

Ruthin Community Update

Week 2 Saturday 4th April

Hello - Welcome to the second Ruthin weekly community update on **SATURDAY 4th 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

We are now approaching the start of the 3rd week of 'lockdown' and the message being made loud and clear from all authorities is still to **STAY AT HOME!** It is critical that we follow government and health advice in order to minimise the chances of transmission and the resultant exponential increase in cases that could overwhelm our NHS. As the weather is improving and we approach Easter, it appears that many people are still not heeding the message and are venturing out and about, which is a particular risk for us here in a beautiful part of North Wales, which is attractive for visitors. We will look forward to extending our customary warm welcome to visitors once this pandemic is over, but now is not the time to visit anywhere.

As noted last week, advice and situations are developing so please make use of the various websites from our governmental, public health and public protection agencies.

UK Government www.gov.uk

Welsh Government www.gov.wales

Public Health Wales www.phw.nhs.wales

NHS Direct Wales www.nhsdirect.wales.nhs.uk

The screenshot shows the NHS Direct Wales website with a yellow banner at the top that reads "Stay at home. Follow the advice for coronavirus (COVID-19)". Below the banner, the page title is "Coronavirus (COVID-19)". A large box contains the following text: "Stay at home: only go outside for food, health reasons or work (but only if it is not reasonably practicable to work from home), stay 2 metres (6ft) away from other people, wash your hands as soon as you get home. Anyone can spread the virus. Full guidance on staying at home and away from others". Below this, there are three columns of links: "Business and employers: coronavirus", "Health and social care professionals: coronavirus", and "POPULAR: 5 things you need to know before sending your children to school or childcare (coronavirus)".

The screenshot shows the NHS Wales website with a blue header. The page title is "Coronavirus (COVID-19): what you need to do". A large box contains the following text: "Do not leave home if you or someone you live with has either: a high temperature, a new, continuous cough. Check the NHS Direct website if you have symptoms". Below this, there are two columns of links: "Business and employers: coronavirus", "Health and social care professionals: coronavirus", and "POPULAR: 5 things you need to know before sending your children to school or childcare (coronavirus)".

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 have been quickly adapting their services and community support to cope with the Pandemic, and their website is being updated with up to date information relating to bin collections, Parking, bus services and many other areas of service.

Of particular note is the information they are producing for Community Resources - including **Community Resource Packs** that collate information on what businesses and other agencies are offering in local areas. For community organisations providing support and assistance, there is also a comprehensive list of grants available and funding sources, so if you are involved with any Community organisations please make use of this information.

The screenshot shows the Denbighshire County Council website. At the top, there are links for 'My accounts', 'Emergencies', and 'Cymraeg'. Below this is a search bar and social media icons. A main navigation menu includes 'Resident', 'Business', 'Visitor', 'Your Council', and 'Employee'. A secondary menu lists services like 'Bins & recycling', 'Council tax', 'Education', 'Jobs', 'Leisure', 'Libraries & archives', 'Parking, roads & travel', and 'Planning & building regulations'. The main content area features a 'Coronavirus (COVID-19) - Service information and guidance' section with a sub-heading 'Latest news about our services and advice on the Coronavirus'. Below this are several category tiles: 'Popular' (Job vacancies, Coronavirus (COVID-19), Emergency school closures, Search planning applications, Bin collection dates, School term dates, Bus timetables, My Property), 'Bins & recycling' (Garden waste collections, Bin collection dates), 'Benefits, grants and advice' (Housing benefit, Council tax reduction scheme), 'More...', 'Education' (Find a school, Apply for a school place), 'Libraries & archives' (Join the library, Denbighshire Archives), 'Health & social care' (Adults, Children, young people & families, Parking, roads & travel, Roadworks), 'Consultations' (Find out what we're currently consulting on), 'Jobs' (Current vacancies, Teach), 'Planning & building regulations' (Search planning applications, Make an application), and 'Leisure' (Births, marriages & deaths, Childcare & parenting, Community & living, Complaints, compliments & feedback, Council tax).

