



OLDFORD VOICE



Aug/Sept 2007



Show Success!

We would like to say a big thank you to all the residents of Oldford who put on the very first Oldford Community Show on Saturday 21st July! The show was a huge success despite the weather which didn't dampen anyone's spirits. The volunteers worked very hard from first thing in the morning to last thing in the afternoon and, thanks to these people, the stall holders and performers, the show went smoothly and drew in crowds of about 300 people!

Lembit Opik opened the show and was seen taking a tumble on the giant inflatable bungee run! There were smiles all round as the children of Oldford Infants School sang some lovely songs in their concert, and Poolside Tricks really kept our spirits up towards the end of the day with their chilled-out style of reggae.

It was really impressive to see the Welshpool Young Fire Fighters at work in the arena, and to watch the Pink Lemonade dancers braving the weather to show us their moves! We would like to thank the K9 Capers Dog Display Team for performing after such a long journey; it was enjoyed by all. This was followed with more animal antics as proud owners took their dogs to the arena for the Dog Show!

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The Youth Exchange would like to thank everyone who bought a balloon for the race as they released a staggering 400 balloons which will really help them to achieve their goal of travelling to learn more about another country! Oldford Online were busy all day taking photos and putting them in key rings, a great demonstration of what can be done with the technology available.

There were also some really interesting stalls at the show from delicious cakes, stunning glass jewellery, copper sculptures to an addictive tombola from the Round Table.



Lembit Opik picked up a few tips from the Oldford Force Team Metal Detecting Club!

Simon O'Rourke worked throughout the day carving this beautiful lady in a ball gown.



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

Competition Winners

It was very impressive to see all of the competition entries in the scout hut at the show and congratulations to all the winners on the day.

In total there were 48 dogs walked in to the arena by their proud owners for all of the categories, and 63 entries over all the other categories. Well done to all of you for having a go.

Large Cake

- 1st Lowri Jones
- 2nd Lowri Jones
- 3rd Hazel Gifford

Small Cake

- 1st Hazel Gifford
- 2nd Lowri Jones

Children's Cake

- 1st Erica Richards
- 2nd Kimberley Richards

Preserve

- 1st Cindy Jones

Landscape Photography

- 1st Ian Guntrip
- 2nd Ian Guntrip
- 3rd Lowri Jones

Abstract Photography

- 1st Maggie Allen
- 2nd Lowri Jones

Animal Photography

- 1st Tatiana Wood
- 2nd Lowri Jones
- 3rd Ian Guntrip

Portrait Photography

- 1st Ian Guntrip



Most Handsome Dog

- 1st Sparky and owner Laura
- 2nd Benson and owner Shelley Crae
- 3rd Troy and owner Lilian Francis
- 4th Gellie and owner Carol Alexander

Waggiest Tail

- 1st Bee and owner Aled Roberts
- 2nd Sparky and owner Natalie
- 3rd Maisey and owner Mollie
- 4th Lyndon and owner Judith Graves

Dog With Legs Most Like Owner

- 1st Phoebe and owner Tati Wood
- 2nd Tangos and owner Gwen Davies
- 3rd Bee and owner Aled Roberts

Best Veteran (over 8)

- 1st Merlin
- 2nd Bee and owner Aled Roberts
- 3rd Beth and Owner Janet
- 4th Max and owner K9 Capers Team

Prettiest Bitch

- 1st Morgan and owner Gerry Hill
- 2nd Sophie and owner Bernard Roberts
- 3rd Teila and owner K9 Capers Team
- 4th Millie and owner Aleisha

Quickest to Eat the Treat

- 1st Tea and owner Willy
- 2nd Bee and owner Aled Roberts
- 3rd Baloo and owner Bailey
- 4th Sparky and owner Gerry

Children's Colouring Competition 7 and under

- 1st Jasmine Jones
- 2nd Alex Robinson
- 3rd Dalton Bailey

Children's Design a Poster Competition 8 and over

- 1st Whitney Griffiths
- 2nd Charlotte Robinson
- 3rd Abbey Turner

Jewellery

- 1st Janet Richards
- 2nd Nikki Piggott
- 3rd Janet Richards

Needlework

- 1st Nikki Piggott
- 2nd Jane Booth
- 3rd Charlotte Robinson

Cards

- 1st Ruth Magness
- 2nd Nikki Piggott
- 3rd Janet Richards

Painting

- 1st Nikki Piggott
- 2nd Sheila Wilson
- 3rd Sheila Wilson



All of the entries for the Design a Poster and the Colouring Competition will be on show in Welshpool Medical Centre. If you left any entries in the Arts and Crafts categories please come and collect them from the Oldford Communities First Office at the Infants School or ring us on 01938 556648 and we can post them to you.



Blue Light Disco

Aged between 13 and 16? Want to party?
Then bring your friends and come along to

**Moltos every Thursday throughout August
from 6pm ~ 9pm.**

The first Disco will be on the 2nd August where there will be a live band and a DJ,
entry is only £2.50!



