



# OLDFORD VOICE



## INTRODUCING .....

# Potty Potato

## Food Co-op

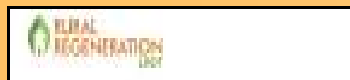
We are really excited to introduce The Potty Potato Food Co-op which was launched on Thursday 20th September. The Food Co-op is a great system through which you can get fresh seasonal fruit and vegetables on a weekly basis at wholesale prices! This will really help you get your five portions of fruit and vegetables a day. There have been two coffee afternoons at Oldford Infants school to raise awareness of the Co-op and these were a great success. Just over 30 orders were placed on 13th September; this is a really positive start and it's hoped that the members will grow and grow.



You have the choice of a salad, vegetable and fruit bag and you can buy as many of each as you like and all of the produce is locally sourced and very good quality. There is a small group of residents who run Potty Potato with the support of Oldford Communities First and the Robert Owen Credit Union, they meet every Thursday at the school to sort and bag the fruit and veg. They will also take orders and payment in advance for the next week.

Orders can be placed at the Infants School or Clwyd Alyn and you can collect the bags from either locations as long as you have told the volunteers when you place your order. The produce is packed in Eco-friendly bags that have been hand painted by the children at the school. We do ask that you bring the bags with you every time you place an order. If you live alone and could not use a whole bag for yourself, why not share a bag between your friends and family? The food co-op is open to all of Welshpool so spread the word and it will grow and grow!

**Food Co-op - Every Thursday at**  
**Oldford Infants School 2:45pm to 3:45pm**  
**Clwyd Alyn Offices, Robert Owen Credit Union 4pm to 6pm**  
**£2.50 per bag, payment in advance.**



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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

## Food Hygiene Course

### Is anyone interested in having a certificate in basic food hygiene?

There will be a 1 day training course with lunch provided. If you are a resident of Oldford, this course will be free.

**Wednesday 31<sup>st</sup> October  
at Oldford Infants School.**

There are **limited places** on this course and it is on a first come first served basis!

For more information or to book on to this course, please ring 556648.

## Remember, Remember The 5th of November

It is great fun to watch the fireworks and spell your name out with a sparkler. But fireworks and sparklers can be dangerous. Remember the FIREWORK CODE:

- Only buy fireworks marked BS7114
- Don't drink alcohol when lighting fireworks.
- Keep fireworks in a closed box
- Stand well back
- Light them at arm's length
- Follow the instructions
- Never go near a firework once it has been lit
- Never put them in your pocket or throw them.
- Supervise children
- Wear gloves and light sparklers one at a time
- Keep pets indoors - all pets can get very frightened with the noise of fireworks, and may get aggressive!



## Oldford Communities First Partnership AGM



**Welshpool Town Hall  
Wednesday 19th December**

Come and join us at the Town Hall to take part in the Partnerships Annual General Meeting, this is a great chance to catch up on the year and to discuss any issues you have.

Free refreshments will be available

We will need Volunteers on the day to help us set up and decorate the venue, so if you wish to take part or want more information, **please contact us on 556648**

## One parent families GINGERBREAD

making change happen

Gingerbread is a really great organisation which helps and supports single parents. They will give you advice and guidance on almost anything to do with family life for lone parents.

They have expert tips on:

- Your child's health,
- Their behaviour
- Financial worries you may have.
- And much more...

For free information and advice:

**FREEPHONE: 0800 018 5026**

Or go online:

[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)

# Oldford Online

## Free Computer Courses

Oldford Online is your chance to learn about computers and other digital technology for free! If you want to give computers a try in a fun and supportive environment, then why not come along?

There will be a number of courses running throughout the autumn at Oldford Infants School:

### Introduction to Computers

This course is for anyone who is new to computers or wants to re-learn the basics. There will be two five-week courses during the autumn:

|          |                   |  |
|----------|-------------------|--|
| Fridays  | 10.00am – 12.00pm | 5 <sup>th</sup> October to 2 <sup>nd</sup> November  |
| Tuesdays | 10.00am – 12.00pm | 6 <sup>th</sup> November to 4 <sup>th</sup> December |

### Internet and e-mail Introduction

This course is for everyone who wants to get to grips with the basics of using the Internet and e-mail.

There will be two four-week courses during the autumn:

|          |                   |  |
|----------|-------------------|--|
| Tuesdays | 10.00am – 12.00pm | 2 <sup>nd</sup> October to 23 <sup>rd</sup> October  |
| Fridays  | 10.00am – 12.00pm | 9 <sup>th</sup> November to 7 <sup>th</sup> December |

(there will be no class on 23<sup>rd</sup> November)

### Interested in digital photography?

We'd like to put on a digital photography course, but first need to know how many people would like to attend. So get in touch if this is something you'd like to do!

