

## **Digital Switchover**

All Freeview boxes, Freeview+ digital TV recorders and digital TVs will need to be retuned for viewers to carry on receiving all of the services available to them, including Five, ITV4 and BBC Radio stations. Without a retune on or after Wednesday 30 September, viewers will not be able to access these channels. Viewers should first consult the manual for their digital box, digital TV recorder or digital TV for instructions on how to retune. If still unsure, they can either visit <http://www.freeview.co.uk/freeview> for step-by-step guides or call an automated helpline for further assistance. Viewers will also have needed to retune S4C from 9<sup>th</sup> September. For more information on the changes contact S4C Viewers on [hotline@s4c.co.uk](mailto:hotline@s4c.co.uk) or **0870 600 4141**, or visit the S4C website

## **Parent & Toddler Group**

Plas Madoc Parent and Toddler group runs every Friday between 12.30 and 2.30pm meeting in the ICC next to the Opportunity Centre. The group is free to attend and a snack is provided.

## **Jolly Jungle Trip**

On Friday 2<sup>nd</sup> October we are going to the jungle! A free trip has been organised to Jolly Jungle for parents / carers and children aged 3 and under, dinner at Jolly Jungle is provided. The bus will be leaving the Opportunity Centre at 11am and returning at 2pm, places are limited! To book a place, please contact Kerrie on 07745708570. To learn more about parent and toddler groups in Plas Madoc pop into The Opportunity Centre or phone Claire Griffiths on 813918

## **Young People's Council**

The Venue Young People's Council is looking for new members. The Venue has a Young People's Council for both junior and senior members. This is a great way to meet new friends and have your chance to have your views and issues listened to regarding The Venue. For more information regarding The Venue Young People's Council call The Opportunity Centre on 01978 813910 or pop into The Venue and see one of the Youth Workers.

## **Volunteer Appeal – Plas Madoc Litter Pick**

A litter pick has been arranged in Plas Madoc when senior residents of Plas Madoc are invited to take part in an event organised as part of Keep Wales Tidy's "Tidy Wales Week". Event organisers, Plas Madoc Community Safety Group, hope the event will provide an opportunity for local residents to meet up in the fresh air and socialise. At the same time helping to make the Plas Madoc area smarter and tidier than it already is. It is a good opportunity to get out for an hour for a chat and make our district more attractive at the same time. The event will be taking place each month and

the next time is on Wednesday September 30<sup>th</sup>. Why not be meet up at the Plas Madoc Communities First building at 10:00am

### **Thank You**

Little Sunflowers would like to say a big thank you to Clare Milburn for donating a beautiful fishbowl with all the accessories to us. The children have watched the fish with great excitement and everyone enjoyed choosing names for the new arrivals. They will be known to the group as Dora, Diego and Fifi. Over the coming weeks the children will be shown how we feed and care for the fish.

### **Wrexham Credit Union**

Are you starting to dread the cost of Christmas? Wondering how you are going to pay for it all? Well why not join the Credit Union - they can help you save and for some can provide low interest loans. For more details call in to the drop in (next door to the youth club) on Mondays 10 - 12 and ask for Jo.

### **Food Safety Success**

Plas Madoc Communities First would just like to say congratulations to all those for passing their Level 2 in Food Safety in Catering training on Wednesday 16<sup>th</sup> September. If you would like to receive any training or wrap around courses then please contact Nicola Milburn on 01978 812786/ 01978 813916 with your suggestions and I will try to organise training to be delivered at Plas Madoc Opportunity Centre.

### **Community Safety Group**

The next meeting of the Community Safety Group will take place at The Opportunity Centre at 3pm on Wednesday 23<sup>rd</sup> September. On the agenda this month - Extra Care Development, Bin Collections and plans for Election of Officers. All welcome.

### **Operation Cinnamon**

Just a reminder that Operation Cinnamon takes place on Tuesday 29<sup>th</sup> September between 12pm and 3:30pm at The Opportunity Centre. The event has been arranged by NW Police to provide help and advice for older people within the community. A number of relevant partner agencies will be attending to share information and there will be food, bingo and live music.

### **Last Call for Africa**

Plas Madoc Communities First are planning their third consecutive one week Gunjur cultural experience to West Africa in The Gambia, in early 2010. This is the final calling for Plas Madoc teenage residents aged between 14-20yrs to hand in their completed application forms.

These need to be handed into the front office at the PMCF Opportunity Centre, Hampden way by 4:00pm on Friday 30<sup>th</sup> September. Applications will go before an experienced selection panel and the successful individuals will be contacted via their chosen phone contact number, by Wednesday 5<sup>th</sup> October 2009.