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St. Asaph & District ^{new} City Times



Issue No 16

June 2022



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We're always looking out for letters, items, reports or features. Or that special photo! Deadline for copy for the August issue is Monday July 11th – but **please** submit well before to ensure publication as the paper fills quickly

Please note: all letters must be accompanied by name and address, although these can be withheld from publication on request.

We are also fully reliant on sponsorship and advertising—if you would like to help by sponsoring or advertising, please get in contact. We have a wide readership! Our sponsors this issue are Tweedmill, and we are very grateful to them, along with all those that advertise in the paper.



Going the extra mile for Ukraine

A team from FFP Finance Consultancy at the Old Bank Chambers in St Asaph decided to walk from St Asaph to Llandudno Pier to raise funds for Ukraine. Blessed with good weather, they managed the almost 20 mile hike in 8 hours and raised an impressive £1645, with Gift Aid on top of £252. They were greeted by family and friends on arrival, and all stepped onto the pier, though decided against walking to the end of it! A great achievement.

Pictured: Beth, Ozzy (spaniel), Shelley, Sonja, Jess, Lee, Sarah, Richard, Beau (spaniel) & Richard at the start of their big walk

Urdd National Eisteddfod in Denbigh

Denbigh hosts the Urdd National Eisteddfod from Monday May 30th to Friday June 4th. Urdd Gobaith Cymru is a national voluntary youth organisation with over 55,000 members between the ages of 8 - 25 years old. The Eisteddfod provides an opportunity to showcase Welsh talent in singing, recitation, drama performance, dance, instrumental competitions, folk singing, as well as competitions in cookery, hairdressing, journalism and much more.

Over the last two years, the National Eisteddfod has been held online due to the pandemic. This year, it will be taking place at Kilford Farm on the outskirts of Denbigh. There will be a huge range of attractions for old and young, including **Gwyl Triban** Festival described as a “festival within a festival” featuring a great array of Welsh singers and bands. More details online at www.urdd.cymru



Cathedral Tunnel Hoax

Readers of our April issue may have been concerned about the article suggesting that one end of a tunnel linking the cathedral and the parish church had been found in the churchyard, and that exploration may lead to disruption of traffic and sewage. It now transpires that there is no such archaeologist as Dr Aprille Ffoulkes. The cause of the depression in the churchyard lawn was in fact a partially collapsed burial vault which has since been made secure. The comment that exploration was to start on April 1st and the acronym formed by the article's sentences may explain further.



Ninety not out!

Brenda Nixon of Bishops Walk celebrated her 90th birthday recently with family and friends. Brenda has lived in St Asaph all her life, and the family believe that no-one in St Asaph has lived here continuously longer than that. We hope to persuade her to provide us with some reflections on her life in our city in the next issue!



Standing in for Jesus....

Dominic Rose was ready to sing the part of Christ in the Good Friday performance of the Bach St Matthew Passion, but unfortunately was taken ill a day before. This triggered a frantic search for a stand-in, and at the last moment, Theo Perry, a student at the London Guildhall agreed to take on the role. He had not sung it before in English, but studied the piece on the train up from London on the day of the concert, and - it was unanimously agreed - sang it flawlessly and beautifully.

Mair Dowell has sung in every Good Friday performance of the Bach St Matthew Passion since the tradition began in Tremeirchion back in 1964, an astonishing total of 56 times. She recalls that it had always been a tightly packed affair in Corpus Christi church, with extra chairs being brought over from the pub, and people sitting on windowsills and even the altar. Covid meant that the concert did not take place in 2020 and 2021; as reported in the last issue, the performance shifted from Tremeirchion to St Asaph Cathedral this year to give more space. An audience of perhaps 60 was expected based on ticket sales, but queues began to form for tickets on sale at the door, with more and more people coming, and stewards rushing to find extra chairs. In total around 150 people came to hear a completely glorious rendering of this massive work. The conductor was Trystan Lewis, with soloists Stephen Newlove, Theo Perry, Eleanor Parsons, Benjamin Williamson and Dafydd Allen. A retiring collection was taken for the DEC Ukraine Appeal, and in just a few minutes, an astonishing £720 was collected. No doubt the audience was moved by the power of the piece, and by an awareness of the terrible events playing out in the Ukraine.

A performance of the Bach Christmas Oratorio will take place in Tremeirchion church on a date yet to be confirmed in December.

DEC Coffee morning in the Parish Church

A very well attended Coffee morning took place in the parish church raising funds for the DEC Ukraine Appeal. Inevitably, it wasn't just coffee—a delicious range of cakes was provided by the catering team led by Esther Grosvenor. It was a very sociable occasion, with delightful café style musical accompaniment provided by Moonflower - Wendy and Ian from over the road at Earthworks Pottery. The event raised an impressive £956 for DEC.



Ffynnon Beuno's Facebook post on 20th March

"It's been a sunny weekend down at Ffynnon Beuno and I am thrilled to say that with some generous individual donations and all the profits from Saturday and Sunday, we have been able to donate £1,500 to the Ukraine Humanitarian Appeal. The UK Government has also committed to match fund donations so that means that our community has been able to feed 60 families with emergency food for one month as they flee this dreadful conflict"



Cakes in church A cake sale in Corpus Christi parish church in Tremeirchion raised over £600 for the DEC Ukraine Appeal.

St Asaph City Council Election 2022

Sue Scott



St Asaph City Council has fourteen seats allocated, seven in the West ward and seven in the East ward. Elections for City Councillors take place every five years. This year the eleven existing Councillors submitted their nomination papers to Denbighshire County Council for election and one new person also submitted their nomination papers.

The result of the election is that the eleven existing Councillors plus the new applicant have been elected to St Asaph City Council unopposed because the allocation of fourteen seats has not been reached, therefore a formal election is not required. If the number of nominations was more than fourteen a full election would have taken place on May 5th 2022.

This means St Asaph City Council now has twelve members who all undertake their roles on a voluntary basis. There are two vacancies in the East ward. Residents in St Asaph who may wish to be considered please contact the St Asaph City Clerk Mrs Jill Ellison by email at: clerk@stasaphcitycouncil.gov.uk for further information.

Councillor	Contact details
CLlr Barry J Townsend 92 Ashly Court, St Asaph LL17 OPH	Tel 01745 582025/ Mob 07584 620648 E-mail: barrytownsend92@yahoo.com
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CLlr Joanne Ellison	Mob 07789 363677
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County Council elections

Peter Scott (Conservative) has held his seat on the County Council representing St Asaph West with 222 votes. Peter Morton (Independent) had 139 votes. Peter Scott would like to thank residents of St Asaph West for their support.

Martyn James Hogg (Greens) has been elected as County Councillor representing St Asaph East with 310 votes against Linda Nelson (Cons), 270 votes. He thinks he may be the only Green party member in St Asaph, and was invited by the party to consider standing for election. With some rapid last minute canvassing, social media activity and an impressive flyer, he secured the seat. Martyn lives in Bryn Gobaith with his partner Phillippa and young daughter, and is a parent governor at the VP school. He is an engineer, having trained at Manchester University, subsequently working for Hotpoint in Stoke. After several years there, he was sent to the Hotpoint plant in Bodelwyddan for a 10 week stint, but soon decided to apply to work there on a long term basis, partly influenced by his love of kite-surfing and the availability of excellent surfing at West Shore Llandudno. He was British amateur kite-surfing champion at one stage.

At Hotpoint, he joined Unite the Union, and was a member of the Labour party for some time, but became weary of their lack of progress, and in recent years joined the Greens. He is impressed by their energy and determination, and by their commitment to environmental goals. The increased understanding by all of us of the climate emergency makes him optimistic that progress can be made.



Martyn in his workshop

His engineering background is clearly of benefit when considering options for achieving net carbon zero, and one of his key convictions is that we must have accurate and reliable information to enable the best decisions to be made. As only one of two Green Party councillors in the 48 strong Denbighshire County Council, he is under no illusions about an imminent Green Party takeover, but hopes to be able not only to represent his constituents, but also to work within a political grouping to achieve maximum Green influence. It will be a steep learning curve for him as a new Councillor, but he is already impressed with the induction for him and the 20 other newly elected Councillors. He appreciated getting an early call from Peter Scott to congratulate him on his election and shares Peter's determination to represent St Asaph residents to the best of his ability. City Times wishes both Peter and Martyn well in their Council work on our behalf.

