



St. Asaph & District ^{new} City Times



Issue No 18

October 2022



This painting of HM the Queen at her Jubilee is by local artist Elysia Gilman, reproduced with permission

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Prince Charles' visits to St Asaph in 2012.

The then Prince Charles visited St Asaph on two occasions in 2012. The first was a happy occasion at the start of a tour of North Wales with Camilla, and his visit was to salute and celebrate St Asaph gaining City status during the Queen's Golden Jubilee. He was greeted at the cathedral by cheering crowds, representatives of many local organisations, and by the members of the team that entered the successful bid for City status.

His second visit was on a more sombre occasion, following the devastating floods that affected the City in late November. He spent considerable time meeting with victims of the flooding, visiting their homes and businesses, and hearing their stories, and his concern was much appreciated by those he met.

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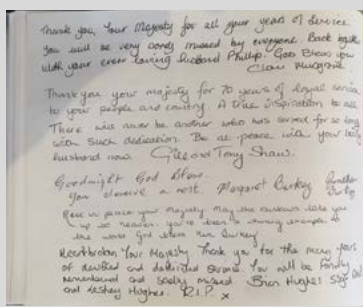
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The Queen's visit to St Asaph

Her Majesty visited St Asaph back in 1984 during a trip to North Wales and was greeted by local dignitaries and members of St Asaph Brownies.



Hundreds have signed the Cathedral Book of Condolences

Thanks to Kelsey White and also to Alwyn Evans for the photos of the occasion. In the upper righthand photo, HM the Queen is pictured with Dean Renowden. Many residents of St Asaph will remember this occasion, especially Emma Staggs who gave her posy to the Queen.



The Service of Thanksgiving for Her Majesty

A service of thanksgiving for the life of Her Majesty Queen Elizabeth II was held at 3.30pm on 18th September in the cathedral. Every cathedral throughout the land held a simultaneous service, with the same words of prayer, hymns and anthems. The service was attended by civic leaders, representatives of the armed forces, emergency services and other national organisations, and by members of the public.

The cathedral was full, and it was an extremely moving occasion. The service was led by the Dean, the Very Reverend Nigel Williams and by Rev Rex Matthias. The choir sang Psalm 23, the anthem *"Thou knowest, Lord, the secrets of our hearts"* by Purcell, and the hauntingly beautiful *Orthodox Kontakion for the Departed*. Congregational hymns were sung with great vigour.

Bishop Gregory Cameron gave the address, a poignant tribute, reflecting on her Majesty's perseverance, service and selflessness throughout her long reign, undergirded by her deep faith, and providing a powerful example for all of us. The service concluded with the singing of *God save the King*, and *Mae hen wlad fy nhadau*. The processing out of standard bearers, clergy and choir was led by a piper playing the old lament *"the Flowers of the Forest"*



City Times Team

Duncan Cameron, Jo Cotton, John Oliver, Sue Scott, Will Evers-Swindell, Fiona Shand, Dave Nuttall, Vanessa Pritchard-Jones, Ben Ross and Janet Cameron.

Submit all items to editorsact@gmail.com

For more information please contact on: 01745 583770 or 07808 878842

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We're always looking out for letters, items, reports or features relating to St Asaph. Or that special photo!

Deadline for the December issue is Monday November 14th – 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.

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THE OLD ORDER CHANGETH

A Pastoral Letter to the Diocese of St Asaph from the Bishop of St Asaph,
Gregory Cameron

15th September 2022

When I left for the 11th General Assembly of the World Council of Churches on 30th August, we had a woman Sovereign and a male Prime Minister. When I returned this weekend, everything had changed. The upheaval and buzz of a new Government is enough to fill our news agendas, but the death of a monarch – especially one who has served for seventy years – eclipses all else. People have talked about their immense sadness at this time, but I'm not entirely sure that "sadness" is the right word. I have been profoundly moved, but we are talking of the death of a woman who has lived to the age of ninety-six, who has lived a good life, full of fulfilment, and who was a woman of faith, whose reliance of the grace of Christ was evident in her life. If ever the words of the funeral service, "Well done, thou good and faithful servant", could be appropriately applied, it is now on the death of Her late Majesty Queen Elizabeth II.

I am moved by a sense of loss, because in The Queen we had perhaps the most influential leader of modern times. Unable to pass laws or command troops – although both things were done in her name – she had what has been called "soft power", the glamour and influence of her position, and the garnered wisdom of being acquainted with fifteen British Prime Ministers, thirteen Presidents of the United States, and five popes. I am also moved, because in so many ways, we all felt we knew the Queen. We invited her into our homes every Christmas Day, we heard and saw her on countless occasions. Although most of us never really got near – I had one brief conversation – she felt as familiar as a member of the family.

All this meant that the Queen had immense prestige. She was able to speak for the nation, she could act as the spokesperson of our values, our anxieties, and articulate the moral and spiritual qualities we needed to marshal in order to overcome them. She influenced society, and made countless people feel important. She did the thing she promised, and served her country almost to her last breath.

In my school magazine, every year there was a section "The Old Order Changeth". It recorded outgoing and incoming prefects and Head Students, those who left for university, or new members of staff and such things. We cannot fail to be conscious of the sea change taking place before our very eyes. The King is already making his mark, after a seamless transition of succession. He has acted with all the dignity, precision and notes of loyalty and service that we could hope for. We have a new Prime Minister, Ms Truss, who remains an unknown quantity, as she takes a back seat for the public ceremonies surrounding the death of one monarch and the succession of another. What happens next in the evolution of our national life will be of immense importance, as it will shape our future.

I hope that the example of Queen Elizabeth II will shape the future. Her unstinting service, and quiet compassion, her intuitive understanding of the nation and the demands of the Constitution, mean that she will forever have made her mark on British history. These are qualities for the new King to adopt and for our political leaders to observe. When King Charles addressed the nation the other evening, he also said something significant about the work of the new Prince and Princess of Wales. He spoke of them "helping to bring the marginal to the centre ground where vital help can be given". It was Our Lord who always in his ministry brought people from the edges into the centre of society. He reached out to others whom society had rejected, and asserted the importance and value of every single individual. If our Royal Family, and our politicians, can live by this principle, then there is hope for the future.

As a family of Christians, it is our duty to pray for those who lead us – for those who hold the levers of power, and those who are symbolic of our national life. Please keep King Charles – and his government – in your prayers. May the poorest find succour, and the oppressed find justice – through the service, policies and commitment of those who lead us.



(The Funeral Hatchment for HM The Queen at the head of this letter was designed by Lee Lumbley)



North Wales International Music Festival—50th anniversary festival.

The festival is taking place as this issue of City Times goes to press—still just about time to get tickets for the final concerts!

BBC NOW Saturday 17th September.

Rosie Solbé

The 50th North Wales International Music festival opened on a high note (no pun intended) with the BBC National Orchestra of Wales. It was so good to see them back in the Cathedral and they were delighted to be back with us. The concert opened with the tuneful overture to “Oberon” by Weber – probably the best known part of the opera. This was followed by the Celtic Dances by William Mathias with its four movements; evoking the sprightly “Spirit of Play”, the mystical past, the wonderfully lyrical Celtic art and the rumbustious final movement. Gareth Glyn, another Welsh composer, was in the audience to hear the performance of his Amaterasu, a work for solo harp and orchestra telling the 8th century story of Amaterasu, the Japanese spirit of light. Amaterasu herself is represented by the harp, her wicked brother by a trombone played from within the audience. The finale includes a raucous party – apparently with the goddess Azumu doing a strip-tease on an upturned washtub! The concert finished in style with Ralph Vaughan-Williams’s Pastoral Symphony which was received with delight



Hannah Stone, soloist for Amaterasu



Calan Sunday 18th September.

Duncan Cameron

Calan, the revivalist Welsh Folk band gave an barnstorming concert on 18th September. It began dramatically with a rattling demonstration of clog dancing by Bethan Rhiannon, followed by a medley of jigs and reels, tunes leaping and jinking from the fiddle of Patrick Rimes, skittering around and sliding unpredictably into the next—all accompanied ferociously by Bethan on accordion, Sam Humphreys on guitar and Shelley-Musker-Turner on Clarsach harp. Much foot-tapping and thigh slapping in the audience. There followed a selection of old and new folk tunes, some telling sad tales of unrequited love, some describing less than ideal conditions in Cardiff jail and one introduced as “mansplaining”. Calan paid tribute to the National Library of Wales, where they had been able to research old Welsh airs and melodies, several of which were inventively adapted and performed. After the interval, they took us through the material in their fifth album **Kistvaen**—a delightful compilation of ballads, reels, and some almost unclassifiable folk music, with powerful vocals from Bethan Rhiannon, and virtuoso performances from each of the band members. It’s no wonder that they won the international band trophy at the world-renowned Inter-Celtic festival in Lorient, and were voted the best band at the inaugural Welsh Folk Awards in 2019.



