



Halkyn Mountain News

Issue 169 - Summer 2017

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Bethel, Nant y Fflint

(Menna Coleclough has supplied the following information about Bethel Chapel as it celebrates its 150 years this summer. Ed)

The Nant is a small hamlet that gets its name from its character Y Nant. It is situated between the Dee Estuary, Bagillt and Halkyn Mountain. With Halkyn situated just above it seemed to play an important part in establishing the Methodist movement in The Nant.

It appears that the Methodist movement was started here by a few friends from the village of Halkyn. They came to hold a Sunday school in a corn loft belonging to John Parry; the date it started is a bit uncertain. John Parry was known to be a very notable and faithful officer in this place for many years to come. They were allowed to have a service at Halkyn Church on some special dates.

After holding the Sunday school in the corn loft for a few years, a new Chapel was built in the year 1853. On the 10th of November 1853 the congregation moved to the new Chapel, this now being the "Capel House". The arrangements for the move were as follows. In the morning they all met in the corn loft then they marched to the new Chapel singing an old verse, 'Ffarwel, gyfeillion annwyl iawn. Dros ennyd fechan ni 'madawn'.

In the morning the Sunday School was held, in the afternoon the sermon was conducted by the Reverend Evan Lloyd of Holywell. He was the minister who was preaching on the Bagillt circuit on that Sunday. The Chapel was not officially opened until the 10th of July 1854. The Ministers who took part were Reverends John Phillips, Bangor; Owen Howells, Tarvin and John Jones, Wrexham.

The Chapel was small and completely plain with a tile floor and a pulpit. There were no pews as they have today. There were benches filling the floor. It was a blessing to have a Chapel in the district as they say that scores of people never went near a place of worship. As a result the district was left with people of a very low moral standing, and this comes into play on a Sunday more so than at any other time because they had nothing to do but meet together, play and perform wicked deeds.

The opening of the Chapel in the Nant brought a big change into the lives of the people; this all happened through the small Methodist movement making people more aware of their religion. There is no sure knowledge about the date of the start of the movement in the Nant. We assume it would be a few years prior. The first official records produced in January 1855 just state as we have heard. It also gives the number attending, these being Sunday School 68 and 90 Listeners.

The first Elders were elected in 1866. We think that this would be the time that the Nant Chapel would be inducted and put into the Bagillt circuit. The arrangement for the services being: in the morning Sunday School, and at 2pm the Service with a prayer meeting at 6pm. There would be a seiat (a forum or religious meeting) in the week.

Continued on page 2



Issue 170 will be out in September 2017; **please submit items by August 1st.**
You can send items to hmnews@btinternet.com
or hand them in to the Blue Bell Inn, Halkyn.
If you have any questions you can call Jack McIntyre on 01352 780377

Bethel, Nant y Fflint - continued

For many years a few faithful brothers came from Bagillt every Sunday morning to help with the Sunday School. They were John Jones, Twr; William Parry, Pentre Isaf; Christopher Charlton, Henry Welsh and William Redfern. John Jones, Twr and William Parry walked here for 11 years. Another very dedicated man was Edward Edwards, Cefn, who was chosen to be an elder but for reasons unknown refused to take up this position. But his faithfulness and effort was no less within the Sunday School and he excelled as a teacher, continuing with this work until the end of his days.

After worshipping in this Chapel until 1867 the new Chapel was built. The first service was held during the week, with the service on the following Sunday being taken by the Reverend William Pierce of Rhosesmor and William Evans J.P., Liverpool. The Chapel was officially opened by the Reverend Ebenezer Davies, Joseph Thomas and W. Pierce. Three elders were elected but only two took up the position.

The circuit was formed with Bagillt and Halkyn with the Reverends T.M. Jones, J. Ifor Jones and William Williams, Henblas. The elders in 1909 were Edward Winter, John Parry, Jesse Winter, Daniel Parry, J. Hooson, D. Williams and J. Thomas. Later R.O. Thomas was made an elder; he served the Nant Chapel faithfully for 60 years. W. Barker followed, being made an elder in 1962, then Menna Coleclough in 1986 who is the only one to date.

Our last minister was the Reverend Cledwyn Griffith, who retired in 1990. We have been without a Minister since that time but have been taken care of by the Presbytery Ministers.