The screenshot shows the DVSC - Denbighshire Voluntary Services Council website. At the top, there are logos for 'Denbighshire County Council', 'Denbighshire Voluntary Services Council', and 'Denbighshire Community Foundation'. Below this is a large banner with the text '#COVID19 VOLUNTEER COMMUNITY RESPONSE'. To the right of the banner are logos for 'Calrgoed Tregynid Third Sector Support Wales' and 'English Cymraeg'. Below the banner is a section titled 'HERE'S WHAT WE'RE DOING' with the text: 'In a climate where fear is spreading fast, we want to spread a message of kindness, hope and community spirit. We are heartened by the voluntary action and community spirit through Denbighshire and elsewhere that we are already seeing. We have set up a #COVID19 Volunteer Community Response, working with our local statutory partners, Third Sector Support Wales partners and Welsh Government. All our resource is focused on mobilising and catalysing community action. Please share your plans or information that you are aware of with us so we can act as the coordinating hub and guide people to resources and networks close to them. To ensure we collate all necessary information, can you please fill in the form on the link below.' Below this text is a 'Share your plans >' button. To the left of the text is a photo of a building with the text 'OUR TEAM ARE HERE TO HELP' overlaid on it.

Last week I also made reference to **DVSC - Denbighshire Voluntary Services Council**. They have also been working very hard with all officers working from home to develop a comprehensive level of support in partnership with other agencies.

In particular they are the key point of contact for anyone who would like to volunteer to help local communities during this Pandemic. They have an easy use Volunteer Registration Form that allows them to understand how every volunteer can best match areas of support or expertise needed in the community, in particular to support and protect those who are more vulnerable and isolated in our communities - and in a way that avoid duplication or mismatched effort. I would urge anyone who is healthy and fit, and is willing to step up to help the community, to register via DVSC. Roles vary from supporting the NHS, drivers, administrators, to phone buddies and befrienders who can just be a point of contact and support isolated people whilst still self-isolating at home.

www.dvsc.co.uk 01824 702441

North Wales Police

Our local Policing team led by Sgt Martin Jones at Ruthin Police Station are regularly out and about keeping us safe and ensuring that people are not making needless journeys - especially over the weekends as they work to discourage visitors from outside the area. If you need to contact them visit their website north-wales.police.uk and you can find the best means to contact them depending on urgency.

Ruthin Town Council

Whilst Ruthin Town Council are unable to meet for meetings, our Town Clerk - Sandra Williams remains contactable via email and telephone whilst working from home. All our 15 Councillors are contactable via contact details on our website www.ruthintowncouncil.gov.uk and I can be contacted via email at gavin.harris@me.com.

I must thank all Councillors for their efforts during this time, as many are quietly working on various initiatives and community support groups that have either developed to help during this particular crisis - such as the Ruthin Coronavirus Help Group, or ones which have consistently week to week given support, but have had to quickly adapt to the current challenge - notably the Ruthin Food Bank. They have this week shared information on how they have had to change their service method in order to manage safely with their volunteers and to deal with changing circumstances relating to donations and supermarket shortages.

So may I express on behalf of everyone in Ruthin our heartfelt thanks to all the groups working to support the community but in particular to all the volunteers and organisers at Ruthin Foodbank for their effort (discreetly undertaken throughout the year), but in particular during this time of challenge,

Ruthin Coronavirus Help Group - on Facebook

The Daily update via Facebook is continuing with key information on local services, business etc, and shortly this will be supplemented with a twice weekly 'what's on virtually' update that will be shared through the Yr Hen Lys Facebook page, being collated and prepared by our Hub manager Kate Harcus. If you have any particular 'online' virtual events that you would like to share please contact Kate via her email

kate.harcus@theoldcourthouse.wales

Thanks

Once again, residents across town joined on Thursday with the Nation in 'Clapping for carers' and key workers, and it was a joy to hear the sound of applause resonating across the town. Here at The Old Courthouse, our coloured evening lighting proved popular, and although our opening has been delayed, we are currently investigating some minor adjustment to our external lighting to allow us now to manage remotely to illuminate the building to show that whilst Ruthin self-isolates, we are still here and proud of our town.

To every resident of Ruthin - so many people are far more amazing than they comprehend or are willing to believe they could be. You are ALL amazing. We will all be ok and we will come through this in better shape than we thought we could be.