Award for Festival Director

Ann Atkinson, in her 20th year as director of the North Wales International Music Festival, has been awarded Associate Membership of the Royal Academy of Music, her *alma mater*, in recognition of her outstanding work running the Festival. Congratulations and our thanks Ann!



Former Ysgol Glan Clwyd pupils steal the show!

Ceri Hughes and Lisa Dafydd achieved national recognition at the 2022 Tregaron Eisteddfod, with Ceri winning the open Blue Riband, and Lisa winning the Osbourne Roberts Blue Riband for under 25s. Both are former pupils of Ysgol Glan Clwyd, and Lisa will be singing in the premiere of Gelert at the NWIMF, a specially commissioned opera written by Paul Mealor and dedicated to Ann Atkinson.

St Kentigern Dawn walk

Janet Hill

What a memorable event! Our sponsored Dawn Walk took place on Saturday 3 September in St Asaph, and we would like to say a huge thank you to everyone who came along and made it so fun, friendly, and successful.

Every year this great family event is an opportunity to come together, meet friends and make new ones.

Sian Golding of Elysian Coaching offered a lively warm-up session at 5.30 am at St Asaph Cathedral. The backdrop was a carpet of stunning handcrafted metal daisies covering the lawn. Each daisy was dedicated by a member of the public to a loved one in our Flower Power Appeal.

We set off together at 6am on our 6-mile walk around the picturesque city surroundings.

People had gathered in teams or came alone; many brought their dogs. The early morning start made no difference to the chatter and laughter. We all gathered at the end of the walk at @CaffiCariadStKentigern for a tasty breakfast of coffee and Delyth's famous flapjacks.

Generous support was offered by our event sponsors LL Estates and Bryson Recycling. Sponsorship money is still coming in; we look forward to updating you when the total is counted. Sign up to our Facebook page for regular updates.

Thank you once again and see you next year!



A vigorous warm-up before the walk



Joseph and his mum enjoying refreshments after the walk.



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A great cycle ride: Rhuddlan to Rhyl

The smooth cycle and walking path alongside the river Clwyd between Rhuddlan and Rhyl is one of the best in our area, a delight to ride along, and a great place for children to practise. To get there, cycle down the cycle path between St Asaph and Rhuddlan along the A525 and cross the pedestrian bridge just below Rhuddlan church. Turn down alongside the river and as you head towards Rhyl, take your time to soak up the stunning scenery of the river, set against the backdrop of Snowdonia, and tidal up to Rhuddlan castle. The noise of traffic on the bypass above swiftly fades, and is replaced by the soundtrack of myriads of birds - caterwauling, squawking, quacking and piping, all drawn to feed on the mudflats or the rich grass of the fields on either side.

The geese fly in tight V-formation low over the hedges, announcing their presence from away off with honking and chattering. The gulls whirl and cry; the curlews utter their mournful bubbling call in flight. It's a great show.

You shouldn't race down the path (and the gates will stop you anyway) but if you wish to show a turn of speed, go left to the **Marsh Tracks** just as you reach Rhyl. You will find impressive cycling facilities— a 1.3km road racing circuit, BMX and MTB trails opened in 2011 by Sir Dave Brailsford at a cost of £1.5 million. In 2006, a tragic accident on the Rhuddlan-Abergele road one icy morning claimed the lives of four members of Rhyl cycling club, and the fund set up in their memory was crucial in releasing further grants to undertake the Marsh tracks project. Rhyl Cycling Club train here, and the tracks are well used. www.rhylcyclingclub.com The club are always looking for new members.



The Clwyd Cycle Path photo CyclingNorthWales



Racing on the Marsh Tracks

And if you wish to reward yourself with a little refreshment, head over the H-bridge, round the Marine lake and across to the Harbour Hub café at the Millennium bridge, where you can fuel up nicely for your return journey...!



The BMX track at the Marsh Tracks

Non-conformists in Trefnant

In the lanes round and about Trefnant, and frequently further afield, you may see an extraordinary looking object skimming along the roads. It has a smooth aerodynamic profile, and a head pokes up in the cockpit. What manner of vehicle is this? City Times eventually caught up with the owner and rider to learn more.

It is a *Velomobile*, which is a recumbent tricycle encased in a carbon fibre shell, and it goes like the very clappers. It is ridden by Graham Sparey-Taylor, who heads up the motorsport department at the University of Wolverhampton and who appears to have an all-consuming passion for non-conformist modes of transport, in particular HPVs—or human powered vehicles. It turns out that he has himself built 42 bikes over the years, but that the Velomobile was manufactured in a factory in the Czech republic, one of around 500 similar bikes in the UK. They are used for both commuting and for racing, and comparisons with conventional diamond



A Velomobile

frame bikes are interesting. The Velomobile is not so good on bends, and is relatively hard work on hills—you can't stand on the pedals. But in terms of biomechanics and aerodynamics, it is very efficient, and Graham will travel at an average of 50mph on a 2% descent. His favourite trip is a ride out to Caernarfon and back, along the coast path, and sometimes taking in the Great Orme for good measure. That's quite a trip...

Graham has an unusual cv. From Ireland initially, he worked as a toolmaker for an injection moulding company, before taking a degree in electronic engineering as a mature student in Cardiff. This was followed by postgraduate studies in micro/nano particles, and a PhD. He has worked for British Aerospace in navigation, and for Glyndwr University. He races regularly at BHPC (British Human Power Club) events, and in times past drove a solar powered car with his wife Rebecca and child from Darwin to Adelaide. We'll save that story for another issue. So next time you are about to pass his Velomobile in your car, allow enough time and space to get past him. It's fast!

Recumbents in history

Bicycles inside streamlined capsules were known to be faster than those without from very early on, and were banned by the UCI (Union Cycliste Internationale) back in 1914; recumbents were likewise banned from cycle races in 1934

In 2019 Victor Campenaerts set the current world record for distance travelled in one hour on a diamond-frame bike at 34.23 miles; but in 2016, Francesco Rossi had cycled 56.89 miles in one hour in a streamlined recumbent "Eiviestretto"





The future's orange.....e-bikes?

You may have seen a striking orange electric bike around St Asaph recently, ridden by Lee or Bethan Parkes, either with children on the back, or full panniers of shopping. The story began with a chance conversation between Lee and a rep for **Sustrans** (the UK walking and cycling routes charity www.sustrans.org.uk) at the Urdd Eisteddfod, and a spin on the bike round the *Maes* led to an offer to trial the bike formally for Sustrans. *City Times* quizzed Lee for more details:

What manner of bike is it? It's a Tern GSD S10 Bosch cargo bike, in dayglow orange.

The price tag? Around £5000

What can it do? It's quoted as having a range of 110 miles but this is maximal distance, on the flat, with a single passenger. With the children and their various paraphernalia we have needed to move it out from eco mode, through touring mode, into sport or even (drum roll please) boost mode!

What about cargo? We managed a full weekly family shop at Sainsburys with 2 panniers on the bike. I estimate the pannier capacity to be around 160litre (80 each).

Can it get up Red Hill fully laden? It flew up Red Hill, with both children on the bike (9 and 6 years old); it needs to be in boost mode, but it climbs up the steepest hills gracefully.

Any reservations? A few. I can't have both children and the panniers on the bike at the same time as they just don't fit. I found the limiter to the speed (16mph or 23kmph) frustrating as the motor ceases to assist you beyond this point. The resistance provided from the motor makes it difficult to go beyond this speed, especially when the bike is laden. My final reservation is the lack of family friendly routes when we live somewhere relatively rural. While there is a good routes to Rhyl, I would have liked to bike the children up to school in Henllan or do routes inland to Denbigh or Ruthin, but the lack of safe routes prevents this. And some cycle routes, for example Rhuddlan to Prestatyn alongside the busy road, are not great for children.

What's your favourite local cycle route? My favourite road ride to do on my own is St Asaph to Rhualt, then to Llandyrnog, via Ruthin to Llanfair Dyffryn Clwyd and back.

Mountain or road bike? Both! Mountain bikes provide that excitement and it's a very social thing to do, as it is often with friends. I like the solidarity and fitness offered by road biking.