Community Police Surgeries

Will be held at
**Clwyd Alyn Housing
Office every Thursday
between 3pm and 4pm.**

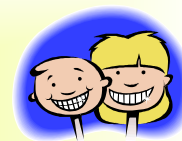
This is your chance to
discuss any issues you may
have.





Keep Safe and Well Day

Monday 6th August 2007 10am ~ 3pm
The Flash Leisure Centre
Welshpool



This will be a really great day for all involved and will give people the chance to try out something new! These are just some of the activities available on the day:

Crazy Golf, Bouncy Castle, Aquarun Inflatable, Indoor Ice Skating, Chip Pan Fire Demo, Free slippers, Benefit checks, Quizzes and Prizes, Medical checks and much more...

REMEMBER IT IS ALL FREE ALL DAY!!

In association with Oldford Communities First and Health Challenge Wales



CLEAR UP OLDFORD DAY!

Saturday 18th August

This is your chance to get rid of any unwanted rubbish you may have, old furniture, electrical items, garden tools...



Have a good clear out and it won't cost you a penny! There will be a large skip placed at the Prince of Wales Drive car park near the garages.

For more information call us on 556648

GET GOING GANG

Only four days in to the Get Going Gang's Play Scheme and it's already a huge success with full capacity of 50 children nearly every day.

Liz Gannon and her team have all been busy keeping the children occupied with arts and crafts, face painting, games and more.



This is a really positive reaction and reflects all of the team's hard work in organising and advertising the Play Scheme.

The Play Scheme runs every day from 10am ~ 3pm at the Scout Hut

A BIG thanks to....

Those that contributed to the Oldford Community Show behind the scenes:

Llanfyllin division of St John Ambulance who were there for everyone's safety, the Town Council for the bunting, traffic cones and sand bags, the County Council for letting us use the car park and the following businesses for their support, donations and sponsorship:

Rainbow Recruitment, Pryce Transport, Mid Wales Trophies, Flair's Hairdressers, Penny's, Trading Post, Superscoops, Yum Yum's, Morrison's, Somerfield, The Royal Oak Hotel, Camlas Vets, Welshpool Medical Centre, Phoenix Community Furniture Scheme, The Scout Hut, Lilly Mo's and everyone's friends and families!



Oldford Community Show Committee

We all enjoyed this year's show and it wouldn't have happened without the residents of Oldford, but for next year it could be an even bigger show if there are more members of the community to put ideas in!

Being on a committee can look great on a CV, it shows you are good at organising, can work as part of a team, that you have creative ideas, and enjoy helping others. These are just a few of the skills you could learn from being on the show committee!

If you want to be a part of the show committee or you have some ideas for next year's show then please contact us on 556648.

Can you think of any activities, projects or training that would benefit you and other residents of Oldford? If so please get in touch with the Oldford Communities First Office on 556648



Oldford Online Update

Oldford Online is your chance to get access to computers

It's been a busy time since the launch of Oldford Online back in April. We already have 50 members, all of whom are busy using the computers in a variety of ways. Some have been coming along to Meet The Mouse to learn the basics, some have been coming to Open Access sessions to work on their own projects or just have fun, and a number of young people have been using the Homework Club. We've also been working on some great projects:

- During the summer, we will be running a project with the under 16s. They will be looking at what they like about living on Oldford and what they would like to see changed, and will then be making a short digital presentation. It is hoped that this can then be shown to those agencies with key responsibilities for the Oldford Estate.
- In September, we will be starting an exciting project with the Senior Citizens' Luncheon Club and the children from Oldford Infants. We will be looking at childhoods now and in the past and creating something called digital stories. Watch this space for more information! If anyone over 50 would like to be involved, please get in touch. No previous experience of computers is necessary!

A new timetable will come into operation from September and will include some new taster sessions. The timetable will be delivered to all Oldford households soon, so keep your eyes peeled! In the meantime, the current timetables are available on the Communities First and Clwyd Alyn notice boards, or you can get a copy by contacting me on the number below.

Calling all budding photographers.....

We're looking at the possibility of running some digital photography taster sessions, but first need to know how much interest there is. These sessions would be for beginners, as well as those who have dabbled in digital photography but would like to learn more. If this is something you think you might be interested in, please give me a call.

As always, if there's anything in the digital world that you're particularly interested in learning about, whether it's computers in general, the internet and email, printing, photography or anything else, please let me know.

Mandy Roberts, Oldford Online

01938 556648



TANAT VALLEY COACHES



GREAT DAYS OUT FOR ALL THE FAMILY

Take a tour of the theatre of Dreams, ride-the-rides at Alton Towers or the donkeys on the beach at Barmouth, from the seaside, to the theatre, to a day of 'retail therapy'

This summer....