The cause in the Nant went on peacefully over the years and still does in the same way today.

CAPEL BETHEL

Y

NANT

CYMANFA GANU

SINGING FESTIVAL

I DDATHLU 150 YEAR

CELEBRATION

NOS SUL - SUNDAY

MEHEFIN 18 JUNE

AM 7.00 O'R GLOCH

ARWEINYDD - CONDUCTOR

Mrs Nesta Ellis, Gorsedd

ORGANYDD - ORGANIST

Miss Margaret Williams

UNAWDYDD - SOLOIST

Mr Ieuan Ap Siôn, Rhes y Cae

CROESO CYNNES I BAWB!

A WARM WELCOME TO EVERYBODY!

Editorial

Who reads Halkyn Mountain News? We know that we have a loyal readership amongst our residents but from time to time we also hear about readers from further afield. We have recently heard that a copy of HMN has found its way to California, so we would like to invite our readers to let us know if they are reading our news from a similarly distant location. Please do contact us and let us know as it would be good to share this in a future edition.

Our Editorial Team consists of five volunteers. Our number has reduced as people have left the area or have had changing commitments. In order to secure the continuation of Halkyn Mountain News into 2018 and beyond, we now need new members to join the Team. We have provided more information on the type of help needed, inside this edition and would welcome anyone who can spare a little time.

We would also welcome new advertisers from within the mountain community. We know that many of our readers use Halkyn Mountain News as their local trade directory and that our advertisers do get good results. At £20 per year (4 editions), this must surely be the most economical method of advertising a business or organisation. As well as being seen in the printed copies, adverts are also seen by those who choose to read HMN online via the Halkyn Community Council website halkyn.org.

The Editorial Team

Halkyn W.I.

Having been to the Crown Inn, Lixwm for lunch in May, to celebrate our birthday, we look forward to our Day Trip to Plas Newydd on July 11th.

There is no meeting in August.

Future Meetings:

June 1st 7:15pm, Speaker; Simon Vann

July 6th 7:15pm, Speaker; Mary Atthews

September 7th 7:15pm, Speaker;

Clwyd Special Riding Centre

October 5th 2:15pm, Speaker; Steve Boswell -

North Wales Owl Sanctuary

Contact; Fiona Jones 01352 780462

The Halkyn Mountain News does not accept responsibility for, nor necessarily agree with, any of the views expressed, statements or claims made in articles or advertisements produced.

The Halkyn Mountain News will be available to read or download from the Halkyn Council & Community Website - halkyn.org.uk

The sender of any article and/or pictures that they do not want to appear on the website must tell the editors when submitting the article and it will be removed from the website version.

Rhes y Cae & Moel y Crio Sheepdog Trials & Show

Good news, we are back to our original two days, the last week-end of July!

Friday 28th and Saturday 29th July.

Please put the dates in your diary. On Friday the sheepdog trials will start at 9.00am and run to 6.00pm. Then the terrier racing will start at 6.30pm. Do get your dogs in shape! On Saturday the sheepdogs will start at 8.00am.

The produce entries will be taken on the field between 10.00am and 12.00 noon, when the tent will be closed for judging.

Gardeners start your planting; the extra week will make that difference this year! Handicraft competitors will be able to get sewing as soon as the schedules are out. Cooks can start to practise their cakes. The children's section was better supported last year so keep the children busy on wet days.

If anybody has a craft stall to bring to the show please get in touch with Menna on 01352 780271.

All other information will be available at a later date. Their schedules will be out soon to keep a lookout and your local stores, garages and clubs or contact Keith Jones on 01352 780992 or any committee member.

Please support us as it is your local show, the only one on the mountain.

Gyda Diolch,
Menna

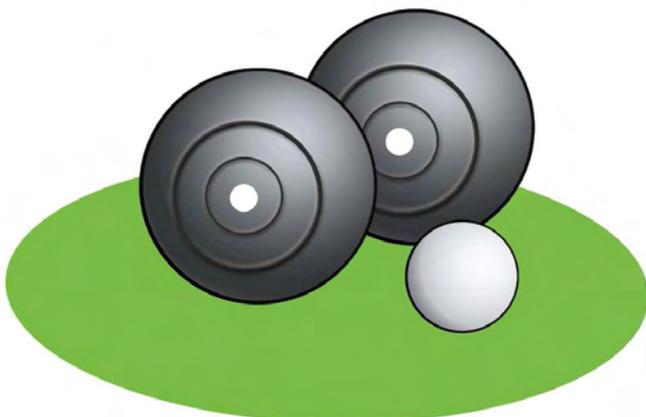


Halkyn Bowling Club - a Tribute

It is hard to believe that it is 30 years since this green first opened. However, Halkyn Bowling Club is a lot older than that.