Are electric bikes the future? I certainly see a lot of them when out mountain biking as they make climbing up hills fairly effortless. I think there is huge potential for them.

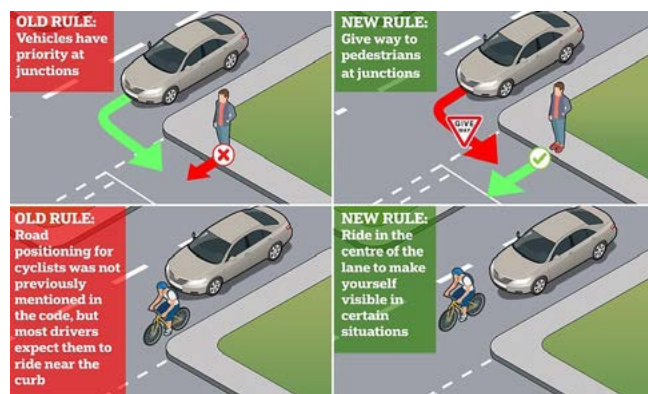


Fancy trying out an e-bike?

Would you like to try out an e-bike to get to work, for leisure, or to do your shopping? Or maybe take the children to school? Sustrans, the charity promoting sustainable transport, will loan you an e-bike free for a month. They are working in conjunction with Welsh Government to encourage active transport throughout Wales. The scheme runs until March 2023 and operates in 5 centres including Rhyl, and so far 87 people have taken up the offer. The bikes come fully equipped with helmets, pump, lights, locks and charging systems, and there are various different bikes in the fleet, including Brompton folding e-bikes, standard format e-bikes, and cargo bikes as used by Lee in the article above.

If you fancy trying this out, contact **Jonny Eldridge** at Sustrans on 07922 875131, or via e-mail at Jonny.Eldridge@sustrans.org.uk There is a requirement to complete a brief questionnaire at the beginning and end of the loan period. But there is a warning attached—you may find yourself falling in love with cycling all over again!

Two new rules in the Highway Code



A post on Denbighshire Cycling and Walking Facebook : "In 1999

there was a visionary proposal to convert the trackbed of the former Vale of Clwyd rail line into an eighteen mile country trail for walking and cycling between Rhyl and Ruthin. Some sections had previously been developed but much remained. A Feasibility Study was conducted by Richard Braun and Associates of Colwyn Bay on behalf of Denbighshire County Council. It was opposed en bloc by various groups including the National Farmers Union, The Farmers Union of Wales and the Country Landowners Association. Privately some county councillors expressed a desire to move forward with the project but felt unable to vote in support in the face of some powerful lobbying. A group supporting the project sought to support the move and two well organised demonstration rides were organised, but sadly to no avail"

Take on the champ?

Our local time trial cycling hill climb is the old road up Rhualt hill. The record is held by multiple-time UK Hill Climb champion Dan Evans at an extraordinary 4 minutes 51 seconds.

The Bowling Green & Common

Mike Parry-Jones

The bowling green seems to have appeared around the same time as the War Memorial, and it is likely that it was put in place as part of that same initiative with a desire to provide something other than just a reminder of the huge sacrifice of a generation. Some years before WW1 the Common was a sorry sight, with some of the land being used for waste disposal as well as having both the mill stream and the "Afon Gachu" streams. The following was written in the local newspapers:

"Close to the mill stream where the poor people have their daily supply of water for domestic purposes is deposited slaughter house and stable refuse, from which, when heated, rises a cloudy vapour, and the injurious odour is carried for many yards to people's bedrooms and pantries. The liquid issue from this filth percolates through the gravelly soil to the very stream that the poor people have to use their water from. Dogs and fowls can often be seen on these heaps scratching and dragging what they can have. The refuse of privies and filthy ashes are also carried on to the common within few yards to the mill streams where the poor have their supply of water for drinking and all other household purposes. Gipsies, itinerant tinkers, tinmen, caravan men, and show people, put up on the common, and can often be seen on Sundays and Mondays washing their dirty clothes, dogs, and horses, in the stream, 100 yards higher up than the spot where the poor inhabitants of the city are obliged to carry their water for house use."

The area came under better control around 1900 and, along with the coming of piped water and an increasing use of proper sanitation, allowed for the area to be tidied up considerably and the place became more an area of recreation. The War Memorial was put in place around 1920 and was for a time a subject of controversy with the choice of its location. There was a desire by some for it to be placed in the Cathedral grounds, but



The Bowling Green in 1928

with there being a large number of non-conformist chapels, this wasn't universally popular and hence this location won the day. However, this didn't stop the Cathedral having their own memorial tablet installed. No need for a carpark by the bowling green in 1928!



By 1937 a football pitch was added

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Contact: lornakernahan@stasaphcathedral.wales
St. Asaph Cathedral, High Street, St Asaph, Denbighshire



Mind the Gap: Llannerch Bridge protest event. On Saturday 15th October at 3pm. All welcome, join either at the Trefnant or Tremeirchion side; wear hi-vis jackets. Various activities, speeches and singing! No parking or driving to the bridge; buses down to bridge available. See Facebook Tremeirchion 2000 for full details

Livingstone Place & Bryn Gobaith

City Times contacted **Pure Residential and Commercial Ltd** to enquire about progress with development of the remainder of the Livingstone Place site behind the blue hoardings, and received this helpful response:

"In terms of the Assisted Living development at St Asaph we are in discussions with a number of possible interested parties that specialise in owning, managing and running these types of facilities so once we can agree commercial terms for the construction and delivery of this unit then we can commence works on site.

It is hard to put any timescales on this at present as with businesses recovering from the impact of Covid and rising material costs this has somewhat delayed proceedings but as we all know there will be more demand now post Covid for this type of facility so we are optimistic to find a partner within the next 6-12 months and see works commence and we will then literally handover the keys to a completed unit for them to own and operate as managing such a facility is not our core business."

Some uncertainty remains about the former ambulance HQ building, which is not owned by Pure.

Pure Residential and Commercial are of course busy building at the far end of Bryn Gobaith. This development comprises 14 units with a mix of housing, including 3,4 and 5 bed houses and bungalows.



Behind the blue hoardings



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Merched y Wawr

Vera Savage

Dechreuodd y tymor newydd ym mis Medi gyda tair o'r aelodau yn mynychu'r Penwythnos Preswyl yng Nghaerfyrddin, a chwech ohonom am ymweld â Dolbelydr ar Fedi'r 9ed.

O fis Hydref ymlaen, cynhelir ein cyfarfodydd yn Ystafell y Cyngor ar nos Iau cyntaf bob mis am 7y.h., gan ddechrau ar Hydref 6 gyda sgwrs gan Gwyn Lloyd Jones am "Lyfrau Od"; Cwis gydag Erfyl Jones ar Dachwedd 3 ac arddangosfa coginio gyda Caryl a Iona ar Ragfyr 1.

Mae croeso cynnes i unrhyw un ymuno â ni, yn arbennig dysgwyr sy'n awyddus i ymarfer y Gymraeg. Am fwy o wybodaeth, cysylltwch â Vera Savage ar ebost savagevera@gmail.com neu drwy ffonio 01745 582866

Our new season started in September with three members attending a Residential Weekend in Carmarthen and six members visiting Dolbelydr, a 16th century Manor House in a secluded valley near Trefnant, on September 9th. Our next meetings will be held on the first Thursday of every month at 7pm in the Council Meeting Room, starting on October 6 with a talk by Gwyn Lloyd Jones about "Odd Books"; Quiz with Erfyl Jones on November 3 and a cooking demonstration with Caryl and Iona on December 1. We would welcome new members, and especially Welsh learners who wish to improve their language skills. For more information, contact Vera Savage by e-mail savagevera@gmail.com or call 01745 582866.



Dolbelydr is a farmhouse in the Elwy valley dating back to the 16th century that was completely derelict until taken over by the Landmark Trust and restored to its current beautiful state. It is available for hire from www.landmarktrust.org.uk



Bodhaulog—some history

After some time on the market, Bodhaulog, the fine foursquare Victorian house on the Roe just along from the service station, has finally been sold. Built in 1877 by H. Howes Roberts, supposedly from the plan of a house built in Adelaide, Australia, it has only changed hands on three occasions so far.