Contact details: Martyn Hogg 07795 650265 or via e-mail: martyn.hogg@denbighshire.gov.uk

An unexpected visitor!

To the puzzlement of residents, two black Range Rovers with tinted windows roared into Roe Parc on April 25th, closely followed by a police car and two police motorcycle outriders. Cllr Peter Scott had been advised that there *might* be a visit from a senior Government minister that day, and was in attendance, along with Dr James Davies MP and Gareth Davies MS, wondering who might be coming. With the A525 blocked in both directions, the door of one of the Range Rovers opened and to the great surprise of those gathered, out stepped our tousle-haired Prime Minister!



Cllr Peter Scott and the PM in deep discussion



Jack is pretty chuffed to meet BJ!

It was a whistle-stop tour from the PM, shaking hands and chatting with surprised locals. He complimented Cllr Barbara Rust on her spectacular wisteria, and, as a cycling enthusiast himself, admired Jack Bickley's high-spec tricycle. Jack is one of St Asaph's most well known and sociable characters, and gained particular recognition when he stirred up Roe Parc during Clap for Carers by travelling round on the tricycle encouraging people (with the help of a loudhailer) to come out and clap. The prime minister's visit was over almost as soon as it started, but provided a memorable moment or two for residents.

The Prime Minister's key announcement during his visit to North Wales was that a new nuclear power station would be built on the Wylfa site. It is understood that two US firms have been in discussion with the government over the plans. In 2020, Hitachi pulled out of building a new reactor there due to spiralling costs and failure to agree a funding agreement. The current uncertainty about energy security following the invasion of Ukraine has renewed interest in nuclear energy.

City Council—some notes from the May meeting.



The AGM of the City Council was held online on 11th May. Cllr Peter Scott stepped down from the position of Mayor. He thanked members of the Council and St Asaph residents for their support during his tenure, and particularly Cllr John Roberts as Deputy Mayor. Cllr Colin Hardie has been appointed as the new Mayor, and his first act was to thank Peter Scott for his great service to the community as Mayor over the three year period, during which some very challenging times had been encountered. Cllr Scott will take over as deputy Mayor.

The full meeting of the Council followed.

Dave Jones PCSO reported on police items including attempted theft of oil, and theft of a vehicle from a forecourt. There have also been several attempted scams (*worth looking at www.gov.uk for advice about fraud, tricks and scams - Ed*).

Cllr Linda Nelson asked about provision of zebra crossings opposite the doctors' surgery and the VP school. However, Denbighshire CC have already stated that this is not possible due to the presence of zebra crossings nearby. A 20mph policy is being trialled in residential areas elsewhere in Wales, and may be implemented by Welsh Government in due course.

Jill Ellison, clerk to the City Council was congratulated on her successful application for Lottery funding for the Jubilee celebrations, and also her meticulous preparation of Council documents for external audit.

A third flagpole has been approved by planning; this will allow for flying of independent flags (eg Ukraine, City flag etc) without having to displace the Union flag or the Welsh dragon. A number of options for a City flag have been provided by Bishop Gregory Cameron, and these were discussed.

The **Mill Race Meadow** votes were announced. Of 155 votes, 99 were in favour of the Council opening negotiations in principle with the football club about leasing a part of the meadow to be used as a pitch for juniors. There were 56 votes against. Council therefore agreed, on a majority decision, to enter negotiations. It was emphasised that there would be no confirmation of the new pitch going ahead without careful scrutiny of plans to be submitted by the Football Club, and completion of a legal contract.

Full minutes of the meeting will be released after approval at the next Council meeting. Contact details of councillors are provided on page 4. **Mrs Jill Ellison is Clerk to the Council: clerk@stasaphcitycouncil.gov.uk Mobile: 07521 641756**

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“The Sky at Night” – in St. Asaph!

Dave Nuttall

You might be forgiven for discounting the possibility of seeing the wonders of the cosmos under the light pollution and orange glow of St. Asaph’s high-pressure sodium streetlights, but one of our residents not only notices the celestial in these unlikely conditions, but also actually studies them, to great effect!

Len Jones, a medical physicist by calling, having worked in the Countess of Chester hospital before leading several companies manufacturing and selling medical instrumentation, has always had a fascination with astronomy. Now in retirement and living close to the centre of the city, Len has more time to “focus” on his hobby, although one visit to his study and garden immediately confirms that here is a dedicated amateur enthusiast.

The telescope itself is an Explore Scientific 127mm triplet refractor mounted on a high specification equatorial tracking mount, and the study is more akin to Mission Control, being packed with the technology necessary to control the telescope and align it to astral objects of interest and to photograph them. The system precisely tracks them during their eternal, very slow progress across the night skies and faithfully records them for posterity—and for other keen astro-photographers.

Although we often hear about light pollution in urban settings and that certain areas in the UK are designated as “dark-sky” areas, the technology available to Len allows a certain degree of compensation for this light pollution as his images testify. That said, Len and his wife Doris spend a lot of time visiting these “dark-sky” areas at home and abroad as well as joining other astro-photographers and observers at events. Fortunately the telescope and supporting technology is portable enough to allow that.

Len is obviously very committed to his interest and would love to hear from other enthusiasts in the area, who are currently astro-imaging or observing or would like to get involved in this “out of this world” hobby. Len can be contacted by email at lenjones49@gmail.com



Monkey-head nebula



Whirlpool spiral nebula

Concert for Ukraine

Trelawnyd Male Voice Choir will be holding a fund-raising concert for Ukraine in the cathedral on Friday 22nd July. Further details to be confirmed in due course





2-5th June: Jubilee and City Status Celebrations

St Asaph will be holding a variety of events over the Jubilee period, which coincides with the 10th anniversary of St Asaph receiving City status. Local shops are invited to set out appropriate window displays, with a trophy for the best display.

The programme is as follows:

Thursday 2nd June

Flower Festival and Photographic Exhibition in the Parish Church with free entry. The flower arrangements and planters have all been generously sponsored and by local community organisations and businesses and arranged by local enthusiasts.

The photographs have all been taken in the Vale of Clwyd by local photographers with a general theme of *St Asaph—Gateway to the Vale of Clwyd*. In addition there will be a selection of old photos of St Asaph displayed on the large screen. Refreshments available.

Donations towards St Kentigern Hospice and to the Parish Church.



Cathedral Jubilee Service at 6pm. A special choral evensong to celebrate the Jubilee.

Lighting of a beacon with a fanfare at nightfall (9.45pm) in the cathedral grounds, and raising of a loyal toast. Prosecco and glasses provided—too good to miss!



Flower Festival and Photo Exhibition opening times

Thursday	10.30—4.30
Friday	10.30—4.30
Saturday	10.30—3pm
Sunday	10.30—noon

Friday 3rd June



Dic Aberdaron

Classic Car show at the New Inn from 10am

History walk round St Asaph led by noted local historian Cllr. John Roberts, to start at the cathedral car park at 2pm, to travel gradually down the High Street and finish at the Parish church. You will learn a great deal about our city, *and* arrive for

Afternoon Tea in the Parish Church 2.30 to 5pm. Open to all, no tickets required, and no charge! A great opportunity to enjoy the flower displays and photograph exhibition. Video displays of her Majesty's reign, and music from the 1950s onwards. Should you wish to dance, no-one will stop you!



Saturday 4th June



Summer Jubilee Fair on the Common

starting at 10.30am. A wide variety of stalls and attractions, including a Juniors **Football Tournament**, face painting, bouncy castle and much more. Rotary are organising a grand **Welly-Wanging** competition for different age groups. Get practising!

Music provided by the magnificent **Beulah Brass Band** from 1 to 2.30pm—you'll hear them long before you see them!



Food stalls will tempt you and refreshments will be available. The Bowling Club will be selling ice-creams

Jubilee Concert in the Cathedral at 7.30pm in celebration not just of the Jubilee, or of the 10th anniversary of City status, but also of the **50th anniversary** of our great North Wales International Music Festival! See opposite page for details of performers and what looks to be a wonderful programme, with some audience participation included..

Tickets (£12, children £6) available at www.nwimf.com or at Cathedral Frames on the High Street, or by phone to Theatr Clwyd 01352 344101.





2-5th June: Jubilee and City Status Celebrations *contd.*

Sunday 5th June

Flower Festival and Photographic Exhibition in the Parish Church continues from 10.30 to 2.00.