*Places must be booked on all courses.  
For more information or to book your place,  
please contact Mandy Roberts  
on 01938 556648 or 07825 385028*



# Halloween

.....a scary story



Halloween is a tradition going back 2000 years! In Mexico it was known as the 'day of the dead', it was also a festival to celebrate the end of the summer and was called 'Samhain' which is pronounced Sow-in.

The Jack-o-lantern also has a story. It is said that, according to legend, there was once a man named Jack who was a notorious drunkard and a trickster. He tricked Satan into climbing a tree and quickly carved an image of a cross in the trunk, trapping the devil in the tree. Jack made a deal that, if Satan were to never tempt him again, he would let him out of the tree. But upon Jack's death, he was not allowed into heaven because of his evil ways; nor was he allowed into hell because he had tricked Satan. Instead, the devil gave Jack a single ember to light his way through eternal darkness. This ember was kept inside a hollowed-out turnip to keep it glowing longer.



SUMMER  
2007

## Get Going Gang



This summer has been a great success with 105 children registered over the 5 weeks, with between 30 and 50 children attending every day. This was made up of 44 under 8s which 17 were female and 27 were male and 61 over 8s which 35 were female and 26 were male, these figures show that there is a great need for affordable child care provision throughout the summer holidays.

All activities were enjoyed by all ages especially the workshops (funded by Communities First Trust Fund), the most popular being the Animal Man and African Drumming. The trips were a huge success for all ages, with separate trips for the over 10s, the most popular with the younger ones was Fantasy Farm, the most popular with the older ones was 10 pin bowling/laser quest with Plas Madoc also being enjoyed by most children.



Liz Gannon, volunteer play leader would like to take this opportunity of thanking all the parents for supporting us and a special thank you to all the children who attended, for making the play scheme so enjoyable and it was a pleasure to be with these children, also to thank those who gave thank you cards and gifts; it is nice to know that the hard work all the volunteers put in is appreciated.

Grants were received from BBC Children in Need, Lottery – Make it Happen & Awards for all Wales, Communities First Trust Fund, Lankelly, Powys County Council and Welshpool Town Council; we would like to thank these organisations for their support, also to thank parents and their families for supporting our own fund raising this year, because without funding and support we would not be able to run the play scheme.

### My Story ~ What the children thought!

“I liked it when the animal man came in and I liked dressing up and drawing pictures. I liked the Black Country Museum because we went on a barge in the tunnels and I liked going to Park Hall, I went on the bouncy castle! Next year I want to go to Fantasy Farm and Millards Barn again!” **By Gareth Clarkson age 5**

“I enjoyed the drumming and the fancy dress because I came joint third! I hated the animal man because he threw a plastic spider at me and I thought it was real!” **By Laura Clarkson age 15**

“ Fantasy Farm was my favourite because I liked going on the boats and I like the donkeys and pigs. I liked the craft activities and playing on the bikes with my brothers. I like it at drink time because we have a nice biscuit and a nice drink!” **By Erica Richards age 7**

“I have enjoyed play scheme. I like playing with the others and the dressing up and karaoke were the best. My favourite trip was bowling and laser quest!” **By Rebecca Price age 12**

“ I liked going on the bikes and scooters and going to the park and playing with Jay. I liked going to the cinema, Shrek was my favourite film!” **By Rhys Davies age 4**

## Get Going Gang After School Club



**Starting 3rd October**  
**3:45pm ~ 5:30pm**  
**at Welshpool Scout Hut**

this will run every Wednesday during term time.

This club is for 4 to 15 year olds and there will be fun activities for everyone, crafts, and help with homework if needed.

**Snacks will be provided.**

**For more information please call Liz Gannon on 555269**

### The OTA's AGM

The Oldford Tenants' Association invite you to their Annual General Meeting.

**Monday 15th October**  
**7pm at Oldford Infants School**  
Free refreshments

## OTA BINGO EVENING

**Monday 29th October**  
**6.30pm**

**Oldford Infants School**

**50p entry, all proceeds go to the OTA.**

Come and support the Oldford Tenants Association, have a catch up with friends and meet new people!

**All welcome, free refreshments!**

### MONEY ADVICE

### PAYMENT PROTECTION

### INSURANCE PPI.



When I took out a loan I was sold insurance that promised to cover my repayments if I lost my job or was too ill to work. Recently I was made redundant but my claim has been turned down. Is there anything I can do?