In 1937 it was bought at auction by Dr Trevor Berwyn Prys-Jones, who came to St. Asaph as a GP in 1926, setting up a St. Asaph branch of the Denbigh practice 'Beech House', in partnership with Drs Lloyd Hughes and Duff. It seems unimaginable now, but Dr Prys-Jones was the proud owner of only the third car in St Asaph. His phone number was 51. At that time a bachelor, he initially lived in a tall yellow brick house 'Avondale' on the Roe, and then in 'Glyn Gower' (now buried under the A55). Bodhaulog had the advantage of being large enough to be used both as a family home and a surgery, and it has remained in the family for 85 years. The surgery moved into the Health Centre near the bridge in 1968.



Dr Prys-Jones, pictured here, was an old-fashioned and well-respected GP, invariably with a rosebud in the buttonhole of his jacket. He retired at the age of 70 in 1970, returning to work as a locum covering holiday leave in various Rhyl practices until finally retiring completely at the age of 84. His son Oliver also went into general practice, and after moving from the area during the course of his studies and early career, took up a position in Plas Meddyg surgery in Ruthin.

It is understood that it is likely the house itself will be kept and completely renovated, and that additional houses to be built on the site will probably be mainly towards the rear of the plot. The aim of keeping and renovating such a fine house is very much to be commended. When they come to name new development there the council might reflect on the historical associations of the site, and perhaps consider the name 'Maes Meddyg'.

Thanks to Dr Oliver Prys-Jones for the information

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Exam success for DHS friends

Good friends Jasmine Jones of St Asaph and Elin Wisby from Trefnant scooped truly impressive GCSE results amongst some generally excellent results at Denbigh High school in August. Jasmine achieved 11 A*s and Elin 10A*s and 1 A.

Jasmine and Elin are back in sixth form now. Jasmine, who created many of the beautiful stones in the Snake of Hope, aims to study art in Oxford, whilst Elin is taking science and art A-levels and considering applying for medicine.

Murray Sutherland Estate Agents

Jo Cotton

It's very positive that in each of our recent editions we have been able to report on a new business in the High Street. This month it is the turn of Murray Sutherland Estate Agents. The business opened on 11th July and is situated in Walwen House, 25 High Street, opposite the Conservative club.

Delia Smith manages the office and is responsible for their marketing. The first thing to note is that Delia has a name that will be easy to remember! Delia explained that this is a new branch office venture for this estate agent, which is owned by Tony Sutherland FCMI and has had its head office in Corwen for the last ten years. The St Asaph Office offers the following services:

- Property sales
- Property letting
- Management of rental properties
- Free valuations online or face to face
- Planning Application submissions



Delia Smith



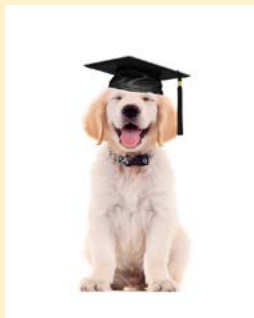
Delia explained that they are aiming to recruit a sales canvasser who will be able to promote the business locally and provide leaflet information in addition to the online information.

It is a very competitive market and Delia hopes the personal service will help to develop the business for this locality. Delia would be very happy to speak to anyone in the area who is considering buying, selling or renting their property and can be contacted:

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Out on a limb

During Storm Arwen, a major branch had broken off one of the cedars in the parish churchyard and was dangling precariously. It was removed promptly, and a full tree report was commissioned for all the trees in the churchyard. Once the necessary permissions have been obtained, the work recommended was carried out in August by tree surgeons Stuart Fletcher and Max Edwards of Tree Wise Men Tree Services. The complexity and challenge of professional tree surgery was on display high up in the massive cedars, with expert ropework and balletic climbing skills. Just as much a challenge was to penetrate and climb the densely packed yews to reduce their height and wire them. Both Stuart and Max have great respect for the trees, with

the emphasis being on managed conservation. And they also have a healthy awareness of the risks of their work. If you Google *tree felling accidents* there is no lack of it videos of alarming and horrific incidents, almost invariably caused by have-a-go amateurs. The Health & Safety Executive reports that the main risks are falling, chainsaws, falling objects and lone working (*see ref below*).

Max, previously of St Asaph, came into tree surgery after initially working at an adventure treetop park in Snowdonia, where he realised that climbing was for him - trees, mountains, rock faces, and climbing walls. Following the necessary training in arboriculture, tree rigging and chainsaw work he began, and immediately points out that that was when the real learning started. Stuart by contrast started as a labourer, and found himself comfortable working with timber and trees, and gradually acquired the skills and qualifications to practise as a tree surgeon. His woodyard is on the outskirts of St Asaph, containing a rich and varied collection of timber from across North Wales. Their

main disappointment in the work was that the Flowerpot café was closed for its annual summer break—hard to bear when it's thirsty work. For most of us, we prefer to keep our feet firmly on the ground—tree surgery is not a job for the faint-hearted!

Tree Wise Men Tree Services: Tel. 07388 059080

e-mail: treewisementreeservices@outlook.com

Case studies of tree-related injuries and deaths: www.hse.gov.uk/treework/resources/casestudies.htm

Coleg Cambria courses are available via Llysfasi in many aspects of tree work and arboriculture



Bengal Village's raffles help flood victims!

Jolene O'Brien

The Bengal Village Indian takeaway is well known locally for its friendly welcome and its excellent food. Abdul Noor, owner of the takeaway, is usually busy serving up aromatic and tasty food, but this year he has been increasingly concerned about his home country and the terrible monsoon floods that have affected it.

Abdul decided to raise funds by running a raffle in the Bengal Village; the first prize was a piping hot set meal for four. This was won by a regular customer Cliff, who was absolutely delighted at winning, and who shared the meal with family members that were visiting. Other prizes of set meals were won by equally delighted customers.

Abdul had already booked a visit to Bangladesh, and so was able to take an amazing £900 with him from the raffle. In Bangladesh, he visited some of the worst affected areas, distributing funds to the most needy people, supplementing the raffle funds with his own contributions, and those of family members, including his daughter who raised a further £400.

Abdul commented that his customers must have thought him crazy for promoting the raffle so strongly, but the proceeds have all been put to help so many people in desperate circumstances. He is unable to find words to express his gratitude to those that donated. He plans to continue to support the flood victims with further raffles.



Abdul in Bangladesh

The Probus Club

Keith Lester

Probus Clubs are clubs for retired or semi-retired people from all walks of life and may include business or professional people.

John Barr spoke at the Denbigh and District Probus Club about his exciting career as a Civil Engineer which took him to various parts of the world. It included construction of the Conwy Tunnel. The tube sections were made in a temporary casting facility with boundaries in the shape of a basin. Sheds were used for the fabrication and painting of steel waterproofing membranes that were fixed to the sides and underneath of each of the sections. The completed elements were floated out to the excavated channel and sunk.

John started his career in Glasgow, his home town, at University of Strathclyde, obtaining employment with the large civil engineering contracting company, Costain. When visiting its London headquarters in Kennington Road, SE1 he was asked to go to Malaysia to provide a design for the second fixed crossing from the mainland to the island of Penang. In 1997 the Asian financial crisis stopped all construction work. A project in Singapore was aborted after a short time and John moved to Hong Kong staying for five years where he worked on land reclamation for a new station on the West Rail Line. A second project tendering for the Stonecutter's Bridge was not successful. An outbreak of SARS (Severe Acute Respiratory Syndrome) restricted all travel isolating John and his family, who were there on holiday.



The LNG facility at Ensenada

Subsequently John returned to the UK. Commuting weekly from North Wales to London he worked on various international proposals. An opportunity arose to design and build a breakwater to protect a Liquid Natural Gas (LNG) facility at Ensenada in Baja California, Mexico. Construction progress was slow and stressful. Suffering a period of ill health John returned to UK. His role changed to a part time Engineering Advisor and gained much satisfaction in mentoring young engineers over many years.

The **Denbigh and District Probus club** meets monthly at the Oriel hotel on the first Monday of the month—see diary of events page 17. For more information contact Keith on 07388084361.



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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 December issue please submit items to editorsact@gmail.com before the deadline shown on page 4.