To our small businesses and community organisations - Focus on what makes us unique, special and worthy. Bucketloads in Ruthin. Not pleasant but the chain bland and generic won't survive. Distinctive and special will. A fortnight after the blinding headlights of an economic lockdown and closed businesses we need to get our act TOGETHER to plan for how we come out of this as a TOWN stronger and fighting forward. So I will look to convene an online business forum meeting to ensure we have all got the help and support we need and then PLAN for coming out of this STRONGER and fighting? I hope you can join in and ask that you email me on gavin.harris.com if you are interested. I'll share information on the date of the meeting etc next week.

Our mental wellbeing

During this challenging time, it is normal for people to feel more anxious and for stress to affect us whilst we self-isolate or deal with the dramatic changes to our lives. It is important that we recognise that this is normal and that we should all feel comfortable to share and seek some support when we are feeling low, are struggling or need some help to cope.

There are many support networks and resources available, and those who have been affected by mental health issues may already be aware of them, but I hope that by sharing some of these more widely, residents can access any help or direction they need before situations become overwhelming. Whether it be through using mindfulness techniques or building your own techniques to cope, our wellbeing and mental health is very important and I urge everyone to be aware and open about this subject so that we can all support one another.

*An easy to use and simple website to access is [learn.4mentalhealth.com](https://www.learn4mentalhealth.com), which provides resources for you to feel calmer and to find ways to cope. Other national organisations with useful resources include **MIND**, www.mind.org.uk and also for families concerned about how their children are coping - **Young Minds** www.youngminds.org.uk provide a helpline and resources for parental support.*

Competition

I mentioned last week about the competition for youngsters to draw a new 'Superhero'

Coronabuster.

Open to anyone under the age of 16, you should draw your own version of Coronabuster, whether using physical media - eg paper, pens, crayons etc, or create your image digitally. Based on an A4 paper size your 'superhero' should be clearly drawn, with a single line below explaining any particular super powers or features.

Entries should be submitted by midday Friday 10th April to post@theoldcourthouse.wales and be a photo or scan of your drawing. The best drawing chosen from two age categories (under 11 and 11 - 16) will receive a gift vouchers worth £20.

'Coronabuster's key superpowers are:

- *Coronabuster's superpowers only at FULL Strength when you **STAY AT HOME***
- *Coronabuster only goes outside with an invisible **2m SOCIAL DISTANCE** shield activated*
- *Coronabuster has a superpower tool belt, with hand soap to **WASH HAND OFTEN***
- *Coronabuster sings Happy birthday twice whilst **HANDWASHING FOR 20 SECONDS***

But it will be up to you to come up with more powers and what this new superhero looks like. (can be man, woman, kid, animal, teddy bear - it's up to you).



As we all continue to self-isolate, our screens are being used more and more to access a wealth of entertainment and online content. It is great to see more and more local individuals and organisations sharing their expertise and interest through online streaming to engage with the community and provide a service at home.

*This has included **Ruthin AllStyles Music Club** - as mentioned last week - with an online get together 'plug and play' each Thursday evening, and also a number of online fitness or activity classes - including:*

*'**The Yoga Light**' centre on Market Street providing a free Tuesday Tonic Live yoga session each Tuesday morning for half an hour at 11.00am - available to replay at any time via their Facebook page yoga-light.*

*and also local fitness guru Paul Edwards who offers daily online fitness classes via his facebook page '**Paul Edwards Fitness Motivation Group for when we are isolated**' - check it out and get motivated with lots of friendly faces from across the Ruthin and Vale of Clwyd community.*

*For many Easter is an important religious focus and despite the lack of congregational services during this period of self-isolation, Ruthin's Chapels and churches will be celebrating Easter through a number of online and streamed services - including St Peter's Church and the Dyffryn Clwyd Mission area during Holy week from the 5th to the 11th April. To access and attend 'virtually' visit the **AC Dyffryn Clwyd MA** Facebook page.*

So thank you to you all for watching and listening, I hope this weekly update is useful and informative, but also positive - as we all need to keep our spirits up and keep together. I will play out with Chris on the piano at manorhaus - Our Friday evening cocktail music - live streamed at 7.00pm each Friday has over 4,000 views, so please feel free to join us with a drink at home at the start of your Easter weekend next Friday 7.00pm at the manorhaus Facebook page.

Stay safe, stay strong and stay at home