Originally there was a bowling green in the village of Halkyn adjacent to a pub called the Royal Oak. As old as I am I must admit that I was not a member then! The current club came into being as a result of members of the local Royal British Legion deciding that it would be an excellent social activity.

It started by playing on guest greens and such was the enthusiasm that it was quickly decided to create a green of our own. The first effort saw us taking up a piece of land in the corner of the current Halkyn Cricket club. A shed and mowing equipment were purchased and a piece of land was prepared as best we could manage. This experiment did not turn out to be a success. However, through the kindness of one of our founding members, Dai Davies, Haven Garage, we set up shop on his back lawn at Erw Bach. This gave us a contained green, a vastly improved playing surface and years of fun! It was at this time that the original RBL members were joined by bowlers from the Flint Male Voice choir and that close friendship remains till today with current choristers Harry Lindley and Bill Worrall still having a foot in both camps.



With a growing membership it was decided that we needed to let Dai have his lawn back and the search for a more permanent home began.

Firstly we tried to acquire the original Royal Oak site in Halkyn but the owner's valuation was well above our own.

We then tried for piece of land below Halkyn Church but this was already earmarked for the extension of the cemetery.

It was then that "Lady Luck" came to our assistance. In the early 1980s David MacLean was developing the new estate and part of his plan was the provision of a children's play area. Club members approached Delyn Council with the argument that there was already an established play area adjacent to the new estate and that the plot of land could be better used as a community bowling green. This proposal was finally accepted and the Council laid the bowling green as it is today. It was left to the members to provide accommodation and storage on site and in this respect "Lady Luck" again helped out with the acquisition of a redundant site-hut following construction of the new A55. The restoration of the hut and the preparation of the green to league standards involved all the members in months of hard work.

Some years later a forward looking Council, seeing how successful the Club had become, agreed to provide a purpose built Clubhouse. This was the culmination of years of effort and hard work but also years of fun and comradeship.

Not many of the original members are left apart from myself and Muriel Jones; but our current captain, my grandson Andrew Jones, has been playing on this green since it opened.

Looking ahead, I hope that current and future members enjoy the Club as much as those who worked so hard to create this wonderful facility.

Stan Price, a founder member

Halkyn County Councillor

Dear Constituents,

Many thanks not only to those who kindly elected me at the recent election but also to all those who treated me so courteously during the recent campaign. I value greatly the privilege of serving everyone who lives in Halkyn ward for another term. As my old school motto says, (shared by one of the Beatles, several years my junior): "Non nobis solum toto mundi natus" - roughly translated as "Not for ourselves were we born, but for the whole world [everyone]"

I am very conscious that although I am elected democratically, less than half the constituency voted for me, (possibly people are suffering from election fatigue). Not only are we all over whelmed by the media's obsession with British elections, but we are subjected to almost daily reports on politics of the USA; and recently of France; and probably fairly soon German politics will be covered. Therefore I wish to make a special plea to the good folk of Halkyn and its environs to vote in the forthcoming national elections on 8th June. There are at least two very good reasons for this entreaty: (1). Many of our ancestors, in the 19th century in particular, struggled to get the vote at all. Even to the extent of being punished and sent to prison for their efforts. We owe it to them to you use our vote which they gained for us. (2) even in several so called democracies in this 21st century, as well as in virtual dictatorships, thousands of people are denied this basic human right. It is no wonder so many people make great sacrifices and take terrible risks to enter this country and become citizens here. One of the most moving duties of the chairman of the Council is to welcome, on behalf of H.M. the Queen, at a special civic ceremony, those people from other nations (and not only from third world countries but also from the USA and the Commonwealth), who have gone through the legal process of becoming British citizens.

Finally, it is back to the inevitable local problems: street lighting - our most efficient clerk to the Community Council and I have spent an inordinate amount of time recently trying to get a response, let alone effective repairs to defective street lights. Also to pot holes, causing damage to cars (including mine), and several other local problems.