Regular weekly events

Day	Time	Details
Monday	7.30pm	St Asaph Choral Society rehearsals of The Messiah in the Parish Church, performance in December. Contact Kath Mitchell-Dawson 07711 675076 or e-mail kath-b@btconnect.com
Tuesday	10am	Aros a Chwarae. Free toddler group for preschool children and their parents/carers. Meet at Llanellwy Community Church on the High Street. See 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	Exercise with Liz in Parish Church: Facebook Rhuddlan Clubbercise and Fitness with Liz
Thursday	1.30pm	Cash Bingo at Llys y Felin community room. Eyes down 2pm
	2-4pm	Forget-me-not Afternoon in the parish church for people living with dementia. Contact Janet Cameron 01745 583770
Friday	9pm	Live music with local talent at The Plough. Details: www.ploughsa.com @ploughsta

Regular monthly events

Day	Time	Details
1 st Sunday	11-12	Messy Church at the Parish Church
1 st Monday	12-3pm	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

One off events

October		
Saturday 1st	10-12	Coffee Morning in the Parish Church in aid of flood victims in Pakistan
	7:30pm	New Sinfonia, National Youth Chamber Choir of Great Britain 21th baritone Emyr Lloyd Jones.
Sunday 2nd	11	Messy Church Harvest Service 11am in the Parish Church. Please bring items for the foodbank if you can.
Monday 3rd	12-3pm	PROBUS Club in the Oriel Hotel. Speaker: The Ven E Bernard Thomas, speaking on Lady Charlotte Guest. Contact Keith on 07388 084 361 or kl@6fl.net See page 16
Sunday 9th	9.30 am	Parish Church Harvest Festival. Please bring items for the foodbank if you can
Saturday 15th	3pm	Llannerch Bridge protest event. All welcome, join either at the Trefnant or Tremeirchion side; wear hi-vis jackets. Various activities, speeches and singing! No parking or driving to the bridge; buses down to bridge available. See Facebook Tremeirchion 2000 for details
Friday 28th	7pm	Memoirs of a Royal Footman in the Parish Church 7pm on 28 th October. Tickets from 01745 539993 or on the door £15. Refreshments provided.
November		
Wed 2nd	10am	Messy Church Scavenger Hunt (Free) starts at 10 am sharp from the Parish Church
Sunday 6th	11am	"Messy Church Remembers" Service in the Parish Church

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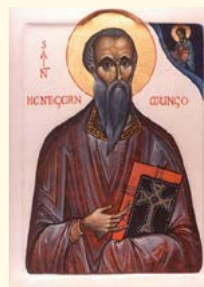




Life in the fast lane: Sheelagh Jepson and Alan Penkich enjoy a ride on two giant tortoises at Llanerch Zoo Park - date uncertain. Photo from Daily Post archives

The Kentigern Guild

The Kentigern Guild will be re-starting their monthly meetings on Wednesday 5th October from 2.30 to 4.30pm. The meetings are open to all, are held in the Parish Church, and the speaker on the opening meeting will be **Mrs Gulzara Jones**. Originally from Crimea, and subsequently Kyiv, Gulzara now lives in Corwen with her husband Dylan. Her topic will be the Ukraine. Many people will have heard Gulzara speak movingly at a recent fund-raising event for Ukraine in the cathedral.



The Kentigern Guild meet on the first Wednesday of each month at 2.30 in the Parish Church for a talk, refreshments and fellowship. The programme for the remainder of 2022 is as follows:

Wed 5th Oct	Gulzara Jones	The Ukraine
Wed 2nd Nov	Rosie Solbé	The childhood & youth of HM Stanley
Wed 7th Dec	Sarah Wheat	The Wrexham night shelter

More information from Richard Parry 584520, Rosie and John Solbé 583313
Admission: £2 for non-members; proceeds to charity.

Begard—our twin town in Brittany

The twinning association between St Asaph and Begard is going through a relatively fallow period at present - in large part due to Covid and also possibly not helped by Brexit. It is interesting to learn about the town and how

things operate there, and their town website paints a picture of a thriving community www.ville-de-begard.fr Browsing through their very tidy *Bulletin Municipal* (armed only with schoolboy French and Google translate) highlights some of the facilities available there and activities they put on—and perhaps we can take a lesson or two from them.



The advert for “**Begard-en-fête**” in August refers to a mixture of activities which mirrored our celebrations at the Jubilee with concerts, bowls competitions, a picnic, vintage cars and face-painting for children. It also makes reference to a *Marché Artisanal*, presumably a farmers’ or food market. Perhaps we should consider an occasional farmers’ market in St Asaph. See page opposite...!



The **young people’s council** for Begard seems to have been fairly active, and provides an opportunity for young people to express their concerns and voice their ideas. They put forward a variety of projects relating to the environment, leisure and sport to the Municipal Council, and this year have encouraged the local college students to support Ukraine in practical ways by collection of essential items for refugees. They have met with their local *Assemblée* politicians and sharpened their political awareness.

There is a school council in Ysgol Glan Clwyd—but should we consider having input to the City Council from a representative group of local young people?

Begard is fortunate to have a **town square** that lends itself well to concerts, markets and civic occasions. We lack a similar space in St Asaph—but could imaginative thinking find or design an equivalent? They also have an impressive **water park**—we have a flood plain... Tough.





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Llanelwy WI

Denise D'Albertson

In July we were very pleased to have Maureen Mainland, a Llanelwy WI member, give us a flower arranging demonstration. Maureen created a variety of beautiful floral arrangements, which were given as raffle prizes at the end of the meeting. Our speaker at our August meeting was Yvonne Brookes from STAND North Wales, which helps children and adults with speech and communication needs. Yvonne explained that Makaton is a method of communication which uses symbols, signs and speech. We were informed that St Asaph is the most represented City in Wales to have people qualified in the use of Makaton in the community.

Such an interesting and informative talk at September's meeting from John Johnson of Blood Bikes Wales. Blood Bikes is a not-for-profit organisation and that all the bikers are volunteers. They provide a daily service throughout Wales and also out of hours urgent and emergency services. It is not only blood that they carry but also expressed breast milk from donor mothers, medication/chemotherapy chemicals, blood for transfusions and blood to and from NW Air Ambulance. They are funded entirely by public donations and their service is free of charge saving the NHS thousands of pounds each year. We all agreed that it was a wonderful organisation doing wonderful work and were pleased to donate £146 towards Blood Bikes Wales.

We welcome visitors to our meetings which are held in the parish church in St Asaph on the first Tuesday of each month at 7pm.

For more information email: stasaphwi@gmail.com.



John Johnson and Heulwen



The Last Round Pound coin.

This coin was minted in 2016, and is no longer legal tender, having been replaced by the 12 sided bimetallic coins in 2017. The obverse of the last round pound was designed by Bishop Gregory Cameron of St Asaph to represent the four nations of the United Kingdom through their heraldic creatures, surrounding and protecting the crown. The coin's value online for collectors is increasing rapidly—worth £1 in 2016, and now selling for £19!



A small footprint?

Richard Holdsworth of St Asaph is pictured here driving his 1934 vintage car in the cavalcade of classic cars at the Flint and Denbigh show. In discussing the merits of the various cars on show, it was pointed out that as the oldest car on show, it was probably the greenest car there in its carbon footprint. This may not be in terms of its efficient use of fuel, but in its impressive longevity.

The carbon footprint of making a new car is considerable. Making a new car creates as much carbon pollution as driving it, so there's a good argument for keeping an old car on the road rather than upgrading to a new and greener model. Some of the CO₂e savings gained during the operation of low carbon vehicles

are offset by increased emissions created during their production, and to a lesser degree disposal. However, over their full life, electric and hybrid vehicles still have lower carbon footprints than petrol/diesel cars.

With this in mind, unless you do very high mileage or have a real gas-guzzler, it generally makes sense to keep your old car for as long as it is reliable – and to look after it carefully to extend its life as long as possible. If you make a car last 200,000 miles rather than 100,000, then the emissions for each mile the car does in its lifetime may drop by as much as 50%, as a result of getting more distance out of the initial manufacturing emissions.

Info from: BBC smart guide to climate change; Mike Berners-Lee "How bad are bananas—the carbon footprint of everything"; The Guardian

Carbon footprints: Making cars

Basic spec small car: 6 tonnes of CO₂ equivalent
 Ford Mondeo: 17 tonnes CO₂ equivalent
 Land Rover Discovery 35 tonnes CO₂ equivalent

Carbon footprints: Travelling

Return flight London to San Francisco per person: 5.5 tonnes CO₂e

Domestic flight 254g CO₂e/km; international flight 102g/km; intercity train 41g/km; coach 28g/km; petrol car 190g/km.

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Denbigh Film Club re-opens!

Denbigh Film Club opens its doors again after two and a half years. All films are screened at **Theatr Twm o'r Nant**, opposite Aldi.

