

Ruthin Community Update

Week 43 Saturday 18th April

Hello hope you all had a goods easter.

Welcome to the fourth Ruthin weekly community update on SATURDAY 18th 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 noted previously advice 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

Public Health Wales have launched a campaign specifically to address our mental wellbeing - Called 'How are you doing?' the organisation has co-ordinated information, advice and sources of support in one place on their website and facebook pages.

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

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 expanded their Coronavirus Information pages with specific sections to support different sectors of the community.

Another organisation providing valuable information for the community is the Citizens advice bureau

their website www.citizensadvice.org.uk provides information and links for the public relating to various aspects of how the Covid-19 pandemic might impact individuals. in particular they offer Independent information on how people might be affected in work, their benefits or other impacts. Please make use of their site as a gateway to their services.

They normally have a wonderful team of volunteers and support officers at their offices in Ruthin on Market Street (in the town hall buildings) but during the lockdown are closed.

In previous presentations I have made reference to DVSC - Denbighshire Voluntary Services Council. DVSC's website has also adapted to focus information on the Covid-19 outbreak, with information on those seeking the support of volunteers, how to volunteer and also a useful resource of print off posters.

I take a moment today to show you their website and what opportunities it highlights for those who can volunteer, or for organisations wishing to gain the support of volunteers.

www.dvsc.co.uk

Ruthin is blessed with so many people that volunteer and give their time and experience to support the community. Whilst the current crisis seeks volunteers to help with it, there will come a time when people can return to volunteer and take part in other aspects of community organisations.

Here at Yr Hen Lys, whilst our building is ready, or opening is obviously on hold, however we are developing our volunteering structure and will hope to place a call for volunteers to express their interest in taking part and contributing to the life of Yr Hen Lys as a community Hub.

Opportunities for volunteering will include being a part of an exhibition subgroup helping stage artists and community exhibitions every 2 months, to opportunities for volunteers to provide a welcome face and guide to Ruthin through morning or afternoon attendance when we open to the public. Why do I mention this now - well one of the tools we will be using to train and engage our volunteers will be through some easy to use training, and whilst key training relating to Yr Hen Lys will be provided face to face when we are able to open - we will also use the fantastic Denbighshire Ambassadors scheme to provide training modules about the county. So for anyone with a potential interest in volunteering or just an interest in learning more about our wonderful County, can I show a little about the DCC Ambassadors scheme and encourage you to have a look and use whilst under lockdown, as it is also a valuable and interesting way to engage and learn.

the website is www.denbighshireambassador.wales.

Can I thank everyone who took a moment to wave from their windows or come out to their gardens last weekend - Easter Sunday and Monday, when I used my exercise opportunity to visit each and every street in Ruthin with the Easter Bunny. (aka Jane Williams).

We walked 12km on Sunday and 18km on Monday as we took a large speaker and Easter egg around the town dressed as a rainbow and Easter bunny, with the aim of cheering people up and marking the Easter weekend during the lockdown. We had taken particular care to maintain a minimum of 2m between ourselves and more so with other, and are grateful for all the positive responses.

As part of the 'Parade' we took photos of the giant easter egg at various locations around the town, and later this evening I will post on Facebook and on the rhuthun.com website a sequence of photos for you to guess the locations. Correct answers will be entered into a draw and can win a chocolate easter egg donated by Ruthin Co-op. These have been safely stored for 3 days at manorhaus so will then be available to collect after winners are notified later this week.

Thank you for taking the time to watch and stay safe.