Grand Community Picnic on the Common by the play area from 2pm for those not attending street parties. Bring your own picnic, rugs, chairs etc. Music provided by St Asaph duo **Moonflower** - Wendy and Ian from Earthworks Pottery on Lower Street

Street parties and street meets Hopefully by now you and your neighbours should have finalised any arrangements for your street party! Residents are being asked to arrange their own street parties on Sunday 5th June. This will be a great way not just to celebrate the Jubilee, but also to catch up with our neighbours and to welcome newcomers to St Asaph. It will also be an ideal opportunity to get together again after the hardships of the pandemic. The kids will love it!



Check out www.streetparty.org.uk which covers everything from all age activities, street quizzes, games and music, to risk assessments, alcohol, notifying the Council and other authorities etc. Also visit www.stasaphcitycouncil.gov.uk for local advice. If you live in a quiet cul de sac, that is often ideal for a street party, but if you live on a residential road where traffic has to get through, are there spaces where you could have a **Street**

Meet instead—maybe large grassed areas, a row of open gardens in front of houses, someone with a large garden? It's in your hands...!

Bowling Club Council Cup competition Starts at 11am, £5.00 to enter. Any member of the bowling club and anyone living in St Asaph can enter the competition although it will be limited to 32 players. Prize money is £80



NWIMF 50th anniversary concert

Performers: NEW Sinfonia Brass Ensemble, NEW Voices Community Choir, Kana Chamber Choir, Tesni Jones (soprano), Elin Rees (organ), Robert Guy & Jenny Pearson - (conductors)

Programme of works by: William Rowlands, Henry Purcell, Mykola Lysenko (A Prayer for Ukraine), Robert Arwyn, Dilys Edwards, Hubert Parry, Handel, Quilter, W. B Jones, William Matthias and Vaughan Williams.





THE QUEEN'S JUBILEE CELEBRATIONS

Neuadd Owen Village Hall, Cefn, St. Asaph LL17 0EY

2nd, 4th & 5th June 2022



THURSDAY 2ND JUNE
9.45pm Beacon on Mynydd y Gaer, L

SATURDAY 4TH JUNE
3.00pm onwards - Ysgol Cefn Meiriadog "Fun Afternoon"
including Children's Games, Magician, Face Painting, Ice Cream Van
6.00pm Evening Events Tickets £10 (Pre-booking essential)
Hog roast, Licensed Bar, Live Band, "A Night at the Races"

SUNDAY 5TH JUNE
9.30am St Mary's Church, Cefn - Service of Thanksgiving
Led by the Very Revd. Nigel Williams, Dean of St. Asaph
1.00pm Big Jubilee Lunch Village 1950's Picnic - BYO Picnic (tea/coffee, strawberries and cream provided), Classic Cars, Best dressed Queen competition.

We are grateful to Gwynt y Môr Community Fund & Cefn Meiriadog Community Council for all their support with these events.

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For further details visit www.neuaddowen.org.uk or call 01745 540345/583428

A letter to St Asaph residents from Andrew Thomas

"As many of you will know, since Sue's death, I have been in the process of selling my house and moving to Milton Keynes where I hope to start a new life and spend many final happy years with my new friend Linda. It is with great sadness that I take this decision of leaving you all after nearly 50 wonderful years in the city.

Looking back, I have been fortunate, along with colleagues, to have been a part of many events, activities and occasions as a County Councillor, and as a City Councillor. I was Mayor four times and was active in numerous organizations and clubs, and count many friends amongst the people of St Asaph. I have been involved with the City Times, Rotary, the Archaeology Society, Twinning, the Tennis club, the City of Music, the Community Association, the Pilgrims Way, the North Wales International Music festival, VP governors and many others. For me perhaps the most significant achievements have been helping to gain City Status in 2012, and helping in the launching and production of the City Times for 23 years; and it is so pleasing to see it continue again.

None of these occasions and events would have been possible without the assistance and support of the people of St. Asaph. So I give my thanks to you all and trust that St. Asaph continues to be a great place in which to live.

Thank you

Andrew Thomas"



We owe Andrew a great debt of gratitude. Few people can have worked as hard and over such a long period for St Asaph as Andrew Thomas. His commitment, his capacity for work, his wise judgement and enthusiasm for driving projects forward is well known to almost all of us in St Asaph. He was a City Council member from 1983 to the present, and County Councillor from 1999 to 2004, and 2017 to the present day. He set a great example of service to the community, and will be greatly missed. We wish him all the best for his move to Milton Keynes.

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A National Park on our doorstep?

The Labour Party 2014 manifesto included a pledge to create a new National Park covering the Clwydian Range and Dee Valley Area of Outstanding Natural Beauty. There has been interest and some concern about what this would mean in practice, so *City Times* went to Loggerheads Country Park to find out more from Howard Sutcliffe, the AONB officer for the area.

The Clwydian Range and the Dee Valley were officially designated to be an Area of Outstanding Natural Beauty in July 1985. Of course, it doesn't need a label like this for us as locals to recognise that the landscape surrounding us is very special, but being an AONB has implications. In officialese, *"An AONB is a designated part of our landscape whose distinctive character, beauty, and cultural heritage are so precious that it is safeguarded in the national interest. Safeguarding is the protection and enhancement of the natural beauty, communities and businesses, and the unique architecture and archaeology of the area."* One consequence is that AONB officers have input into planning applications, attempting to ensure that buildings are appropriate to their surroundings, for example by using natural local stone, and slates on the roof. After all, says Howard, buildings will be for future generations also.

Safeguarding is the protection and enhancement of the natural beauty, communities and businesses, and the unique architecture and archaeology of the area." One consequence is that AONB officers have input into planning applications, attempting to ensure that buildings are appropriate to their surroundings, for example by using natural local stone, and slates on the roof. After all, says Howard, buildings will be for future generations also.

The Clwydian Range and Dee Valley AONB is overseen by a Joint Committee of the three local authorities (Denbighshire, Flintshire and Wrexham) through a partnership board which includes input from local residents and organisation such as Natural Resources Wales. It receives funding from the local authorities, NRW and from Welsh Government to the tune of around £500,000 per annum. Although the Clwydian Range has huge numbers of visitors each year, the AONB has no remit for provision or oversight of recreational activities.



Pen y Cloddiau

Mari Dafydd Jones of the Farmers Union of Wales has had several discussions with local farmers on this issue. On the one hand increased visitor footfall with the granting of National Park status would increase opportunities for diversification, for example, with hospitality and tourism; it would also increase availability of grants for farm maintenance eg rebuilding stone walls. On the other hand, even greater numbers of visitors and traffic through the narrow lanes could bring problems—irresponsible parking, gates being left open, littering, heather fires and dogs worrying livestock. People fear tighter planning restrictions. One commentator suggested that *"the Welsh Government wants to override the concerns of working people to create designated playgrounds for the middle classes."* The sight of queues forming at the top of Snowdon during the pandemic also rings alarm bells.

Conservationists generally welcome the prospect of transition to a National Park because of the increased protection it would afford to wildlife and habitats. For example, linking corridors for wildlife should increase the population of pine marten, which in turn will tend to keep mink numbers down, and thereby increase the vole population. Likewise, pine marten are able to catch grey squirrels, but not the smaller and nimbler red squirrels, allowing them to flourish.

Howard estimates that it would take around three years from now for the transition to take place. Initially, there needs to be detailed clarification of the proposal and all its implications, and following that, there will be a wide sharing of the plan and extensive local consultation. We'll no doubt learn more in due course.



National Park status would dramatically increase the profile of the area. It's a designation that resonates with the public in a way the title AONB never has. National Parks are authorities in their own right, with their own planning committees. Howard points out that just as many planning applications are accepted in National Parks as they are in AONBs, and that criteria are broadly similar. National Park status would bring more funding—to around £4-5 million yearly, with all the consequent possibilities of preserving and protecting this special area, local employment of Park Rangers and other staff, and better provision of necessary facilities. There also would be potential for working with landowners and farmers on natural flood management and mitigation of climate change .



The Area of Outstanding Natural Beauty

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Ruby Tuesday's Beauty Bar

Jo Cotton

Ruby Tuesday's is an exciting new business venture for owner Kate Bradshaw and is providing a new life for the old Barclays Bank on the High Street in St Asaph. City Times interviewed Kate to find out more about how she has developed her business during these difficult times.

Kate opened her business as a Brow Bar in smaller premises on the High Street in 2014. She is an experienced therapist and trainer with many years experience and a real passion for helping people to make the best of themselves. Over time Kate developed a loyal customer base in the area and took on an extra staff member to help manage the demand. The salon mainly provided brow, eyelash and nail treatments and Kate was aware that she didn't have enough room to expand to offer the range of treatments she is trained to provide.

