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# OLDFORD VOICE



June/July 2009

## Action Camp

*"The Best Residential Project"*

**Are you between 9 - 16?**

**Would you like to go on a three day camp between 21<sup>st</sup> – 23<sup>rd</sup> July then take part in an exciting project at Severn Farm Pond on the 5 following Thursdays?**

Action Camp 2009 is a three day residential camping event for young people throughout Wales. It introduces some of the major issues facing our planet and population in a fun and exciting way. We will be camping at Haven's Kiln Park in Tenby where you will get the opportunity to take part in lots of fun activities about our planet as well as experiencing the fun that the park has to offer. As we will be camping, although a tent will be provided, you will need to bring your own sleeping bag and waterproofs!

Day 1 will see us travel down to Tenby and then take part in lots of exciting activities with the Action Camp Team. On day 2 we will wake up to breakfast followed by lots more activities and time in Kiln Park. Finally on day 3 we will spend the day at either Oakwood or Heatherton before making the journey home.



On our return to Welshpool we will be continuing what we have learnt on the Action Camp by putting it into practice in our town. You will have the opportunity to work with other team members on lots of different projects such as making wooden compost bins, taking part in an art project, doing maintenance work and planning an open day which you will help to run for Severn Farm Pond.

This promises to be a fantastic project and you will have the opportunity to showcase all your skills to the community at the Open Day. We hope to round off the project with a Celebration/Awards evening. These project days will be 10am - 4pm on 30th July, 6th, 13th, 20th, 27th August.

The cost for the camp is £30 (plus spending money). This will include all accommodation, food (except for tea on the way home), activities, ASDAN Award and Certificate, Entertainment pass and entrance to Oakwood or Heatherton.

The follow-on project in Welshpool will be free, you will just need to bring a packed lunch along.

On completion of the entire project, £15 will be credited back into a Robert Owen Credit Union account in your name.

**If you would like to be considered for a place on this exciting project, please fill in the enclosed form and return it to us by 19<sup>th</sup> June, 2009.**

If you or your parents/guardians have any questions or would like to know more, please don't hesitate to contact us on 556648.

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Meet Julie our Development Worker....Pg 2

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



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## Oldford Communities First welcomes new Development Worker!

We are delighted to welcome Julie Hughes our new Development Worker to the Oldford Communities First team. Julie started with us on Monday 27th April and has settled in very well. Julie can be contacted at the Oldford Communities First office, Oldford Infants School, but her aim is to be out and about working on existing and new projects with the community.

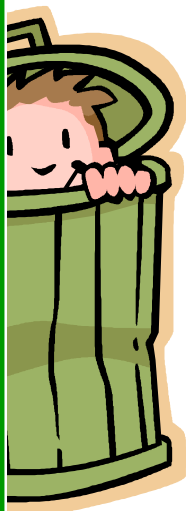
Hello, I'm Julie Hughes the newly appointed Community Development Worker for Oldford Communities First. My role is to assist the Oldford Communities First Partnership in the delivery of the Action Plan 2008-2011. Over the past six years I have worked as a Community Development Officer in two Communities First areas of Wrexham. During this time I have developed a good understanding of communities and how they work. By engaging with you, the residents of Oldford, partner agencies and local service providers I hope to help you achieve your aims and objectives as set out in the Action Plan.

Oldford is your community! So why not give me a call or pop into the office to see myself or one of the team with any ideas of how we can help you to improve your community.

I look forward to working with you.



Contact us on tel: 556648  
E-mail: [ocf@powys.gov.uk](mailto:ocf@powys.gov.uk)



## Oldford Clear Up Day

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

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

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

### Oldford Litter Pick

Oldford's first litter pick event was a great success despite the bad weather with over 16 volunteers and 10 bin bags full of litter collected!

Thank you to everyone who came to help on the day!

For more information on these events, please call 556648.

### PACT

The next Police and Communities  
Together meeting is:

Monday 6th July, 7.00pm  
Oldford Infants School



### Summer Activities

Starts 22nd July

Runs every Wednesday evening until  
26th August.

Welshpool Neighbourhood Policing  
Team and Oldford Communities First  
are holding Summer Activities at  
Maesydre School Grounds.

**All activities are FREE, look out for  
more information!**

Parental consent forms will be  
distributed to all local schools.



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## 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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## Waste Awareness Road Show

Friday 12th June  
Corn Exchange



New weekly food collection and recycling services will be introduced throughout Powys next year as part of a major initiative to reduce the amount of waste going to landfill.

Powys County Council Waste staff will be on hand to answer any questions you have about waste and recycling and to give you information about the changes for next year.

