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# OLDFORD VOICE



April/May 2009

## Youth Shelter Launch Event

**Wednesday 8th April**

**12pm ~ 4pm**

**Oldford Play Area**



Now that the warmer weather is here, the Oldford Tenants Association and Oldford Communities First are holding a launch event to celebrate the arrival of the two youth shelters in the Oldford Play Area.

**Come along and help make a funky zig zag path for the play area or show off your creative side with Graffiti Art.**

**After many requests and the fabulous seats that were made at the Keep Safe and Well Event, there will also be a chance for eight of you to make a wooden bench around the oak tree that will stay in the play area for everyone to use!**

**There will also be a chance for you to have your say on lots of different issues!**

Bring your friends and enjoy the activities and free refreshments!  
If you would like to put your name down for the bench making workshop, or would like more information about this event, please contact us on 556648.

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If you would like a large print or Welsh language version of this newsletter, please contact the Communities First Office on 556648

Os hoffech dderbyn copi o'r cylchlythyr hwn mewn print bras neu yn Gymraeg, cysylltwch â Swyddfa Cymunedau'n Gyntaf ar 556648



### Did you enjoy Welshpool Funday 2008?

**If so we want to hear from you! We're hoping to hold another Funday this year but we need as many volunteers as possible to help with the planning of this event as well as lots of help on the day.**

**If you would like to get involved, please contact us on 556648 or come into the Communities First Office.**

## Keep Safe and Well 2009



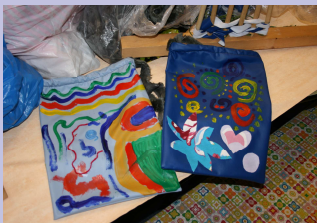
Oldford Communities First hosted a Keep Safe and Well event on 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> February 2009. The event was a great success with over 200 people attending.

The aim of the event was to promote healthy living. The event was held at the Oldford Infants School where over the three days the focus was on different aspects of keeping safe and well. Health Challenge Wales and Powys County Council sponsored this event.

There were many free activities and workshops such as;

- cookery demonstrations,
- woodworking,
- ballroom dancing,
- flower arranging,
- finger printing,
- paper making,
- colouring,
- Jewellery making,
- a recycling workshop
- Dance
- Chip Pan fire demonstration
- Chainsaw carving demonstration
- Chiropody sessions
- Health checks
- Indian head massage
- Fun Funky Fruit Creations
- Smoothie making
- Bug hunting, bird feeders and bug hotels
- Metal detecting
- Face painting
- Giant Monopoly
- African Drumming
- Food awareness

As well as the many workshops and activities there were organisations and local services on hand to offer advice and information. Simon O'Rourke expertly carved some wonderful woodland animals, a boat, some balance beams and some benches for the Oldford Infants School which the children love to play on. Every visitor was entered into a free prize draw with the chance to win some great prizes and also went away with a fun goody bag.



We would like to thank all of the dedicated volunteers who helped to make the event a success as well as Health Challenge Wales and Powys County Council for all of their sponsorship and support.

For more information please contact us on 01938 556648.



### PACT Meeting (Partners and Communities Together)

held by Welshpool Neighbourhood Policing Team  
On Thursday 2<sup>nd</sup> April, 7pm  
Theatre Clera,  
Welshpool High School



We look forward to seeing you and listening to your views about your community.

Nursery 2yrs - 4 yrs (Mon - Fri)  
Parent & Toddler (Mon morn)  
After School & Holiday Club  
(Mon - Fri)



Phone: 01938 556238 or  
[www.opendoorfamilycentre.com](http://www.opendoorfamilycentre.com)



The next Oldford Voice deadline is:  
**Monday 25th May 2009**

If you would like to share your news or story with Oldford, ring us on **556648**

## Homework Club



**Runs every Monday**

**4pm ~ 6pm**

**Clwyd Alyn Community Room**

For ages 8 - 16

Come along and have fun using the computers to do your homework! Spaces are given on a first come first served basis.

**For more information, please call 556648**



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## Free Computing Course for Adults

Thursday 23rd April 2009

1-3pm

Oldford Infants School



Day: Thursday afternoon 1.00pm - 3.15pm

Tutor: Clare Walters

Charge: None

Topics available: Desk Top Publishing, Internet & Email, Excel & Word, Processing, Access databases, PowerPoint

Starts: Thursday 23<sup>rd</sup> April 2009 (for 8 weeks)

*If enough demand will also run Thursday afternoon 3.00pm - 5.15pm please enquire*

Crèche may be available for Preschool children but please contact Clare or Kath to ensure place

Please ring Kath Jones (Coleg Powys), on 01686 614210, or Clare Walters, on 01686 670546, to get further details.