Kate lives in St Asaph and wanted to stay in the City, and then during lockdown the old bank premises became available. Kate decided she and the business were ready for the challenge, and the High Street location was ideal for her. Kate has completely refurbished the premises which now has a smart, elegant salon space for treatments, with a reception area, separate treatment rooms and comfortable seating areas. A quirky touch is the new tanning area which is situated down in the old bank vaults.

Kate has two other therapists, Amy and Hannah, who have their own customers and who work from Ruby Tuesdays. The salon now offers additional treatments such as relaxing facials, aesthetic treatments, reflexology, teeth whitening, sports massage and wedding packages at the customer's own home. The new salon opened in early March and has been really busy since then. Kate believes that post Covid people are even more aware of the importance of looking after themselves and also feel ready to enjoy some treatments. The salon caters for both women and men of all ages and having been in the business for some years, Kate has mums and their daughters who come as customers together.

Kate will be offering promotions on new treatments so people can come and try them out. There is a treatment list on the Ruby Tuesday's Facebook page and brochures are available in the salon which give the full range of treatments and prices. It's a real positive for the City to see a High Street business expanding in this way and we wish Kate and her staff all the best for the futurepop in and check it out!



Llanelwy WI Our April meeting was an Easter themed "Eat Well for Less". We sampled some lovely hot cross buns, Easter eggs, shortbread, and some posh crisps. It was interesting to compare what tasted the best against the price for each product. Still on an eating theme, some members went to Afonwen for afternoon tea which was delicious. A fabulous medley of sandwiches, scones and cakes, and needless to say we all thoroughly enjoyed ourselves.

Our speaker at May's meeting was Ann Sim (pictured opposite) who gave the background and history of Tai Chi before showing us various moves. The members joined in this gentle exercise. Tai Chi is a martial art with health benefits as it can improve balance and posture. We were spoilt by the choice of plants brought in by Linda Davies and Gwenda Hardie and lovely looking rhubarb from Anwen Hughes, which was soon turned into rhubarb crumble! We were treated to melt in the mouth shortbread biscuits and cookies from Tracy Annesley. Our next meeting is Tuesday, 7th June, 7pm at St Asaph Parish Church. If you would like to join us, please just turn up or for further information, email stasaphwi@gmail.com. *Denise D'Albertson*



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Ffynnon Beuno *Ness Pritchard-Jones*

Ffynnon Beuno is a smallholding nestling in a tranquil and beautiful spot on the road south out of Tremeirchion. The ancient farmstead has its own 350 million year old cave, a spring associated with St Beuno and is the winter residence of rare colonies of lesser horseshoe bats. Walking along the adjacent footpaths reveals it is also home to sheep, pigs, hives of dark Welsh honeybees, Hubbard table hens and a small flock of alpacas. It has orchards, wildflower meadow, vegetable and cottage gardens: this truly is an incredibly special place. A recent project in conjunction with the Area of Outstanding Natural Beauty funded the restoration and creation of many metres of hedgerow which created important vibrant wildlife corridors to nearby woodland, all clothed in frothy white blossom when I visited.

The owners Jane and Chris Marsh have devoted themselves to creating a home and business that reflects their commitment to sustainability: living lightly on the land whilst supporting the local environment and community. Since 2015, many visitors to the area have enjoyed a restful break in one of their two off grid shepherd huts, sleeping under blankets made from alpaca wool and enjoying hampers containing food from Ffynnon Beuno's livestock, vegetable garden and local hedgerows.



The tea hut at Ffynnon Beuno



In 2019 Jane and Chris opened the Ffynnon Beuno Tea Hut situated near the front entrance to the smallholding. The pandemic affected their initial plans, but the hut soon became a regular meeting place for members of the community once some of the restrictions were lifted. Visitors can enjoy quality Welsh beverages like Dwyfor Coffee and Welsh Brew tea as well as sandwiches made from Henllan bread, soup and baked potatoes all made on site in their specially built commercial kitchen. In line with the Marsh philosophy of minimal waste, all cups and lids are made from Vegware and all coffee cups, lids, soup bowls and baked potato boxes are composted on site with all the compost returning into the vegetable growing areas. Very little waste is produced by the takeaway – something Jane feels passionately about. The Hut also doubles as a shop selling their own products such as jams, chutneys, honey, beauty products, alpaca wool scarves from their own flock, beeswax candles, real ale and jewellery made from donated upcycled materials. All these products are made at Ffynnon Beuno.

Meeting Jane on World Earth Day felt very appropriate as she shared her passion for living in a way that ensures a minimal carbon footprint. Speaking of the many relevant courses she attended and the books that had inspired her, Jane was passionate and inspiring. Clearly aware of environmental issues on a global scale, Jane explained how it is possible to make intelligent but small choices at a local level, such as growing your own food, recycling, composting and supporting the natural ecosystem in your locality which makes a big difference.

According to their website, the cave at Ffynnon Beuno was first excavated in 1883 and was found to contain flint tools from 36,000 BC and bones from woolly rhino, mammoth and hyena. It is of international significance as it is only one of three sites in the UK to contain artefacts from Neanderthals immediately prior to their extinction (42,000 BC) and early modern man (37,000 BC). Ffynnon Beuno was also the childhood home of the famous African explorer John Rowlands, better known as HM Stanley.

Anyone who wishes to learn more about the history of this ancient site or the practices of the current custodians can read Jane's informative blog posts <https://beunoshuts.co.uk/blog/> or visit their website www.ffynnonbeuno.co.uk for more information on produce, facilities and current opening hours.

They also post regularly on Facebook <https://www.facebook.com/ffynnonbeuno>



Ffynnon Beuno cave



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ST ASAPH CATHEDRAL

CADEIRLAN LLANELWY
ST ASAPH CATHEDRAL

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& CRAFTS**

Saturday 23rd July 10:30-3:30

We are celebrating the Cathedral and all the people who have memories of coming here. Have you ever had a special event or memory at the Cathedral? We would love to meet you. Come along to our memory day and bring any photographs, documents and memorabilia you'd like us to scan for a pop up display celebrating those special moments. An archive will also be created for posterity and memory boxes to support St Asaph as a dementia friendly city.

Talk to our volunteers, have a cup of tea and bring the family to see our new heritage garden and have a go at our garden themed crafts.



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DIARY OF EVENTS

Activities listed are correct at time of going to press. For listing in the Diary of Events in the next issue (first weekend of August), submit items to editorsact@gmail.com before the deadline date shown on page 2.

Regular weekly events

Day	Time	Details
Tuesday	10am	Aros a Chwarae. Free toddler group for all preschool children and their parents/carers. Meet at tennis courts (term-time). See Aros a Chwarae/Stay and Play Facebook page. @stayandplayllanelwy.
	2-3pm	Tai Chi at the Parish Church. Contact Ann Sim on 07852 321502
	3-4pm	Qigong at the Parish Church. Contact Ann Sim on 07852 321502
Wednesday	6pm	Informal running group; meet at the Cathedral car park. 5k run, wear high viz gear. Contact Ian Jones on 07775 684171.
	6-7pm	<i>Exercise with Liz</i> in the Parish Church: Facebook Rhuddlan Clubbercise and Fitness with Liz
Thursday	2-4pm	Forget-me-not afternoons for those living with dementia. Held at the Parish Church. Contact Janet Cameron on 01745 583770
Friday	9.30am	Cymun Bendigaid in the cathedral

Regular monthly events

Day	Time	Details
1 st Sunday	11-12	Messy Church at the Parish Church
1 st Monday	12-2pm	PROBUS club in the Oriel Hotel. Contact Keith on 07388084361 or kl@6fl.net
3 rd Sunday	3-5pm	T Club at the Parish Church. Details on church website. Contact Marion on 01745 590960 Next ones will be on June 19th and July 17th

One-off events

June		
Wed 1st	10.30-12.30	Medieval Marvels at the cathedral—see page 18.
	10-12.30	Messy Church Holiday Club at the Parish Church. For more information and booking contact 07841 160430 or message via the Facebook page
	7.30pm	Organ recital in the Cathedral: Christopher Jones (Bristol)
2nd—5th	Various	Jubilee celebrations—see pages 8 & 9
Thurs 9th		Now Club. Garden visit. Contact Margaret Corlett :pncorlett@icloud.com
Sat 11th	10—12	Workparty in Mount Road cemetery—all welcome. Refreshments provided.
	12— 2pm	Unveiling of the Platinum Jubilee Garden at St Asaph Crematorium and Memorial grounds. Refreshments and musical accompaniment. All welcome.
July		
Friday 22nd	tbc	Ukrainian Appeal concert in the cathedral with the Trelawnyd Male Voice Choir

**Heavy Plant rumbling**

Construction vehicles associated with the new housing development off Bryn Gobaith have been squeezing their way through this narrow street, making houses shake and windows rattle.