OLD TRAFFORD TOUR AND MUSEUM

Sunday 5th August

***ALTON TOWERS**
Saturday 25th August



BARMOUTH BEACH AND MARKET
Thursday 30th August

***Now Picking up in Welshpool on selected day trips**

WESTON-SUPER-MARE

Saturday 1st September

***CATS—BIRMINGHAM HIPPO-DROME**
Saturday 8th September

CHESTER SHOPPER
Wednesday 26th September



HOLIDAY TOURS 2007

INTERNATIONAL SHEEPDOG TRIALS—

held at the medieval city of Kilkenny in Southern Ireland
Thursday 13th September 5 days from £279 half-board



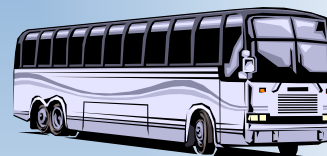
DICKENSIAN—TURKEY & TINSEL

Seasonal celebrations at Rochester's Dickensian Christmas Festival, tour of Canterbury Cathedral and Leeds Castle.
Friday 30th November 4 days from £165 half-board



WEEKLY SUMMER EXPRESS SERVICES

X1	ABERYSTWYTH	EVERY FRIDAY
X2	LLANDUDNO	EVERY MONDAY
X4	ABERYSTWYTH	EVERY SATURDAY

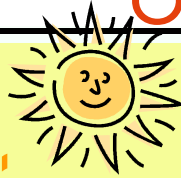


Tanat Valley Coaches

Call us now for timetables, fares and bookings

01691 780 212

Summer sun...



It seems silly to talk about the effects of the sun on your health after so much rain in July, but the few days that have been sunny have been very hot. Use a sun tan lotion on your children with an SPF, (sun protection factor) of 15 or over and this will protect for up to 3 hours.

Remember to put it on places like the tops of your ears and your nose and neck, these will be exposed the most. Protecting yourself from the sun also acts as an anti wrinkle method, use sun tan lotion instead of a moisturiser and you will be protected from short exposure to the sun.

Kids can get heat exhaustion when their bodies can't cool themselves fast enough. A kid with heat exhaustion might feel overheated, tired and weak. Heat exhaustion can come on suddenly. A person may just collapse when playing sports for example. It can leave them feeling really tired for days after it happens. So if it's a really hot day make sure your kids come back to the house for a drink quite often, and use this opportunity to put more sun tan lotion on them.

Having a BBQ is great fun on a summer's day but just take care, remember there may be neighbours close by so try and set the BBQ up at the end of your garden, and remember to make sure that the heat has gone from the charcoal before you leave it.

BBQ tips.....

- ◆ Try and marinade your meat overnight. For example, use olive oil, lemon and rosemary in a bowl with some diced lamb.
- ◆ Be really creative when making your kebabs, use a good mix of veg and meat and make them colourful!
- ◆ Cooking with children can be great fun, show them how to make their own burgers, use minced meat like beef and add some onion and spices or herbs then mould the mixture into burger shapes, it's messy but the kids will love it and learn more about food!
- ◆ Leave bananas in their skins and wrap them in tin foil and cook on the BBQ, a great sweet treat! Or using a knife make small slits into the skin and slot chocolate buttons in before cooking!



We are happy to announce that Nicola Smirk started her work placement here at the Communities First Office in early July and is doing very well and we would like to thank her for all of her hard work so far!



Oldford Voice Deadlines...

If you have anything that you would like to see included in Oldford Voice, please do not hesitate to contact us! The deadlines for the remainder of the 2007 newsletters are:

- ◆ Friday 21st September
- ◆ Friday 23rd November

What is a carbon footprint?



Everybody leaves a Carbon Footprint, it is the day to day things we do that has an impact on the environment. To minimise this footprint doesn't have to cost a penny. Did you know that electricity is one of the biggest causes of carbon emissions, making a coffee or turning on the TV is contributing to global warming. Use this guide as often as possible and you could be helping to save the environment and saving on your bills!

- ◆ Turn off electrical items when you do not need them, like the lights, TV, computer, microwave, stereo and don't just turn the TV on to standby with the remote, actually turn it off at the set!
- ◆ Turn down the central heating just by 1 or 2 degrees, you will hardly notice the difference.
- ◆ Only fill the kettle with the amount of water you need as heating a large amount of water uses more energy.
- ◆ When the weather is good, hang your washing out, tumble dryers use a lot of energy!
- ◆ Defrosting your freezer more often stops it using more energy than necessary to freeze your food!
- ◆ Either walk to the shops and back or write a full list and only use the car for one big shopping trip rather than lots of trips for things you have forgotten.



These are all things we can do for free to reduce our Carbon Footprint. Many residents of Oldford are already helping the environment by recycling things like paper, tins and materials. If you haven't started recycling yet why not call in and see us at the Communities First office at the Infants school to get a free energy saving light bulb or power down device for your computer.