

Ruthin Community Update

Week 5 Saturday 25th April

Welcome to the fifth Ruthin weekly community update on SATURDAY 25th April from Yr Hen Lys in Ruthin. The update will be streamed live and recorded each Saturday at 5.30pm in Welsh and 6.00pm in English, with transcript and recordings then posted online at www.rhuthun.com

As the lockdown continues into it's 6th week, it is important to reflect and re-emphasise the key reasons and messages about the need for social distancing and the current lockdown.

As noted previously advice please make use of the various websites from our governmental, public health and public protection agencies.

UK Government www.gov.uk

Stay at home

Only go outside for food, health reasons or work (but only if you cannot work from home)

If you go out, stay 2 metres (6ft) away from other people at all times

Wash your hands as soon as you get home

People must stay at home as much as possible to reduce the spread of the virus. But you can also still go outside once a day for a walk, run, cycle. When doing this you must minimise the time you are out of your home and stay at least two metres away from anyone else that isn't from your household. Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

Welsh Government www.gov.wales

Clarity provided with regard guidance on when you are allowed to leave home to exercise.

Public Health Wales www.phw.nhs.wales & www.nhsdirect.wales.nhs.uk

In addition to core information on the Covid-19 disease, symptoms etc, as well as the recently launched 'How are you doing?' wellbeing campaign, Public Health Wales are also highlighting the importance of immunisation appointments for young Children during the lockdown, and also to highlight that the NHS is coping with the Covid-19 outbreak and that those with health issues or symptoms of other illnesses should not delay or avoid contacting either NHS direct 111, or their GP, or to attend A&E in a genuine health emergency for fear of either exposure to the Coronavirus or for burdening the health services. Local GP surgeries (Plas Meddyg and Mount Street Clinic) have successfully adopted both telephone, email and video conferencing means for remote advice appointments, and where this is not suitable are still able to arrange appointments for those in need.

Our thanks to all those working at both Ruthin surgeries and Ruthin Hospital during this difficult time.

Denbighshire County Council

General enquiries - 01824 706000
Concerns about welfare of residents (SPOA) on 0300 456 1000
Out of Hours emergencies 0345 053 3116 www.denbighshire.gov.uk

Denbighshire County Council continue to keep their website updated as any information changes, and of particular note this week is their call for Care Support workers with various vacancies for fixed term contracts to support the care sector.

Another organisation previously referred to are the Citizens Advice bureau

www.citizensadvice.org.uk

and also DVSC - Denbighshire Voluntary Services Council. .

www.dvsc.co.uk

I have mentioned in past updated about the work of DVSC in co-ordinating the recruitment and contribution of volunteers and the third sector, charities, community groups etc, but I wanted to express our thanks to all the volunteers, officers and workers involved in this sector for their contribution on behalf of our community during this critical time.

Last week I was pleased to reflect on the positivity and welcome myself and the Easter bunny had from across the town during Easter Sunday and Monday. Following on from this I posted 12 images of the easter egg in different locations as a competition to win some chocolate Easter eggs kindly donated by Coop Rhuthun. I was pleased to be able to share the correct answers during the week and congratulate first prize winner Mia-Faith Parry with 10 out of 12, and then to the second joint prize winners with 8 out of 10 - Beth Woolford; Celyn Grace McLaren; and Laith, Orson and Cobie Baird-Clarke.

Thank you to everyone who took the time to share their entries.

What I have been most impacted by during the last few weeks, despite the town self-isolating and taking heed of the guidance, has been the strengthening sense of community and neighbourly care that Ruthin has shown. The communities ability to work together, help out, support one another and also look upon this difficult situation with a friendly and positive attitude.

For obvious reasons, many of the towns traditional calendar of events and gatherings have had to be cancelled or postponed to either later in the year or into next year. This has included this weeks announcement of the postponement of **Ruthin Festival Top of Town** until 2021. The many groups that organise Ruthin events will be disappointed to have to cancel, but I hope I can express on behalf of our community our heartfelt thanks to them all for their hard work throughout the year in organising some of the fantastic events that take place. We will all look forward to participating and supporting these events at a later date.

One popular event that is going ahead, as it is perfectly suited to staying at home and social distancing, is **Ruthin Forward's annual Scarecrow Competition**. So as a way to be creative whilst many of us have more time on our hands, and children are being home schooled, why not make a scarecrow and join in this fantastic town wide event. It is free to enter and there are cash prizes for the winner and runners up. Build and display your scarecrow, and upload a photo of it in your garden / frontage etc to the Ruthin Forward

Facebook page no later than 17th May. All the entries will form an online exhibition which will be judged by the Mayor week commencing 18th May.

For those running out of window space for the wonderful rainbow drawings and messages of support, Capel Tabernacl have installed some colourful pinboards on their front railings on Well Street for people to pin their posters (laminated of course) in the town centre.

And finally to play out - in case you missed the **BBC's Big Night In on Thursday**, it was great to see a real life example of online home schooling with Lauren and her teacher. I hope you'll note that I have been filming this presentation standing two metres away from the camera to maintain social distancing from you.

Stay Safe, Stay Positive and Stay at Home.