Matinees: Doors open 1pm, film starts at 1.30pm.
Matinees are free, except for Love Actually (£5)

Evening: Doors open 7pm, film starts at 7.30pm £5
Refreshments available at both

Programme:

Wednesday 12th October Vintage Matinee

To Sir with Love

Friday 28th October Evening

Nomadland

Wednesday 9th November Vintage Matinee

The Intelligence Men

Friday 18th November Evening

Where the Crawdads Sing

Wednesday 21st December Matinee

Love Actually




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Wildflowers and Biodiversity—Green Gates Nursery in St Asaph

Chris Jones

Having read the article in the last edition of the City Times I was intrigued about biodiversity.

So what is it exactly? On Google it, it's **"all the different kinds of life you'll find in one area, from the largest animal down to the most microscopic of plants or fungi. Each of the species interact work together in a balance to support life"**.

With a growing population and the need to increase food production, farming methods have intensified and maximized land which has reduced space for wildlife, including wildflowers. Sadly, 97% of wildflower meadows have been lost since the 1930s and 56% of UK species studied by the State of Nature 2016 report have declined over the past 50 years. Awareness of this problem and discovering ways to reduce further loss has led to conservation schemes.

What is a wildflower meadow?

Many people's perception of a wildflower meadow is a colourful mass of flowers such as poppies, cornflowers, corn cockle and marigolds grown on fertile soil. This, however, is a pictorial meadow of white, blue and yellow and whilst being very beautiful at its peak is not sustainable as it would need to be sown each year. True wildflower meadows grow better on *unproductive* soil. A true 'meadow' is an area of grass maintained by an annual hay cut. It's made up of perennial plants – species that grow and flower each year, re-appearing from their underground roots each spring. It includes meadow flowers like:

Yarrow (*Achillea millefolium*)

Lady's bedstraw (*Galium verum*)

Columbine (*Aquilegia*)

Self-heal (*Prunella vulgaris*)

Red clover (*Trifolium pratense*)

Hawk bit (*Leontodon hispidus*)

Bird's foot trefoil (*Lotus corniculatus*)

Common knapweed (*Centaurea scabiosa*)

Foxgloves (*Digitalis*)

Green Gate nursery aims to produce 5,000 native wildflower plants a year alongside 5,000 native trees, the wildflowers to help the pollinators and the trees for birds, insects and other wildlife. These new plants have been grown from seeds and cuttings, others taken from Denbighshire, which means they are much more adapted to our local landscape, and helps preserve local variations within species; it also reduces the risk of introducing foreign diseases and pests. The three local sites are on the Roe, Upper Denbigh Road and in Trefnant.

To prepare them initially, the sites need to be managed. Sites are be sown with yellow rattle which attacks and devours the roots of grasses, which allows more native flowers to thrive. Each site will be monitored for species and to maintain a balance should any one species begin to dominate.

Once the seed is sown in the first year, the meadow is mown in late summer, and the cuttings are left to dry for a few days allowing the seeds to fall into the soil. The dried material is removed and can be composted; then the meadow is left alone until the following summer when the meadow regrows to flower again. This provides valuable food resource for pollinators and native insects. If the natural flowers are allowed to thrive some surprises such as orchids may sometimes appear!

Trees such as Alder, Black Poplar and juniper which have declined over the last century can be propagated either by seeds or from suckers. They are all native trees to the Denbighshire area providing food and shelter to wildlife and birds.

Mature Black Poplar trees in the area are mainly masculine; this is because the female of the species sheds million of seeds which fall or blow like snowflakes and thus were not popular when planted in previous years. They do not produce suckers and so must be grown from seed. Each tree seed has to be stratified i.e. chilled beforehand for a period to stimulate germination and will take time, but results are very promising at the nursery.

Volunteers: Denbighshire County Council is keen to get local people involved as volunteers to help with the planting and propagation at the nursery.

If you are interested please contact the nursery by email on biodiversity@denbighshire.gov.uk

Did you know: Black poplar trees are also called Manchester poplars. During the Industrial Revolution, many trees in Manchester died due to the air pollution but black poplar trees tolerated these conditions. In the 1930s, many more were planted as part of the 'Unemployment Relief Works', where local men were given the job of cycling around Manchester with poplar saplings and planting them in any green spots they could find. There are now only around 7,000 wild poplars in Britain due to an airborne fungus, and only 600 female trees.

Info from University of Salford



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Bronwen Eleanor Jones

Hayley Reece

In memory of the late Bronwen Eleanor Jones, who passed peacefully at her home in 2 Mill Street, St Asaph on the 28th of July, aged 83 years.

Thanks to everyone who attended the Cathedral service and funeral, and for the kind donations towards St. Kentigern Hospice .

Bronwen will be greatly missed by her children Lyn, David, Colin and Hayley, her nine grandchildren and ten great grandchildren, as well as by her many friends and neighbours. Special thanks to Deiniol and to RW Roberts and Son for the funeral service and arrangements.

At rest now with her late husband John Clive Jones.

"Wherever a beautiful soul has been, there is a trail of beautiful memories".



Golden Wedding

Val Holt

I am sending a photo of my sister and brother in law, Hilary and Peter Hughes. Peter was born in St Asaph and Hilary was born in Ellesmere Port. Hilary met Peter on a trip to St Asaph when they were both 10 years old!

Peter was an apprentice at Chance Pilkington and worked there for many years. Hilary also worked at Chance Pilkington for a couple of years after forming Wishbone Catering with a group of friends. From there she moved on to Esgob Morgan where she was cook for over 20 years, and the children all loved her. I think she fed half of the children in St Asaph, many of whom she still sees.

After a long courtship they married on October 28th 1972. When they celebrate their Golden Wedding anniversary I know that Hilary and Peter are still as much in love now as they were all those years ago. I am so blessed to have them in my life, they are my best friends and I love them dearly.

Peter is a keen cyclist and has been so since doing a cycle marathon for the British Heart Foundation ten months after a quadruple by-pass in 2010. Peter is also interested in nature and observes a lot on his regular bike rides. He also is a keen cook and a master on the barbecue!

100 not out!

Gareth Lloyd Griffiths works in the St Asaph Co-op and is well known to most of us. He recently donated his 100th pint of blood, and has been pictured here by his colleagues with an equivalent amount of milk! Having started in his late teens, he has been a regular donor throughout his adult life, spurred on by the fact that two close members of his family required emergency life-saving transfusions.

The Blood Transfusion Service says: *"Every day thousands of people's lives are saved or improved thanks to the generosity of donors like you. But, sadly, there are still lots of patients we can't treat because we don't have enough supplies. There's an urgent need for donations. Please help, if you can."*

Visit www.nhsbt.nhs.uk



Community Fruit and Veg stall

Following the example set by residents of Tremeirchion, people have been bringing a variety of spare and excess produce from their gardens and allotments to a community fruit and vegetable stall sited just outside Bill and Ben's hardware on the High Street for others to help themselves. Apples, pears, plums, rhubarb, blackberries, tomatoes, leeks, potatoes, beans, beetroot and cut flowers have been shared. There is no charge for any of the produce, but a collection box for those wishing to donate. Over £120 has been raised for the Ukraine DEC Appeal so far. Thanks are due to Rachel from the Barber shop and Suzie from the Flowerpot cafe for looking after the produce on the stall!

Getting through the cost of living crisis

The increasing cost of living is having an impact on all of our lives, whether it's the price of food forcing us to make different choices, energy bills reaching new highs and getting higher, or it being more costly to get around: everybody is impacted. There is help available.



Citizens Advice Denbighshire is here to offer you free, independent, impartial, and confidential advice and support. Our advisers can help you make sure you're receiving everything you're entitled to through income maximisation calculations, applications and appeals for welfare benefits, social tariffs, cost of living discretionary payments, and more. Our specialist energy advisers are on hand to help you get the best possible energy deal, help you keep your home insulated and energy efficient, apply for refurbishments, upgrades, and more. Our debt team can help advise you on effectively budgeting, on making any debts more manageable, and applying for breathing space and relief orders.

So whatever your issue, whatever your circumstances, Citizens Advice Denbighshire is here to help.

How to get in touch with Citizens Advice Denbighshire

If you would like free, impartial, independent, and confidential advice and support - no matter what your circumstances or whatever the problem you'd like help with - you can contact us for free a number of ways.

Citizens Advice Denbighshire operates a virtual, face-to-face service where, with an internet connection and a few clicks on your device or browser, you can see an adviser face-to-face for free every Monday to Friday between 9.30am and 4.30pm.