Contact Powys Waste on:  
0845 602 7035



## Oasis

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



Wednesday 24th June, 29th July - 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

Oldford Nursery and Infant School  
"The school at the heart of the community" -  
Estyn

The school has won the Basic skills Quality mark for the third time. Congratulations to the pupils, parents and staff who contribute to this prestigious award. There is a requirement to meet 10 stringent standards before the mark is awarded and to achieve 3 in 6 years is outstanding.

We have also won the Powys Healthy Schools Phase two. Our **Very Important People** lunches once a month and OASIS supper club contributed to this award. It will be presented at the next OAP lunch on June 25<sup>th</sup>



Welshpool carnival saw us as seaside creatures and pirates! Thanks to our community for the support they give us.

Sports day Friday June 26<sup>th</sup> come and join us for a fun afternoon from 1.00pm.

## School Uniform Grant Scheme 2009 - 2010

This scheme was introduced by the Welsh Assembly Government back in 2005 to assist families with the purchase of school uniforms. The scheme is targeted at pupils entering secondary school as this is the time when parents face the biggest cost.

Grants of £100.00 per pupil are available to pupils entering year 7 whose families' annual income is £16,040.00 or below.

Leaflets with information on this scheme will be available in schools by the end of June 2009.

Applications for this grant should be made to your Local Education Authority.



## Oldford Tenants & Scansis Pitch Event

Saturday 13th June  
11.00am ~ 3.00pm  
At the Scansis Pitch



Fun for all the family!  
Circus Skills, 5 a side Football, Netball,  
Large Inflatable, **Graffiti Workshop**, Welshpool  
Young Fire Fighters, Funky Path  
making project, **Tombola**, Raffle, Hook a Duck,  
Coconut Shy, Stalls, BBQ, **African Drumming**.



PA by Alan Crowe  
**Medals awarded to the winning teams!**

A pitch for residents / Voluntary organisations: £5.00

A pitch for Businesses: £10.00

**Would you like to help out with this exciting event?**

We need volunteers to help set up for the event and help during the day either manning stalls or assisting with the football and netball tournaments.

If you are interested in helping but are unavailable on the day, why not donate a prize for one of our stalls!

For more information or to book a pitch contact Liz on 555269

### Gardening Club



We are looking for people to join a gardening club on Oldford. One of the club's first projects could be to help create a wild-life garden for everyone to enjoy.

This club could also help you to improve your own garden with new skills and meet new people!

If you are interested please contact Julie on 556648 or pop in to the Oldford Communities First office for a chat.

### What's on in Welshpool....

#### Festival of Transport

20th & 21st June, Powis Castle Showground.

#### Be a Local Tourist Week

3rd - 12th July, Many local houses, churches and gardens open to the public, plus walks, talks, exhibitions etc!

#### Welshpool Air Show

18th July, Welshpool Airport

#### Country and Western Festival

19th July, Powis Castle Showground

For more events and activities in Welshpool visit...

[www.whatsonwelshpool.co.uk](http://www.whatsonwelshpool.co.uk)



The next Oldford Voice deadline is:  
**Monday 27th July 2009**

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



## Coffee Afternoon

Thursday 4th June  
2pm ~ 4pm  
At the Potty Potato Fruit and Veg Co-op,  
Emerald House,  
Oldford Infants School

Come along for a relaxing cuppa and a chat with Julie, Oldford Communities First's new Development Worker and discuss any ideas and suggestions you have!

**FREE entry in the prize draw to win a fruit or veg bag or a craft pack!**

For information, contact us on 01938 556648



## Potty Potato Fruit & Veg Co-op

Remember to order your fruit and Veg bags from the food co-op.  
Only £3.00 for full bags  
Only £2.00 for half bags  
75p for 6 Free Range eggs  
£1.50 for 12 Free Range eggs

### Get Creative with Craft packs!

Play Montgomeryshire also launches their funky craft materials for sale at knockdown prices!

Contact Liz on 555269



Remember to contact us about low-cost loans for everything from essential bills to holidays!



Call us on: 01686 623741  
Or visit our website:  
[www.romcul.co.uk](http://www.romcul.co.uk)

## Design a poster competition!

There are lots of people who have pet dogs on Oldford and we know dogs make very loyal and loving pets. But not everyone knows how to care for them properly.

Would you like to help us spread the message that cleaning up after your dog is important?