Residents have been concerned enough to park their cars partly on the pavement. This phase of the work has been mainly groundworks, and things may ease off, but it is a stark reminder of what is involved in such construction works.

ST ASAPH CATHEDRAL

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Medieval Marvels

Wednesday 1st June 2022

10.30am - 12.30pm

At St Asaph Cathedral

DROP-IN

FREE EVENT

*Medieval medicine trail • Quill and ink writing •
Tuzzie Muzzies • Willow weaving • Nettle string
making • Meet the heritage gardeners to learn more
about medieval gardens*



St Asaph Cathedral Heritage Garden

Chris Jones

It is now a full twelve months since work began on creating this project – “to create a garden with a flavour of a genuine 13th or 14th Century garden” which could enhance the beautiful building and provide an area of interest for the purpose of education, reflection and meditation. The first parts of the garden to be created were the beds which were marked out and designated for specific purposes, mainly the **Paradisum** and the **Physic Garden**.

There are four beds within the meditational garden (or **Paradisum**). Historically, this was a place for the monks to pray, relax and meditate. Each bed has been planted with a variety of plants that emphasised fragrance and flowers, and they would be used to decorate the church although they could also still be used as herbal remedies. They form a pattern reminiscent of a knot garden. It is hoped that they will provide a wonderful display to enjoy as well as being an educational tool about plants of the period and their uses.



The **Physic Garden** area consists of four beds which are subdivided by willow hurdles specially created by the volunteers. Each subdivision consists of an aspect of the body which the plants may benefit e.g. skin, heart and circulation, digestion or musculature. These plants also will be a mixture of decorative and beneficial, and will provide pleasure to visitors. A fifth bed has also been added which contains plants pertaining to the Tudor period and also those used for stewing and dyeing such as woad, as well as commonly used herbs.

The whole garden area is bounded by a lavender hedge which will also give a feeling of being enclosed. Lavender is regarded as having a calming effect and was often used for insomnia. The entrance to the garden is via a large arch through which honeysuckle and climbing roses will twine. A bench has been kindly donated by the Rotary Club of St. Asaph for visitors to sit and reflect and enjoy the garden.

A large mature yew stands in the centre of the garden and this has been under planted with spring bulbs such as snowdrops and daffodils.

The area in the corner of the garden is also being cleared and is planned to develop a **potager**, which was an area where vegetables and young plants were nurtured. Small log piles have been formed to encourage insects and wildlife. A small mixed hawthorn hedge has been planted to screen off the area; this is work in progress.

Many of the plants are beginning to flower and it is hoped that seed collection and plant propagation will continue the development of the garden. Every effort has been made to use plant species of the period to make it as authentic as possible and during the research we have learned a lot about the plants and their uses. Many have a variety of colloquial names according to their uses, which we have highlighted, and all the beds are being labelled bilingually to help visitors with identification. It is surprising just how many of them are used today in different medicines. It is hoped to have a plant file with photos of the plants in flower and information about each one; this will be developed gradually as the collection develops. There will be an “I spy trail” for children to follow and enjoy. During the course of this inspiring and enjoyable project much has been learnt. It will not grow overnight, but we hope that over time it will provide a great deal of pleasure and interest to visitors.



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Feeling under pressure?

Ben Ross

Throughout life we all experience events which test our mental resilience, whether it's exams and pressure to perform at school, worries at work or challenges at home. But when life feels overwhelming, there are always things you can do.



Talk it out Wherever it comes from, pressure to perform well or meet high expectations can result in the exact opposite. Rather than ignore a problem and retreat into yourself:

- Chat to someone you trust – it often helps to simply know you're not alone.
- Ask for help. It might feel like it, but it's unlikely you're the first person to go through this.
- Be honest, even if it's just with yourself.

Set realistic targets: Doesn't it feel good to make a list and tick something off? Focus on what you can control and break big problems down into little wins:

- Stay positive and focus on your achievements. When little blips happen, let them go.
- Be your own benchmark – comparing yourself with others is rarely helpful.
- Celebrate each success, however small.

Care for your brain Science has shown us that our brains work at different frequencies. High levels of small fast beta brainwaves are associated with a state of anxiety... not the best for creative thinking. Alpha brainwaves, on the other hand, are slower and larger. These are associated with feelings of calm, increased creativity and ability to absorb new information. Clearly, you can't flick a switch to use a different brand of brainwave, but it can help to:

- Eliminate distractions, such as background noise, devices and chatter.
- Work at a time which feels good for you – everyone has a different biological peak time.
- Realise that multi-tasking is flawed. Try to focus on one thing at a time.
- Stay hydrated and limit caffeine consumption.



Be kind to yourself Taking time out for yourself is important for wellbeing. There's no point in staring at a computer screen for hours when you could achieve more when you're feeling fresh and well rested. Your brain isn't designed to concentrate for hours on end, so schedule regular breaks. Practicing mindfulness may not suit everyone, but even taking a few deep breaths can help you to reboot. There are happy hormones in our bodies which you can unlock in several ways:

Dopamine is the 'feel good' neurotransmitter associated with being rewarded. Trigger it by listening to your favourite jolly music, enjoying a sweet treat, having an epic sleep or completing a task.

Serotonin is a mood stabiliser, reducing anxiety and improving both sleep and happiness. Trigger it by catching some rays, going for a walk, meditating or working out.

Oxytocin is released when we feel connected to others. Trigger it by snuggling up with your partner (or pet), cooking a nice meal for friends, holding hands or enjoying a hug.

Endorphins are like a natural pain killer, helping to reduce stress and increase pleasure. Trigger them by doing exercise, eating chocolate, having a giggle or pampering yourself.

You may need to go back to the books or computer at some point... but taking a little time out could help you to achieve more and feel better too.

Helping someone who's going through the mill

It can be difficult to know how to help, but the most important things are:

- Patience** – try not to take it personally when emotions are running high. Be a cheerleader, shoulder to cry on, offer perspective and encourage the person in question to prioritise wellbeing.
- Listening** – two ears and one mouth. Enough said. Venting can really help... the favour will be returned one day, for certain.



"Almost everything will work again if you unplug it for a few minutes... including you."

Ann Lamott, novelist and political activist.



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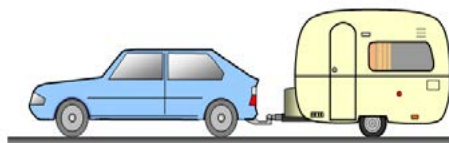
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Venture Caravans

The treasure trove of caravanning and motorhome equipment to be found in Venture Caravans at the A55 roundabout is quite extraordinary—and is clearly a huge



magnet for all those who enjoy caravanning. What started as half a yard and a portacabin back in 2010 has led to a new build with four extensions as the business grew and grew. The business was set up by Dave Grove, who had originally come to North Wales from Coventry to take on the Cornucopia hotel in Llanrwst. The family had always enjoyed caravan holidays, and so when the family gave up hotelling, a caravan business seemed a great idea.

Dave quickly persuaded his daughter Jo to leave her post as a PA in Ysbyty Gwynedd to help with the business, and before long her brother John, formerly a coach driver and mechanic also came on board. Dave has retired, but still comes in to help out on a regular basis.

The increase in staycations during the Covid pandemic meant that business has been very brisk recently for both caravans



and motorhomes. The freedom to roam with your own home is clearly a very compelling attraction, and it also allows either the spontaneity of a weekend away at short notice, or the enjoyment during the dark winter nights of detailed itinerary planning of the summer expedition! For herself, Jo prefers a motorhome, but she acknowledges that there are good arguments on either side of the long debated issue of motorhome vs caravan. Caravans are cheaper and need less maintenance; you can pitch them and leave them whilst you explore—but you may need a sizeable vehicle to tow them. But motorhomes allow flexibility and impulse decisions, are easier to drive, and can be used for wild-camping. Jo and John can advise you, and there is, of course, more online.



