



THE COMMUNITY NEWS

From Acrefair, Cefn Mawr, Newbridge, Plas Madoc & Rhosymedre
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Do you need a financial health check or help budgeting? Do you want to kick start your job hunting or gain a qualification? Contact the **Urban Villages Communities First Team** on **01978 813910**. We are here to help.

GET ONLINE – FIND WORK

We are continuing to work with local Community Interest Company 'G2G' helping people struggling to find employment due to not being able to use a computer. What started off as a six week programme proved so popular that extra sessions have been provided. Urban Villages have been working closely with Job Centre Plus to provide drop-in style workshops at Job Centre Plus for individuals claiming ESA. These sessions promote healthy lifestyles and included confidence building and encouraging people to be more involved in activity within their communities. Communities First area residents can now be referred by Job Centre Plus to the Urban Villages Team. This has so far resulted in new people from within the area gaining support in preparing for employment, using the computers for job searches and accessing accredited courses where relevant as well as practical support including CV writing and interview techniques. If you are interested in any of these projects; please contact us.

ADHD/ASD SUPPORT GROUP

Does your child have ADHD/ASD? Would you like support from other parents/carers? Our group runs every **Wednesday** from **9:30am until 12pm** at Plas Madoc Opportunity Centre, come and join our informal group for coffee and a chat. The group is well attended and the relaxed setting enables members to gain knowledge of available support and meet people facing similar problems such as social isolation. The group have enjoyed visits from Wrexham Family Information Service, an Educational Psychologist and have taken part in Bushcraft sessions provided by Come Outside. The group are currently working on a seminar highlighting gaps in support for parents/carers as seen from their point of view. For further information please contact **Rachel** on **01978 813910**

TRAINEES GET ON-SITE EXPERIENCE THANKS TO COUNCIL AND CONSTRUCTORS PARTNERSHIP

Residents have been given an insight in to construction thanks to a partnership between an ongoing building project and a community programme aimed at tackling poverty. The Urban Villages Communities First (UVCF) cluster – which covers Cefn Mawr, Plas Madoc, Penycae, Pant, Gwersyllt, Llay, Brymbo and Gwenfro has helped residents gain training for employment through its Construction Skills Certification Scheme (CSCS).

STOP SMOKING - KICK THOSE BUTTS!

The team are working in partnership with Stop Smoking Wales who are running a drop in and appointment service at the opportunity centre. The session is held every Thursday between 9am and 12pm. All referrals are welcome. Just think of all the money you could save!

Plas Madoc Opportunities Centre now have the **Foodbank** open for food parcels on **Wednesday** at 10am to 12 noon and **Fridays** from 1.30 to 4pm. We are also a designated food collection point and can supply vouchers for people who need a little extra help.

