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# OLDFORD VOICE



Feb/March 2009



## Keep Safe and Well Event

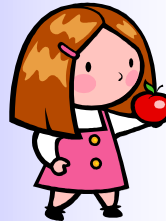


Thursday 19th February - 10am ~ 3pm  
Friday 20th February - 10am ~ 2pm  
Saturday 21st February - 10am ~ 3pm  
Oldford Infants School

Come along and enjoy free activities, advice, information and freebies on how to stay safe and well!

### Healthy Eating & Healthy Environments - Thursday 19th February

- \* Cookery demonstrations
- \* Fun, Funky Fruit Creations
- \* Recycling workshop
- \* Giant monopoly
- \* Bug Hunt
- \* Wood carving
- \* And more...



### Health Awareness - Friday 20th February

- \* Ballroom dancing
- \* Indian Head Massage
- \* Free health checks
- \* Workshops
- \* Wood Carving
- \* And more...



### Healthy Families - Saturday 21st February

- \* Bouncy Castle
- \* African Drumming
- \* Kids smoothies and fruit kebabs
- \* Finger printing
- \* Wood carving
- \* Pyjama Drama
- \* And more....



Free lunch provided on each day.

All activities and items available are on a first come first served basis.

For more information, please contact us on 01938 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

## Oldford Communities First Receives Funding

Oldford Communities First as well as the other two Communities First areas in Powys will benefit from continued funding to keep the projects going for the next three years. This was announced by the Deputy Minister for Regeneration, Leighton Andrews on 9th January 2009.

The money will fund key posts, premises and associated costs in the Communities First areas from April 2009 to March 2012. The funding will also pay for consultation and publicity activities across the areas.

As ever, if you have any ideas or suggestions or would like to get involved we'd love to hear from you, please call into the Communities First office or contact us on 556648



## GET GOING GANG

### AGM

Wednesday 18th  
February

6.30pm

Welshpool Fire  
Station

Everyone welcome

For more information, contact  
Liz on 555269



## Welshpool Beaver Scouts require adults to join new and exciting project

The Scouts have exciting plans to expand their presence in Welshpool, the creation of a new Beaver Scout Colony.

**The Beaver Scouts are the first age range of the Scouts, for 6 to 8 year old boys and girls. Modern day Beaver Scouts are very much into playing games, making things, listening to stories and exploring the outdoors. They have adventures whilst all the time making new friends and trying new things.**

The Welshpool Group has a sound base and premises, with the support required to give the boys and girls new and exciting opportunities. But to do this it needs to recruit a small leadership team by finding adults with drive and enthusiasm and the ability to have a good time.

Scouts Wales will be undertaking this development work in Welshpool by providing all the necessary adult training and resources to show how to manage the Colony through their awards and badges.

If you would like to join the leader team, feel you have something to offer and can envisage having some fun, just contact:

**Farrell McManus. Group Scout Leader. Tel: 01938 556840 Mob. 07968 215899**  
farrell@telecomplus.org.uk

**Or Mark Winson. Development Officer. Tel: 01286 669642 Mob. 07825**  
632500 mark.winson@scoutswales.org.uk



## Potty Potato

Fruit & Veg Co-op

Every Thursday  
Oldford Infants School - 2.30pm - 3.30pm  
Robert Owen Credit Union  
at Clwyd Alyn Housing Office - 4pm - 6pm

Pay and order a week in advance for fresh and seasonal fruit and veg!

£3.00 each full bag  
£2.00 each half bag  
Free range eggs - £1.50 for 12 and 75p for 6

Notices.....



Happy  
Birthday  
Dave  
10th  
February  
Love from Liz,  
Carl and the  
Girls

## Oldford Tenants Association Easter Bingo

Sunday 29th March  
Oldford Infants  
School  
Doors Open  
6.30pm  
Eyes Down 7.00pm

50p entry  
Free refreshments. For information call  
Liz on 555269



## Homework Club



**Starts Monday 19th January**  
**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**



Funded by  
**Communities @One**



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### How much are you paying for your calls?

If you call from a BT landline:  
0800 and 0808 numbers are free  
0845 numbers cost maximum 5p a minute  
0870 numbers cost maximum 7.5p a minute



Calls from mobiles and other networks vary - check with your service provider

### Oldford Tenants Association

We would like to thank Ellen for all the work she has done for the OTA.

Notice for residents:

The OTA are not responsible for the removal of trees on the estate so please do not approach any of the OTA's members about this issue. Thank you.

The Youth Shelter in the play area was kindly donated by the Community Safety Partnership.



The next Oldford Voice deadline is:  
**Monday 23rd March 2009**

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

## Oasis

Coming soon...

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

Wednesday 25th February, 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



## Thinking money



**With fuel bills getting more expensive, I'm really struggling to find the money to pay. I'm not a pensioner so don't get a winter fuel payment (08459 15 15 15) – is there any other help available?**

You may be able to reduce your fuel bills by choosing a payment method that offers a discount (such as Direct Debit), by efficient use of gas and electricity or by insulating your home. Check the terms of the payment schemes your current fuel supplier offers or ask if they can offer a cheaper or 'social' tariff and consider switching to save.