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Probus Club: Rhug Estate and Hillforts

Gareth Jones, farm manager at Rhug Estate, near Corwen, was the guest speaker at the April meeting of the Denbigh and District Probus Club in the Oriel Hotel. Gareth joined the 12,500 acre Rhug Estate in 1993.

Rhug changed to organic farming practices early on and has received the Green Business Award for its eco-friendly approach. The retail complex on the A5 near Corwen developed from mobile units in 2011 to purpose-built premises providing a shop, café, takeaway unit and a drive-through. The farm's high-quality meat is dispatched to upmarket restaurants in London, Dubai, Hong Kong and Singapore. The Aberdeen Angus suckler herd is sired by a stabiliser bull that has the ideal characteristics for meat production. The herd of bison provide low cholesterol red meat and along with a herd of Sika deer have become a tourist attraction. A total of 5,000 lambs are bred each year of Swaledale Blue Faced Leicester parentage. Some animals are reared on salt marsh that enhances the flavour of the meat. The Christmas trade is supplied with turkeys and geese that arrive on the farm around the end of May. About 220 acres of triticale wheat is grown and its long stems shade the weeds essential for satisfactory organic management of the crop. In conclusion, Gareth was at pains to stress the importance of sustainable food production that is also profitable.



Dr Erin Lloyd-Jones

At the May meeting of the Probus Club, members were treated to an entertaining and informative lecture from Dr Erin Lloyd Jones entitled "Making Archaeology Interesting". She is a public engagement archaeologist, with a PhD in the archaeology of Hillforts, and has a passion for getting people excited by the past. As a youngster, she was brought up in Castle Mill, just by Chirk Castle, and her enthusiasm for history began early on. She enjoys finding out back stories, not just in prehistoric times, but also in more recent history; for example tracking down what happened to a Canadian first World War soldier who had inscribed his name and a comment on a stone on Pen y Cloddiau. She also enjoys initiating projects to engage people. During her first job for the National Trust at

Erddig, she prepared a banquet at Erddig using menus from the 19th century; whilst working for Cadw she arranged the "Hill Fort Glow" in which 350 volunteers climbed hillforts across north-east Wales and Cheshire, then lit beacons to see how far they might be visible. This turned out to be an impressive 25 miles. Dr Lloyd-Jones has appeared frequently on television, most recently with "Weatherman Walking" on BBC Wales.

The Probus Club is a group of retired or semi-retired professional and business people that meets monthly over lunch in the Oriel House to socialise and listen to a presentation. New members are warmly welcomed. For further information, contact Keith Lester on 07388 084361 or kl@6fl.net



James Davies visits Cefn

Justine Evans

Vale of Clwyd MP Dr James Davies paid a visit to Cefn Meiriadog recently to meet residents and to discover more about the school, church and Neuadd Owen village hall. James has always been impressed by the community spirit in the village but was particularly inspired to hear of the success of the regular events, organised by volunteers, which take place in the village hall. He also commended the fantastic village school and was pleased to meet the headteacher and head boy and girl. James said: "It is evident that events at the iconic St Mary's Church, with its spectacular views over the Clwydian mountains, Vale of Clwyd and North Wales coast, and at the village hall, have really strengthened community ties and I am impressed by all the work that volunteers put into organising regular events to maintain that community cohesion."

Programme for Jubilee celebrations at Cefn—see page 9

Epilepsy Action Fundraiser

Elaine and Mark Morris of the New Inn on the Lower Denbigh Road hosted an epilepsy awareness event on Saturday 26th March. This day is also known as Purple Day - it's a global initiative for raising awareness dispelling myths and increasing support for those affected. Melanie Taylor, pictured centre, initiated the event and sourced 16 raffle prizes from local businesses and residents. The evening was a Fun Night with Quiz and raffle and was very well supported by the community. £428.60 was raised for the Epilepsy Society, the leading Epilepsy Charity. Well done to everyone involved in organising and supporting the event.



Underage volunteer purchasers needed!

Volunteers are being sought to help carry out test purchases to ensure retailers are complying with the law. Denbighshire County Council's Trading Standards team is looking for young people to help enforce laws in relation to age restricted sales, such as alcohol, knives, cigarettes and e-cigarettes.

Volunteers can be aged between 14 and 16 years, but not older than 16 years and 6 months. Emlyn Jones, the Council's Head of Planning, Public Protection and Countryside Services, said: "Test purchase exercises are an effective way for Trading Standards to ensure retailers are complying with the law. We are looking for volunteers to assist with test purchasing operations, where they will be asked to enter shops and attempt to purchase age restricted products. They will behave as ordinary customers, under the supervision of a trading standards officer."

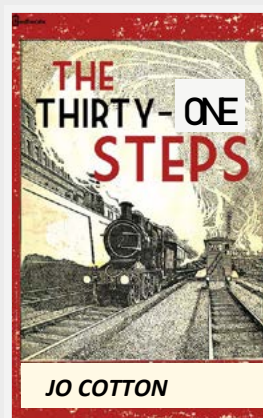
Before any volunteer takes part they, along with their parent/guardian, will be fully briefed on all aspects of the process and potential outcomes. Please contact the Trading Standards team at tradingstandards@denbighshire.gov.uk for further information or to register your interest.



The thirty-one steps: the mystery deepens over ownership

The ownership and/or responsibility for the maintenance of the 31 steps (see February issue of the City Times) remains unresolved and the steps are still in a poor state underfoot. City Times has made contact with Denbighshire County Council and been advised that the path at Red Hill in St Asaph is not recorded on the present or previous *Definitive Map of Public Rights of Way* and consequently it is not considered by the County Council to be a public path that they have responsibility to maintain.

A local voluntary group are prepared to clear the debris underfoot and some of the vegetation that is overgrowing the path to make it safer for local people to use. However, it is important to continue to try to establish ownership of the path with a view to gaining permission for this work to be done.



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St Asaph's Main Roads

Mike Parry-Jones

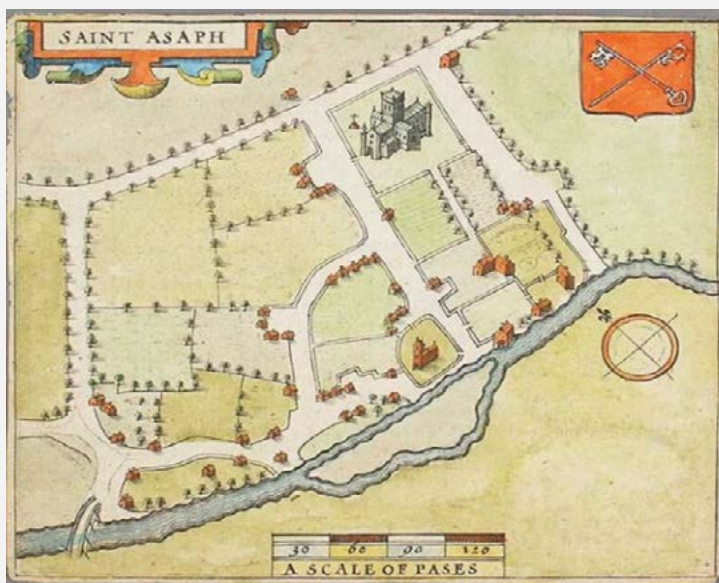
St Asaph's main communication routes are approximately to the four cardinal points: Rhuddlan to the north, Denbigh to the south, Holywell to the east and Holyhead to the west.

In earlier times it is believed that the route towards the East left the city via what is now Bryn Gobaith rather than Chester Street. The main reason for this is that the approach to Bryn Gobaith has a less severe slope. This existed until the building of the "new Pont Dafydd" in the early 1800s and the artificially shallower gradient of the road that connects it to the city.