Scan this QR code to be taken to the reception area where you can enter your details and join the queue, or visit www.attenduk.vc/area-1



Otherwise, you can contact us via phone at **08082 505700** or **08082 787933**

Or by email at: advice@dcab.co.uk

Council urges residents to apply for Cost of Living schemes before they close

Denbighshire County Council is working through applications for the Cost of Living Discretionary Fund and the main Cost of Living Scheme on behalf of Welsh Government.

Already a total of 4312 payments worth £495,195 have been made for the Cost of Living Discretionary Fund to qualifying residents in Band E who pay by Direct Debit.

An application form for more qualifying residents will be available from September 21 for this fund and will stay open until 31 March 2023.

For the main Cost of Living Scheme, a total of 27,014 of £150 payments have been made to qualifying residents, totalling to a value of £4,052,100.

The main Cost of Living scheme closes on the 30

September 2022 and a large number of qualifying residents have still not applied, so the Council is urging those to complete an application form as soon as possible to ensure they receive their payment.

Councillor Gwyneth Ellis, lead member for finance, performance and strategic assets said "The Council is working very hard to process these payments as supporting our residents is a key priority in the current economic climate."

"We want to urge all those eligible for support and have still not applied, to do so. Those who are unsure whether they are eligible should use the council website to check requirements before it is too late."

For further details about the two schemes available please visit the Council's website via:

www.denbighshire.gov.uk/cost-of-living



Mair speaks out!

Mair Dowell, who worked as sister in the Emergency department at Glan Clwyd hospital from 1980 to 2014, recently hit the headlines when she mounted a passionate defence of her former workplace, which has faced serious criticism in a report from the Welsh Healthcare Inspectorate.

The WHI report came after an unannounced inspection which itself was a follow up to visits in February and March. It highlighted *"significant concerns regarding many aspects of the delivery of safe and effective care"* in the Emergency department. They acknowledged that *"this was a very stressful environment for some staff, who were working above and beyond in challenging conditions"*.

In a forthright open letter, Mair presented her analysis of the problems in the department in a clear and uncompromising manner, reminding everyone of the immense pressure on the staff working there.

Mair wrote: *"Recruiting staff is almost impossible as people don't want to work there because of this horrendous situation. The 'rot,' as I call it, started many years ago when the Health Board or authority closed so many of the 'cottage' community hospitals and reduced beds in many others.- places like Llangwyfan, Lluesty Holywell, Flint Cottage, Denbigh Infirmary, Ruthin, Colwyn Bay, Abergele, Chatsworth House in Prestatyn and the Royal Alexandra Hospital in Rhyl.*

"'Care in the Community' was going to be the way forward, which I'm sure would have worked very well if the resources had been in place to fund this system but it wasn't and everyone was left floundering. To add to the problem, when YGC was upgraded and refurbished there were 24 fewer beds on each floor - that is a lot of beds!"



"There are countless numbers of patients in YGC at all times having had their treatment but not well enough to go home – they don't need acute care but they do need convalescent care – that is essential for them, but there is nowhere for them to go. The Bed Managers in the hospital have an horrendous job and are harassed from all corners to conjure up empty beds. I'm sure ED would be an excellent, efficient unit if it was 'just' an ED – but at the moment it's also an acute ward."

Mair also fired broadsides at *"highly paid management advisors brought in to provide solutions"* She signed off by stating firmly that looking after staff should be the priority, reminding the Health Board that *"staff are your greatest commodity"*



Outside A&E —photo Robert Parry-Jones

A senior ED consultant comments:

"All our patients are prioritised by clinical need; if you have a life-threatening injury or illness – we want to see you. If you feel unwell and it's not an emergency please seek an alternative service such as Pharmacy, your GP or Minor Injury Unit.

"If you do not have a life-threatening condition and you attend the Emergency Department you will be waiting a considerable amount of time to be seen as our most sickest patients are our priority."

From the BCUHB website:

"Our priority is always to ensure that every patient is discharged from hospital at the right time, and because of the current challenges this is increasingly difficult, which results in patients experiencing protracted delays in hospital beds. If you have a relative or loved one in hospital who is assessed as being well enough to go home, but is waiting to be discharged with homecare and community health support, you may be able to help them to get home more quickly if you and your family are in a position to support them at home. If your relative is waiting for a formal package of care, you may be able to offer support and care in the short term. If you feel that this is an option that you could consider, to facilitate hospital discharge please speak to the ward manager or your social worker to explore further"



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For further information, or if you wish to arrange a visit, please contact Jane on 07807782066 or Abi on 07711867632.

E-mail: help-at-home-nw@outlook.com



St Asaph VP infants School

Kate Langford

We have had a wonderful start to the new School Year at the VP. We welcomed our new Nursery children and they have settled in exceptionally well - we are so proud of how independent they are! Applications for next year's Nursery are now open – you can apply via the Denbighshire website.

Our Nursery is extremely popular and we recommend that families submit their applications on time to avoid disappointment. We have been promoting a love of reading by celebrating Roald Dahl Day. It was lovely to see the children dressed up as book characters or wearing yellow to raise the profile of reading in our school.



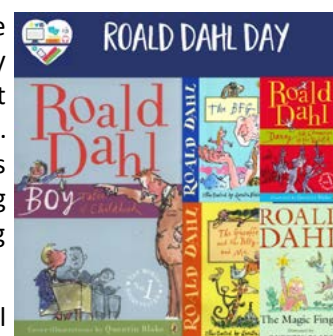
All classes are busy practising for our Harvest Festival celebration, we've got lots of cheerful songs to learn as we thank God for the food he provides us with. The children are looking forward to performing for their families in the Cathedral.

We've also hosted the Macmillan cake morning for our children. Learners enjoyed cakes, drinks and delicious treats whilst raising money for Macmillan Cancer

charity. Fundraising opportunities help our children to understand that there are ways that we can help others in need and we would like to thank our families for their generous cake donations.

Thank you to all the St Asaph families who attended the September 'Stay and Play' session for children due to start Nursery in September 2023. It was a lovely to meet the children and to see them making new friends. We look forward to the next 'Stay and Play' session in January.

Overall, a fantastic return to school for the VP children – da iawn ti pawb!



St Asaph VP Infants: On behalf of the whole VP Family, we'd like to extend our sincere condolences following the passing of Her Majesty The Queen. Our thoughts and prayers are with the Royal Family at this sad time. @stasaphvp



Ysgol Cefn Meriadog

Laura Martin

We have settled back into routine at Ysgol Cefn Meriadog following a lovely Summer break and the children are all enjoying their new topics and activities. We have a whole school topic called 'Me, Myself and I' this term and are enjoying a vast array of Health and well Being focussed activities and sessions.

The children are fundamental in the planning of our topics and all contribute their ideas and suggestions to help solve different problems and complete various challenges.

At the beginning of term, the Innovators Class spent a lovely afternoon at the Old Deanery where they were able to meet some of the residents and ask them questions about their time in school and their childhoods. This work links with the class work on the 5 Ways to Wellbeing and the 'Connect' aspect in particular. The children thoroughly enjoyed their time with the residents and are looking forward to this becoming a regular activity.

Our new Nursery pupils have all settled in really well, they are part of the Discoverers Class and have enjoyed exploring the school grounds and taking part in their very first Forest School session. The Discoverers Class are learning about the story 'The Patchwork Quilt' this term and will be making their own over the coming weeks.



This term we started our new Reading Buddies initiative with our older children leading reading groups with pupils from all classes. The children spend time together in their groups twice a week and share books in English, Welsh and Makaton. This is going really well and it is lovely to see the children working together and enjoying each

other's company. Finally, over the Summer we were thrilled to complete work on our new Library and Intervention Room, this is proving to be a very popular space with children thoroughly enjoying choosing to spend their playtimes reading and sharing books with friends.