**Design a colourful and eye catching poster which tells people that they should use bags to pick up their Dog's mess and put it in the bins provided!**

These are the different age categories:

7 and under

8 - 11

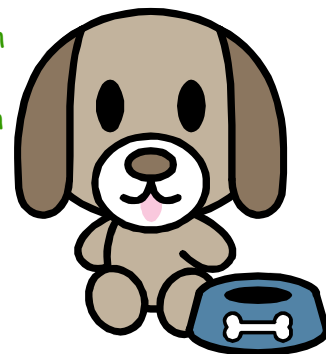
12 - 16

Please put your name and your age on the back of your poster and hand it in to the Oldford Communities First Office at Oldford Infants School by Tuesday 30th June.

There will be one winner from each category and their posters will be placed in the four notice boards on Oldford.

The overall winner will have their poster design featured in the Welshpool Funday 2009 program and also win a prize!

For more information, please contact us on 556648



## GET GOING GANG

### Summer Play Scheme

21st July - Friday 21st August

10am - 3pm

Welshpool Scout Hut

4 - 15 year olds

£2.50 per child, per day.

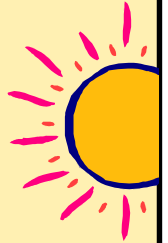
Arts and crafts, trips and outings, sports, games, cinema trips and more.

For more information, please contact Liz on 555269



How to stay safe in the sun! Sunburn is uncomfortable and can double your chances of skin cancer!

- \* Wear lightweight, loose-fitting clothing as much as possible.
- \* A hat with a wide brim offers good sun protection for your eyes, ears, face and the back of your neck – areas that are particularly prone to sunburn.
- \* Wear sunglasses that block out 99-100% of UV radiation.
- \* Sunglasses can help protect your eyes from sun damage. The ideal sunglasses don't have to be expensive, but they should block 99-100% of UVA and UVB radiation.
- \* Remember to take extra care with children.
- \* Young skin is delicate and easily damaged by the sun.
- \* Keep babies under six months out of the sun, especially when it is at its peak.
- \* Always try to use factor 15+ sunscreen.



## Welshpool Funday 2009

**Saturday 26th September**  
**10.30am ~ 4.30pm**  
**Maesydre School Grounds**

Free entry and free activities including:

- \* Inflatable Bungee Run
- \* Army Assault Course
- \* X-Treme Trampolines
- \* Mid Wales Falconry demonstration
- \* 999 services demonstration
- \* Jolly Jungle Play Bus
- \* Workshops
- \* Inflatable Gladiators

As always we cannot put on an event like this without the help of volunteers. If you would like to volunteer in the run up to event or on the day then please contact us on 556648.

Notices...



It's a Boy!  
 Congratulations to Jane and Paul on the birth of baby Rory!

Happy 60th Birthday to  
 Hazel Evans

Have a wonderful day!

Happy Father's  
 Day Dave!

Love from  
 Carl, Jayne,  
 Sharon, Sarah  
 and Laura



Nowi w tej okolicy?  
 Czy masz wolny czas?  
 Chcesz poznać nowych przyjaciół?  
 Albo spróbować coś nowego?

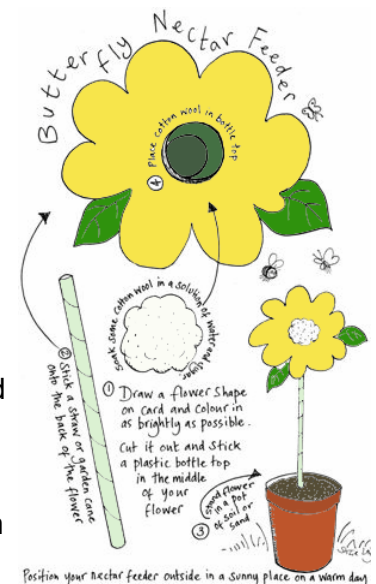
Ochotnicza praca może ci odpowiadać.  
 Jak możesz poświęcić godzinę  
 Albo dwie miesięcznie to NMVB  
 Może znaleźć ci przyjemne zajęcia

Proszę skontaktować się:  
 North Montgomeryshire Volunteer  
 Bureau, Oldford Rise, Welshpool,  
 SY21 7SZ  
 Tel: 01938 554484  
 nmvbwelshpool@btconnect.com



## Feed the Butterflies

1. Draw a large flower shape on coloured card and cut out.
2. Stick a plastic bottle top to the middle of the flower.
3. Stick a straw to the back of the flower and place in a plant pot or into a garden flower bed.
4. Mix sugar and water and soak cotton wool in this mixture. Then stick this cotton wool inside the bottle top.



Position your nectar feeder outside in a sunny place on a warm day

This is a great activity for children and also is a bright and colourful addition to your pots and flower beds and with butterflies in decline we should all do our bit to encourage them back to our gardens.