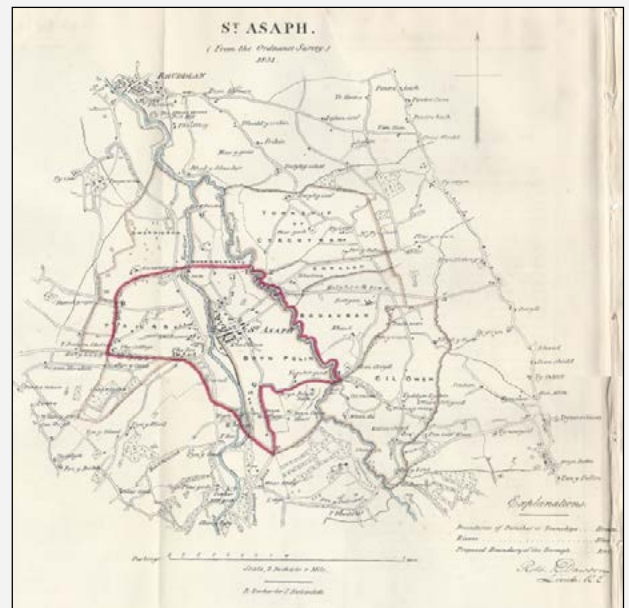
Interestingly the 17th C map by John Speed shows no road heading in this direction. This suggests that the city was mainly concerned with links to the castled towns of Rhuddlan and Denbigh. It is possible that before the Elwy Bridge was built, the way to Rhuddlan was along Mount Road to Roe Sion Philip where there was a ford. The 1832 parliament map, which is after the bridge's construction hints at both routes but surely by then the easier choice would have been similar to today.

The route to Denbigh was mainly via the Upper Denbigh Road. However, with the building of the Pont yr Allt Goch in the mid 1700s, the Lower Denbigh Road became an option but I suspect that the steepness of the hill there would have been a trial in those horse drawn days.

Going west the exit route is via Penrhewl and the Glascoed Road towards Betws yn Rhos. It's not clear to me why the route via Abergele wasn't the more popular, but I suspect that it was to do with the balance of local communications and the long distance traveller.



John Speed's map



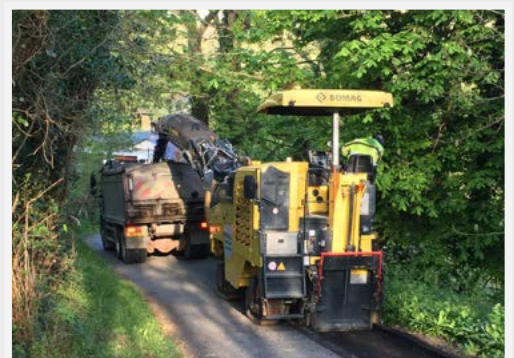
The 1832 Parliament map



Don't miss the **photography exhibition** in the Parish Church over the Jubilee

photo: Alun Williams

The Bomag To the delight of local "twitchers", this rare and exotic yellow Bomag Tarmac-Eater was spotted in mid-April in St Asaph in its characteristic bright summer plumage. It is an infrequent visitor to this area, being more usually seen by the verges of motorways and other tarmac rich habitats. It is seen here negotiating the steep hill at the end of Mount Road, ripping up tarmac with its deep growling call, part digesting it, and then feeding it to a waiting, and indeed rather overweight, chick-truck in front of it. The Bomag and its chick perform a delicate and highly choreographed dance to minimise loss of tarmac, and even more so to turn round and retrace their steps up the hill. Nice job guys...



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High Sheriff Award for volunteer run Day Care

Gofal Dydd y Waen Day Care were recently presented with the 2022 High Sheriff Award for Voluntary Service by Steven Thomas the High Sheriff, to thank them for their tireless work in supporting people of all ages living with serious illness and disability.

Since 2011 when the twice weekly Gofal Dydd y Waen Day Care in the Waen near St Asaph opened, they have cared for over 250 individuals living with illness such as cancer, stroke, MS, MND, dementia, breathing problems etc. Apart from the initial lockdown the centre has remained open throughout the pandemic. The Day Care is bilingual and all are welcome and Welsh is the main language spoken, but many activities are bilingual. All the care is free of charge. Door to door transport is provided and costs are met through donations and fundraising. Priority is given to those living with family to provide respite, those who are younger and those living in rural or remote areas. The volunteers also provide home respite to anyone living with family who have a serious illness and this service is also fully bilingual.



The High Sheriff commended the group also on their huge efforts to support those in their local community during the pandemic with practical support including food parcels, Christmas lunches and "afternoon tea in a box" distributed to over 150 local people.

Bryn, whose wife Val attends the Day Care said "We would be lost without Gofal Dydd y Waen Day Care and life has changed for the better since Val start attending. The care is so special, with a wonderful atmosphere and it is truly a safe haven. The fact that Val attends Gofal Dydd y Waen Day Care gives me some freedom to go shopping and know my wife is in a place full of care, love and very calm and peaceful too." We are always happy to hear from those who would wish to volunteer and have many volunteer roles and also welcome families to contact us directly if they need any help or support. For further details, please contact helpugilydd@gmail.com

Alys Davies



St Kentigern's blooming...!

The Flower demonstration led by Julie Pearson as a fundraiser for St Kentigern Hospice had a great turn out and is hopefully one of many events we will be holding at the newly renovated St Asaph Parish Church.

Trefor, the event organiser commented: "We were absolutely delighted to have Julie Pearson supporting us here in St Kentigern Hospice, the event was blooming brilliant"



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VP school

Kate Langford

We had a spectacular start to the Summer Term at the VP! The Nursery and Reception topic is 'Under the sea' and Year 1 & 2 children have been learning about 'Space'. The children visited the Blue Planet Aquarium and Xplore Science Discovery Centre, and had a wonderful time and are keen and excited to learn more. We were delighted to win a competition with CBBC's Andy & The Odd Socks; the children had a zoom call from Andy for their brilliant work on kindness and anti-bullying. We've also celebrated Mental Health Awareness Week in May and feel it's important that we teach our children self-awareness, self-care and self-love. We are looking forward to hosting Sports Day on the 1st July and are delighted to be able to invite our families in to join us.

Church School: This term we have been learning about the value 'friendship'. We've been learning to be a good friend and how to choose good friends. We have also been working closely with Ysgol Esgob Morgan and together we visited the Parish Church for an Easter themed Collective Worship with Father Rex Matthias and our Chair of Governors Marion Hughes. The children also enjoyed a visit from the prayer van which provided children with a multi-sensory reflection space – diolch to Jon Andrews.



New resources, equipment and learning opportunities: The children have been really pleased with their new ICT resources. Each class has received new iPads and laptops and we've also had extra large 75" interactive TV screens fitted in classrooms. We would also like to say a huge thank you to Excell Supply who purchased an outdoor role play market stall for the children. This will provide the learners with rich opportunities to develop their oracy and numeracy skills in an engaging and practical way.

The Queen's Jubilee Party: The children have been working in groups to plan their Jubilee Party. They have organised an outdoor party, with a long table set up like a street party. We are keeping our fingers crossed for sunshine and will be celebrating on the front playground of the school on the 27th May. Thank you to St Asaph Co-op who have donated food for the children – diolch yn fawr. The children have been busy bees creating decorations for their party – they've made a big banner for the school railings and lots and lots of bunting. The children have planned traditional games to play and we have organised an extra special surprise for them – a magician!

Cefn Meriadog School

Laura Martin

The past few weeks have been wonderfully busy and exciting at Ysgol Cefn Meriadog. We found out that we had won the Llaeth Y Llan 'design your garden' competition thanks to a creative garden design by our younger pupils. This has meant we have been able to purchase some wonderful additions for our garden area to help us make it a quiet, calm place that the children can use. The children have been busy planting vegetable seeds and we look forward to harvesting them.

We were thrilled to enter the Urdd Eisteddfod recitation, dance and art competitions and are very proud of our learners and the hard work they put in to their performances. Da iawn pawb!

The Foundation Phase topic this term is 'Our Community' and the children have been exploring our local area and meeting some of the residents. They enjoyed a

visit to Jenny's small holding where they met her alpacas and have also been to Mr and Mrs Jones' farm where they met lots of lovely farm animals!

The staff and children are working very hard to use Makaton daily across the school and continue to learn new signs and symbols that they can share with others. The school has also completed the 'Learning with Autism Primary School Programme'. Our Juniors have also become Dementia Friends after completing a workshop.

We ended the Spring Term with a visit from KC Exotics. The children met rabbits, chicks, a skunk, snakes, a tortoise, meerkats and parrots! The children were very brave (as were the grown ups!) and all thoroughly enjoyed themselves.

Our Junior children are preparing for a Residential Trip at the end of the month and they can't wait! We will be visiting Open Door and look forward to paddleboarding, high ropes and 2 days of fun with friends! As always please follow us on Social Media to find out more about the activities and work that we are doing. Diolch.