ENGLISH AND MATHS TUITION

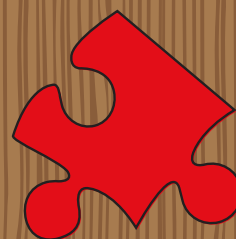
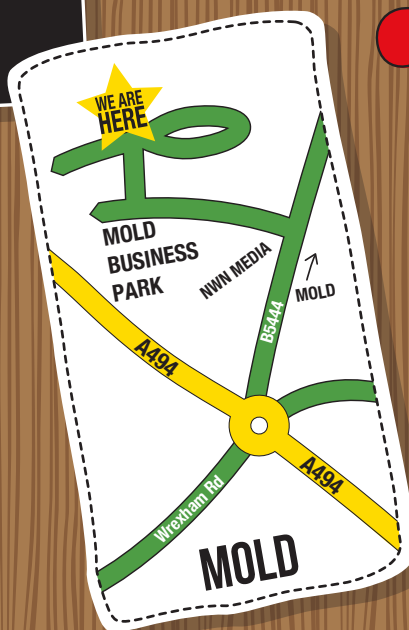
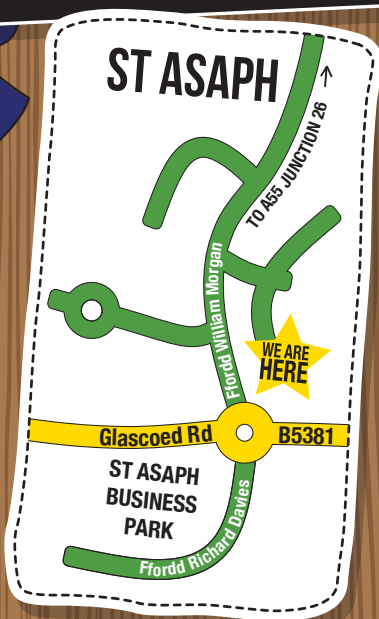
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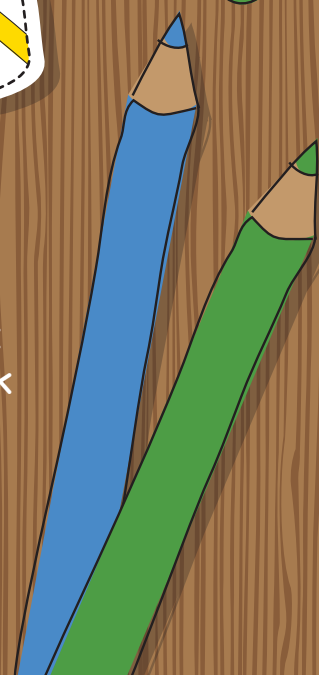
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Nick Smith

The Nick Smith Memorial Trophy

Mike Jones

August Bank Holiday Sunday – a cricketing date now to be added to your diary!

It has been 2 years since Nick Smith, son to Stephen and the late Eirwen, stepson to Barbara, brother to Juliet, stepbrother to Helen and Jane, and uncle to Luke and Libby, took his life.

So many people in St Asaph knew Nick, and to ensure that he would never be forgotten, his best friend Gareth Shaw decided to resurrect an old St. Asaph rivalry cricket match in his honour and memory – *The Nick Smith Memorial Trophy*, a cricket match between Downtown and Uptown St Asaph, with proceeds to go to the mental health charity Mind.

Gareth Ryan, chairman of St Asaph Cricket Club, and a close friend to the Smith family, agreed to host the event, which was fitting as Nick was a regular spectator at the club. It was one of his favourite places, and in fact the last venue he attended before his death. The match took place on Sunday 28th August, on the bank holiday weekend.

The first innings were tightly fought. Uptown opened, setting a score of 104 off the 20 overs. However, the Downtown team put in an impressive innings and led by 11 runs at the break, but it didn't go without a casualty. Facing only his second ball and looking for a quick single, Simon Jones was halfway down the wicket when he crashed to the floor as though a sniper had picked him out from the long grass. He managed to crawl to the crease but was carried off, retired with a torn hamstring.

With the second innings being just 15 overs and trailing, the instruction from the Uptown captain was to swing and run at everything. Despite a valiant effort by the Downtown boys, the "master plan" eventually paid off with the Uptown boys coming out victorious by just 6 runs to claim the 'Nick Smith Memorial Trophy'.

Men of the Match were chosen by the teams' captains, and trophies presented by Juliet to Mike Owen (Downtown) and Tom Wynne (Uptown) – well done to both players, well deserved, and all players were thanked for their efforts.

A hugely successful day was enjoyed by an estimated 300 to 400 people. It was a real community event and showed how well thought of Nick was by the people of St Asaph and surrounding areas. It brought lots of people out and numerous times throughout the day people could be heard saying "how nice it was to see you", "can't remember the last time we saw each other", or "lovely to catch up".



The victorious Uptown team



A great community event in Nick's honour

Uptown: Gareth Shaw (capt), Jamie Summers, Christopher Matthews, Deiniol Jones, Huw Jones, Mike Williams, Zak Williams, Mike Jones, Noah Jones, Huw Owen, Simon Jones, Cliff Wyke, James Wynne, Tom Wynne, Chris Lloyd, Steven Owen.

Downtown: Lee Hogg (capt), Mark Hogg, Ashley Hogg, John Paul Jones, Mike Owen, Mike Twamley, David (Tod) Taylor, David Evans, Sid Cooper, Andy Davis, Paul Morris, Matt Gatfield, Nick Gatfield, Josh Doherty, Mikey Owen, Nathan Cross, Neil Cross, Robbie Kendrick and Sam Benbow.

Umpires: Mike Gedde, Nathan Shakes, Jason Foulkes. **Scorers:** Will Ryan and Jurie Norval

Another great season for St Asaph First XI!

St Asaph First XI finished the season in grand style, posting an immense 304 runs in 50 overs against Pwllheli, before bowling the visitors out for 143. This left St Asaph second in the final league positions, just a tantalising 8 points behind their great rivals Menai Bridge.

Menai Bridge finished their season unbeaten *except* for one match, a glorious home victory for St Asaph in early August, carved patiently out before a delighted crowd of home fans. David North took four key wickets as the visitors were limited to 229, and after a hesitant start, St Asaph closed in inexorably, led by a commanding 79 from Nathanael Scott, ably supported by Jurie Norval (40), Dan Evans (28) and Jason Foulkes (36 no). A memorable result for the heroic First XI, and for all their cheering supporters!



Duncan Midgely fires one over the boundary against Pwllheli in the final match of the season



St Asaph Football Club *John Roberts*

A promising start to the season! After six league fixtures the **first team** have recorded five wins and one draw and are top of the NWCFA Premier League and have progressed to the second round of the Intermediate Cup.

The **Reserves** have also had a good start to their League and after winning their first game of the season and drawing their second match are second in the NWCFA Reserves League.

The Club would like to take this opportunity to thank **Chris Armstrong of Validus Property Consultants** for sponsoring a new kit for the Reserves and **Alun Jones of The Barrow** for sponsoring tracksuit tops for both the First team and the Reserves.

Our Junior teams have also resumed playing fixtures. Our newly established **U6s team** have enjoyed fun football based sessions to help them master the ball. This season they will take part in non competitive matches with other Under 6S teams in Denbighshire.

The **Under 7s** kicked off their season with an emphatic 7-2 win against Abergele with two players scoring hat tricks. The **Under 8s** started their season with an excellent 3-2 win in a local derby match against Rhuddlan Milan, clinching victory in the last minute of the match.

St Asaph Dreigiau U9s attended an Aura round robin tournament in Deeside and won 4 of their 5 games. They won their matches against Mynydd Isa, Buckley, Holywell and Broughton and drew with Saltney. Our other U9 team **St Asaph Llewod** have prepared for the new season by playing a number of in-house games and a match against Prestatyn Academy.



Kinmel Bay Reserves keeper is offered another chance to collect the ball from the back of the net....



Tyler Joyce heads for goal as Saints attack

Llanerchymedd

photo Rosemary Williams

They're on a roll...!

North Wales Coast East—Premier division

St Asaph First Team

Aug 6th vs Llanfairfechan	Won 5-1
Aug 9th vs Meliden	Draw 1-1
Aug 13th vs Penmaenmawr	Won 3-0
Aug 20th vs Bro Cernyw	Won 5-1
Aug 23rd vs Kinmel Bay	Won 4-2
Aug 27th vs Glan Conwy	Won 3-2

North Wales Coast FA East—Reserves

St Asaph Reserves

Sept 3rd vs Kinmel Bay Reserves	Won 6-0
Sep 18th vs Nefyn Reserves	Draw 1-1



Reserves in their new kit sponsored by Validus Property Consultants

Our **U 10 team** are taking a big step up from 5-a-side football to 7-a-side football this season, playing on a bigger pitch with bigger goals. All the players have been practicing all summer and are well prepared for the challenges of the new season. Our **U13s team** are starting their second season of competitive football and have been preparing for the new season all summer. With 12 teams in the league and both home and away fixtures they have bonded well as a squad and are looking forward to a busy season.



Callum Roberts heads away a cross by Llanerchymedd in the Intermediate Cup Round 1: St Asaph won 4-0.

photo Rosemary Williams