be given a book bag with a nice range of age appropriate books to share with their parent / carer.

Safety Group

Plas Madoc Community Safety Group meets tomorrow at 9:30am in The Opportunity Centre. During this meeting the Group will adopt a new constitution, which has been drafted with the help of members. All welcome. We are very aware that not everyone can make the times and dates of meetings. You can stay in touch with the Group's activities by following the archive of Minutes from each meeting, which are posted on

www.plasmadoc.org. Alternatively please contact Andrew Harradine with an email or postal address to be included in the Group's mailings.

Cooking up a treat

Last week around 30 children and young people living in Plas Madoc enjoyed the opportunity to learn how to cook. 11 children from Little Sunflowers enjoyed making healthy pizzas, in the shape of smiling faces. Tomatoes turned into eyes, pineapples into a nose, mushrooms into ears and eyebrows, tomato puree into a smile and sweetcorn as teeth. The children thoroughly enjoyed the session and this week will be making trifle. In addition around 20 children and young people accessing 'Get Out and Play' enjoyed making healthy stir fry and noodles using the fire pit to cook the food on. To find out more about cooking opportunities delivered through PMCF, contact Sian on 813918 or call into The Opportunity Centre.

Ready, steady, go!!!

Last week 11 children accessing 'Get Out and Play' took part in an event to promote the Trim Trail at Woodward's Rock. Thanks to the helping hand of Dave Linney from Plas Madoc Leisure Centre, the children were put into teams and were showed how to use the obstacle course and Trim Trail. Despite the rain, the children really enjoyed taking part in the fun exercise! Plas Madoc Communities First would like to thank Dave for his help on the day.

Tasty strawberries at Food Co-op

To get in you the mood for summer, fresh tasty strawberries are currently an item in the £3 bag of fruit from Plas Madoc Food Co-op, which meets every Monday between 2:00 – 3:00p.m at The Opportunity Centre. 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. In addition to the tub of strawberries, the £3 fruit bag also contained 4 apples, 3 pears, 3 bananas and a tub of cherries – which demonstrates what excellent value for money the bags are. 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 on 813918. Everyone welcome.