ENGLISH AND MATHS TUITION

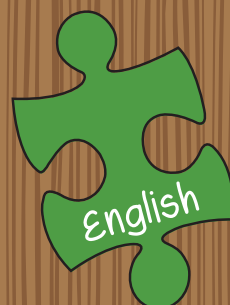
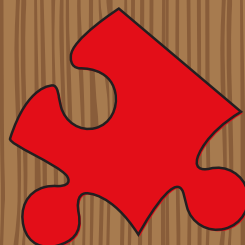
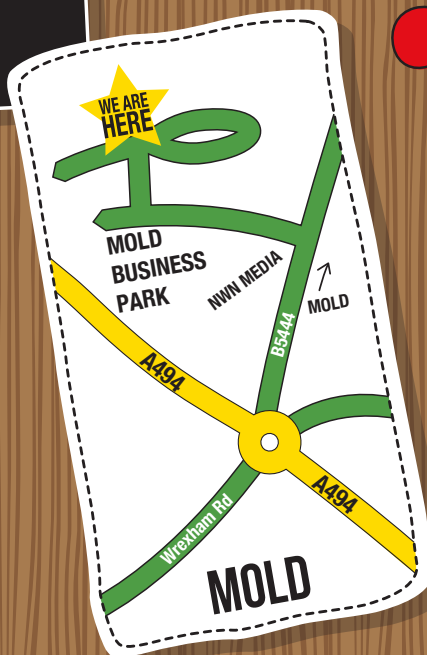
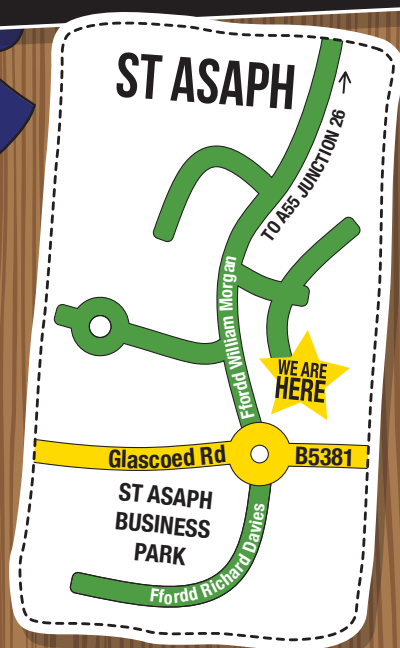
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Fresh in bloom - a new ethical florist outlet at Jacob's Ladder

Amy Deacon's interest in floristry began in her school years. She studied floristry in college, and became influenced by the British Grown Flower Movement early on. It's an ethical movement that rejects the mass importation of flowers.

The background to the BGFM: Over £800 million pounds worth of flowers are sold in the UK yearly, with the great majority of them leaving a significant carbon footprint, as only about 15% of flowers sold in the UK are British grown. Flowers are flown in from Africa and South America; flowers are grown in vast heated glasshouses in the Netherlands. Big British commercial growers send flowers to Amsterdam; they are then shipped through Europe, including of course back to us. That's a big footprint. British flowers last longer and have a better scent than those brought in refrigerated by long journeys in lorries from the continent. And growing flowers in the UK for ourselves is good for biodiversity and insect life—bees and butterflies in particular. The movement is growing.



Amy's family moved to North Wales a year ago. Her mother had started growing flowers during lockdown, and became addicted to the joy of seeing a tiny seed bloom into a beautiful flower. This sparked a passion for growing seasonal flowers and producing beauty at as little cost the environment as possible. Their new house in Moelfre above Abergele came with an acre of land. So the family decided to launch themselves into the flower trade— Amy as florist, her mother Karen as the grower, and her father Simon, with his woodworking skills as head of maintenance. They have open flower beds and a polytunnel, growing flowers organically. They use the *no-dig* technique, they don't use peat composts, and their ducks keep the slug population down. Their flowers won't be wrapped in plastic; arrangements can be ordered, and won't be mounted in floral foam. They sell a wide array of seasonal flowers online and at artisan markets in Colwyn Bay, Beaumaris and Ruthin. And now Amy sells cut flowers from Jacob's Ladder on Thursdays where she helps Lowri Williams. Fresh in Bloom will provide flowers for weddings, and bespoke arrangements for special celebrations. Bouquets can be delivered locally, or picked up at Jacob's Ladder.



Karen Deacon

They have set up a delightful and persuasive website which is well worth visiting www.freshinbloom.co.uk Contact details: 07507370494 E-mail: freshinbloomflorist.co.uk

Ysgol Esgob Morgan

Jodie Martin

Well done to our girls football team who represented Ysgol Esgob Morgan in Ruthin for the URDD festival. The girls showed brilliant team work and perseverance and walked away with 2nd place in the plate competition. Da iawn genod!!



Year 5 attended Denbigh High School last week to experience a French lesson. The children had great fun learning alongside Jean-Claude the puppet and learnt how to introduce themselves, where they lived and their age. Merci beaucoup Denbigh High.

We have always been very proud of our eco area and the commitment our pupils give to looking after our environment, and we've been involved with **Keep Wales Tidy** and the eco-schools scheme since 2008 . All classes

have enjoyed their time in the forest school this year which was part of last year's eco action plan, as well as working hard in the garden looking after our fruit and vegetable plots. Their hard work paid off this week when Esgob Morgan was re-awarded the platinum eco schools flag. The pupils were brilliant showing Catrin around our grounds and highlighted where we can still improve; keep up the good work.



It was great to get back to the library this half term, this time to focus on *empathy*. The children enjoyed a story read by Matt and had some great discussions about how the characters were feeling. Their work will be displayed in the library soon and we will be back after half term to keep our school record of 100% pupil completion of the summer reading challenge.

One last **POB LWC!** to all our pupils representing Ysgol Esgob Morgan in the URDD Eisteddfod in Denbigh this May half term. The commitment you have shown practicing in your own time is admirable. We're very proud of you all!



Blistering start by St Asaph Cricket Club first XI!

As winners of last season's North Wales Premier League, every team is keen to test themselves against St Asaph—but St Asaph have started the season at a blistering pace, winning all their matches so far. Nathanael Scott has found a rich seam of form, having scored an extraordinary 401 of his teams total of 934 in the first four league matches. Duncan Midgley and Gareth Goodson have also shone with some big innings, whilst bowling success has been spread through the team—including an impressive 5 for 8 against Llay by Jason Ffoulkes. There will no doubt be some tough matches ahead, including an away fixture against joint league leaders Menai Bridge on 28th May.

Jason Ffoulkes and Matthew Ryan were selected to play for Wales National Counties—great to have local cricketers achieving national recognition. Junior teams have been as busy as ever. What better way to spend a Saturday afternoon than down at the cricket club, sitting in the sunshine with a cool drink, supporting our home teams?



Nathanael Scott (in 2021) Photo: Andre Pepper

St Asaph FC : End of season review

John Roberts

As the season comes to an end it's an opportunity for the club to say thank you to all our sponsors and supporters. Many thanks to Mr Gwyn Williams, Spring Gardens for his continuing generous sponsorship over the seasons and to all the local businesses who have sponsored our first team home fixtures and sponsored the kits of our Junior teams. This support has been invaluable to the Club. As a Club we are very proud of our Junior teams who are the future of the Club and would like to say thank you very much to all of you who voted in favour of the Council opening negotiations with the club about leasing a small section of Mill Race Meadow for a period of 25 years to the club in order to lay it out as a junior football pitch. Although the playing season is coming to an end the work of preparing for the new season has already started. A grant from Gwynt y Môr has enabled us to purchase a new container to store all the equipment used by our junior teams during training and matches. We will also be announcing shortly an exciting new kit sponsorship agreement for next season.

Our Junior teams will continue to train and take part in festivals over much of the summer. On Saturday, June 4th as part of St Asaph's Jubilee and the tenth Anniversary of gaining City Status, our juniors will be holding a Fun Football session at Roe Plas.

It's well known cliché that football is a game of two halves and it has certainly been a season of two halves for our first team. In the first 15 matches of the season the First team only picked up three points during a period when a number of the senior players missed matches due to covid or covid related issues and a number



Under 8s team

of our 16 and 17 year old reserve team players were called upon on a number of occasions. They all did themselves and the club proud and this shows the potential within the club for the future. The second 15 games saw the team collect 23 points which included a dramatic 5-4 victory over our near neighbours Denbigh.

Finally I would like to thank our supporters who come to matches come rain or shine. Diolch yn fawr.



Charlie Williams was voted Player of the Tournament in Denbigh by the referees for "playing the right way, sportsmanship and respect shown to others" which are the values we believe in as a club



Under 6s team



Under 7s team



Under 12s team