**We have just delivered your FREE Oldford Communities First cotton shopping bag!**



Did you know:

UK consumers use an estimated 10 billion plastic bags a year - that's 290 per person!

With Landfill sites becoming full we need to start thinking of how we can help the environment.

These cotton bags are a great way of shopping as they are environmentally friendly, strong and easy to carry!

## Oasis

A chance to enjoy homemade soup and a roll and good company! Everyone is welcome!



Wednesday 29th April, 6.30pm

Oldford Infants School

Supper will cost £1.00

Oasis will run every last Wednesday evening of the month, For more information call 01938 552781

## Please remember to pick up after your dog!

Dog fouling can cause a serious health risk to humans and other animals!

Please pop into the Oldford Communities First

**Did you know:**

**A single dog mess contains approximately 1 million microscopic eggs.**

**From contact with these eggs; humans can get the roundworm infection called Toxocara.**

**This can be from touching the sole of a shoe, a bicycle wheel or toy which has dog mess on it!**

Office and collect your free dog fouling bags or use the bag dispensers on the estate.

Please also remember that children shouldn't pick up after a dog without proper guidance or supervision.





## Oldford Litter Pick

Wednesday 15th April  
 Wednesday 27th May  
 11 - 12.30pm  
 Oldford Play Area

Come along and help give the Oldford Estate a good tidy!

- \* **Come and use our litter pickers, gloves and bags!**
- \* **Help to improve the environment where you live.**
- \* **Free refreshments available**

Keep an eye out for other litter picks happening on Oldford.

## Oldford Clear Up Day

Saturday 6th June  
 Prince Of Wales Drive car park  
 11 - 2pm

Remember if you have any unwanted items in good condition, call Phoenix Furniture on 01686 622717.

## The Clwyd-Powys Archeological Trust (CPAT) meets 'hometown' metal detector club!

On a Saturday morning in February CPAT staff met with members of the Oldford Force Metal Detecting Team and spent several hours in the home of Tony Pinchera.

They identified and recorded artefacts for the Portable Antiquities Scheme. Ed Bailey has kindly agreed to take on the role of finds recorder for the Oldford Force Team.

## Free travel with Platform2

**Are you aged 18 - 25? Would you like to travel for 10 weeks in countries like Peru, India, South Africa and Ghana?**

If you have a UK passport you can travel for 10 weeks and not spend a penny! It is fully funded!

You will be living and working with a group of volunteers in local communities working on projects like teaching, construction and conservation. Support will be provided to you before, during and after the placement and all expenses are paid for!

For more information call: 02920844646 or email: [arhys@christian-aid.org](mailto:arhys@christian-aid.org)

## Scansis Pitch and OTA Funday

Saturday 13th June  
 At the Scansis Pitch



Fun for all the family!

Anyone wanting to enter a five a side team or book a place for a stall

please contact Wyn on 554702  
 or Liz on 555269

Congratulations  
 to Oldford Infants School

For taking part in the worlds biggest banana eating event for Fairtrade!



They also raised £37.50 on Red Nose Day for Comic Relief and were thanked by UNICEF for taking part in the Day for Change 2009, raising £36.87!

## Hot Cross Buns!!!

**Ingredients:** 500g strong bread flour, 1 1/2 tsp Salt, 75g caster sugar, 7g sachet dried yeast, 300ml mixed milk and water 150g sultanas, zest of 2 Oranges, 80g mixed peel, 2 tsp ground cinnamon

**For the glaze:** 50g Sugar, 50ml water



### Method:

1. Put the flour, salt, sugar and yeast into a bowl. Slowly add enough of the milk and water mix to achieve pliable dough. Tip out onto a lightly floured surface and knead well for 5 minutes, then put the dough back into the bowl and leave to rise for 1 hour.
2. Incorporate the sultanas, mixed peel, orange zest and cinnamon into the dough and leave to rise for 1 hour.
3. Lightly grease a baking sheet. Divide the dough into 75g pieces and roll each into a ball. Put them on a baking tray and leave to rest for 1 hour.
4. Set the oven to 220°C/gas 8. Bake the buns for 25 minutes until golden brown. Combine the sugar and water together to make a syrup and brush this liberally all over the buns. Serve immediately.