The (PPI) business is currently under investigation from regulators. In recent months half a dozen companies have been fined for mis-selling PPI.

MIS-SELLING occurs when a company gives false information about a policy, or recommends one that is unsuitable for you. You may be unable to make a claim if, *for example*,

- you are above or below the given age limit,
- are unemployed or work part time.

If you think you have been mis-sold, you should write to the company concerned requesting a refund of the policy premiums (if the policy is completely unsuitable), or compensation if you were misled regarding what you could claim.

For more information about PPI consult your local Citizens' Advice Bureau or go to [www.adviceguide.org](http://www.adviceguide.org).

**CALL US IF YOU'VE GOT A PROBLEM OR WOULD LIKE TO VOLUNTEER.**

Free, independent, confidential and impartial advice.

**Powys CAB 0845 6018421**

Tues – Fri 10am – 2.30pm

Look out for our regular money advice columns in Oldford Voice.

# Great Days Out by coach this Autumn

From the illuminations at Blackpool and the Winter Fayre at Llandudno to the famous backdrop of many costume dramas, Haddon Hall - from tasting cider in Hereford, to days of 'Retail Therapy' - ENJOY FUN FILLED DAYS OUT THIS AUTUMN!

**\*PRIDE & PREJUDICE COUNTRY  
- PEAK DISTRICT & HADDON HALL**  
Saturday 6 October

**HEREFORD CIDER TRAIL  
- THE BIG APPLE**  
Saturday 13 October

**\*MANCHESTER & ART GALLERY TOUR**  
Saturday 20 October

**\*BLACKPOOL ILLUMINATIONS**  
Saturday 3 November

**THE TRAFFORD CENTRE**  
Saturday 10 November

**LLANDUDNO CELTIC WINTER FAYRE  
& SHOPPER**  
Saturday 24 November  
Free Wales Passes valid on this trip

**\*FRANKFURT CHRISTMAS MARKET  
& BIRMINGHAM SHOPPER**  
Saturday 1 December



**\*NOW PICKING UP IN WELSHPOOL ON  
SELECTED DAY TRIPS**

## HOLIDAY TOUR 2007

**BOOKING NOW**



**DICKENSIAN  
TURKEY & TINSEL**  
Join us for seasonal celebrations and enjoy historic Rochester's Dickensian Christmas Festival, a 'Coast to Cathedral' tour taking in the Country's oldest cathedral at Canterbury, and Leeds Castle  
Friday 30 November - 4 Days  
From £165 half-board

## PROVISIONAL SELECTION OF HOLIDAY TOURS 2008

|   |                  |
|---|------------------|
| <b>Ireland</b>                            | 17 April         |
| <b>Norway<br/>&amp; the Arctic Circle</b> | May (8-10 Days)  |
| <b>Edinburgh Tattoo</b>                   | 11 Aug (5 Days)  |
| <b>Brittany &amp; Jersey</b>              | 22 Sept (7 Days) |
| <b>Int Sheepdog Trials</b>                | 10th Sept        |

See full details in our new Brochure  
- due out February 08

## WEEKLY EXPRESS SERVICES



### ABERYSTWYTH

There is plenty to see and do at this charming seaside town, including castle ruins, cliff railway, lively shopping streets

### LLANDUDNO

Enjoy a day at this purpose-built Victorian holiday resort. From boat trips around the Great Orme to cable cars over the summit, from high street shops to amusement arcades, there really is something for everyone.



Why not turn your day trip into a week's break by taking advantage of our holiday return ticket?

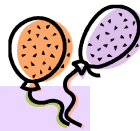
**X1 Aberystwyth** - Every Friday  
**X4 Aberystwyth** - Every Saturday  
**X2 Llandudno** - Every Monday

CALL US NOW FOR TIMETABLES, FARES AND BOOKINGS

**Tanat Valley Coaches 01691 780212**

## Notices....

Happy Birthday to Katie Hill who will be 14 on 22nd October!!! Love Mum and Kirsty



Congratulations to Laura Gannon on the birth of baby Harry!!

From everyone.



Happy Birthday to Angela on 6th November!!  
From Sian



Happy Birthday to Sian on 18th November!!  
From all of us

Happy Halloween to everyone, and we hope you all have a sparkling Bonfire night!!

## FOR SALE

3 pairs of boys football boots size 3, 3 ½ and 4.

1 pair of Cricket shoes size 3.

Call 554181



The next Oldford Voice deadline is:

**Friday 23rd November**

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