If you are in receipt of certain benefits you could access the HEES scheme (in Wales), this provides energy advice and grants to help with the costs of home insulation. More information is available by calling 0800 316 2815.

Some energy suppliers have set up independent charitable trusts which give grants to some of their customers to help them pay off arrears on their bills. See [www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk) or [www.edfenergytrust.org.uk](http://www.edfenergytrust.org.uk) for more information. Or call the Home Heat helpline on 0800 33 66 99.

Or call Powys Cab for free, independent, confidential and impartial advice

**Powys CAB: 0845 6018421**  
**Tues – Fri 10am – 2.30pm**

Phoenix Furniture have moved!

They are now located on the top floor of the Pryce Jones building in Newtown!  
To arrange a collection or donation call 01686 623336



## Get away from it all ...

## HOLIDAYS TOURS 2009

**Explore the West of Ireland - Killarney**

County Kerry is renowned for its natural beauty. Journey around the coastal road of the Ring of Kerry - 100 miles of spectacular scenery. **23 April - 8 Days**

**A Taste of Tenby**

Discover its narrow streets inside Medieval walls. Enjoy magnificent beaches or a short boat ride to Caldey Island. **2 July - 5 Days**

**Orkney & Shetland Minicruise**

Journey to the far north of Scotland via the spectacular Highlands, with opportunities for city sightseeing en route. Mini-cruise with guided tours to Orkney & Shetland. **20 July - 7 Days**

**International Sheepdog Trials - Penrith**

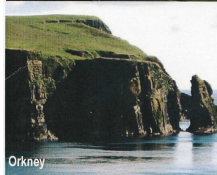
Lowther Park is the venue for the 2009 Trials. This trip offers a fantastic opportunity to visit the beautiful Lake District area or attend the trials. **9 September - 5 Days**

**Turkey & Tinsel - Bournemouth**

Back by popular demand this Christmas break will be in the heart of Bournemouth. **16 November - 5 Days**

**Turkey & Tinsel - Llandudno**

We all know and love Llandudno, so relax and enjoy it in its winter glory, including full Christmas programme. **30 November - 5 Days**



Tanat Valley Coaches 01691 780212

## Warming Winter Curry

1tbsp olive oil, 1 large onion, finely chopped  
2 large potatoes cut into 1cm cubes  
1 garlic clove, crushed  
1tbsp curry powder  
1 x 400g tin chickpeas drained  
Half bag spinach (or few blocks of frozen spinach)  
1 vegetable stock cube dissolved in 500mls boiling water  
1 tbsp creamed coconut or half tin coconut milk

Heat oil in large pan, and gently fry onion and garlic until they soften.

Add curry powder and stir for a minute

Add potatoes, chickpeas and vegetable stock, stir and simmer for 15 minutes until potatoes are tender.

Add more water if the curry is a bit dry.

Add spinach and coconut and simmer for further 5 - 10 minutes.

Serve with boiled rice or couscous.



## Help!! for Wildlife in Oldford

Montgomeryshire Wildlife Trust here in Welshpool are looking at all sorts of fun and interactive events and activities in which we can work together with children and families, old and young alike to make Oldford into a great place for people and wildlife to live together.

Here are some very simple ways to make your garden or even window boxes pots /patios wildlife friendly. Go on!! Do One Thing for wildlife this winter.

- Allow a little area of grass to grow long and watch what grows there or uses it
- Plant bird friendly plants (i.e daisy type flowers and berry bearing plants, trees and shrubs)
- Winter can be a difficult time for birds. Feed wild birds with seeds/ fat / crumbs etc but don't forget to give them something to drink and bathe in as well
- Put up a bird box as birds will be starting to think about nesting quite soon
- Make bug hotels by filling old pots/ tins/ wooden boxes or rolled up cardboard with dead grass, leaves or twigs and placing on their side and piling up a few sticks/logs and placing in a quiet corner.

**Forthcoming Family Events on Welshpool Reserves**

**Saturday 14th February** (Valentines Day) - LOVE BIRDS!! Severn Farm Pond Reserve - Welshpool - 11am-3pm Linking in with Bird Box Week Come along and make a bird box or Bug Hotel to put up in your garden. Help to make a Giant Birds Nest. Games and quizzes

**Saturday 21st March** – Mothers Day - CRAFT and ACTIVITIES DAY - Llyn Coed Y Dinas Reserve - Welshpool 11am-3pm Make a card and pressy for Mum! Wildlife Scavenger Hunt and Quiz. Free to members or £1.50 towards materials

**Sunday 13th April** - Easter EGG-STRAVAGANZA! Llyn Coed Y Dinas Welshpool 11am-2pm Wildlife Egg Hunt Safari, Egg Blowing & Painting. Free to members, or £1.50 towards materials. For a chat about how you can join in or for more information about any of the above contact:

**Mel Chandler Community Partnerships Officer: Tel 01938 555654.**