May I wish you all a very pleasant and prosperous late spring and summer.

Colin Legg (C.C.)

HALKYN PARISH HALL BINGO

Doors Open at 7.10pm

Come along and have some fun

A night of Bingo for everyone



*Light refreshments served to you
Cash pay outs and a raffle too*



**Halkyn Parish Hall is where it's at
On Wednesday night and every other after that**

June 7th & 14th and so on with me.

So come along. Eyes down. A fun night you'll see.

Brynford Community Council

Filling of vacancy on the Council by co-option

At the meeting of the Council held on January 10th, 2017 Mr. Dewi Redfern-Lloydjones, Ffrith Bach, Brynford was unanimously co-opted onto the Council. Following the Notice of Elections to be held on the 4th May, 2017 there are currently 3 further vacancies which will be filled by co-option.

Control of Dogs and Dog Fouling on the Common

Ms. Ruth Cartwright, Senior Enforcement Officer, Flintshire County Council attended the April meeting of the Council. Ruth provided an update on the progress of the introduction of Dog Control Public Spaces Protection Order (P.S.P.O.) which will cover the whole county of Flintshire.

Consultation will be undertaken from 1st June, 2017 at which time all the sites that will be included in the Order will be identified.

Development of Land Adjacent to the A5026 and A55 slip road – The Nant, Brynford

The Council has been corresponding with Flintshire County Council Planning Department for some months regarding the above development, for which no planning application had been received by the Council. The Planning Authority has advised that following their investigations the land owner has agreed to submit a planning application for the ongoing development. However, no further action will be undertaken by the Planning Authority until the outcome of the planning application is determined.

Brynford Summer Holiday Play Scheme

The Council has agreed to fund the provision of the summer holiday play scheme, which is run and managed by the Play Unit, Flintshire County Council. The scheme will run for 3 weeks Monday – Friday 10.00am -12.00noon commencing Monday 24th July, 2017. The Governing Body of Brynford C.P. School have yet again kindly agreed for the scheme to be located within the school grounds. The scheme is open access for children aged between 5 and 12 years old and free to use. Please ensure children have appropriate outdoor clothing to meet our varied weather conditions.

Fly Tipping On Common

It has been brought to the Council's attention that indiscriminate fly tipping on the common appears to be on the increase. The Council is in the process of organising a cleanup day of the common in which local residents will be able to participate. In the meantime the Council would appreciate any assistance that could be provided by reporting any fly tipping to the appropriate body or to the Clerk of the Council.

Alan Roberts
Clerk to the Council
Crecas Cottage, Carmel Hill
Pantasaph, Nr. Holywell
Flintshire, CH8 8NZ

Clerk@brynfordcommunitycouncil.gov.uk
Tel no: 01352 349849

Halkyn Community Council

Emergency Response for the Mountain Community Saturday 24th June, 11.00am Halkyn Parish Hall

when the Welsh Ambulance Service will give a talk on the role of the first responder, demonstrate the equipment they use and explain how you can volunteer and be trained to become a first responder. The other very important issue is to look at the possibility of having first responder teams not just for Halkyn, but also for Pentre Halkyn, Rhosesmor and Rhes y Cae. We really need to see just what response is forthcoming before the possibilities can be considered. The event will last for some 90 minutes, with plenty of time for questions, and to speak with the Ambulance people. **See page 7**

Visit to Council Meeting by Street Scene Manager

Mr. Ian Williams (Flintshire County Council – Street Scene Area Manager) was welcomed to a meeting of the Community Council. The Council Members discussed with Mr. Williams the following: the installation of red, dog bins, together with black rubbish bins, in areas across the Mountain. Concerns were aired in relation to the area of Bellis Pond, in particular, the people who allow their dogs to foul and fail to clean up – together with rubbish in general. Although, the concern related to a number of areas across Halkyn Mountain in general. Mr. Williams suggested that he together with a number of Councillors carry out an Environmental Audit. This would entail visiting all the areas within the Community, and identifying any concerns, such as grass cutting, hedges hanging over the roadway, road signage, pot holes – including areas for the possible installation of red and black bins. Mr. Williams advised that following the identification of areas for red and black bins, the Grosvenor Estate would have to be approached, to seek their observations, together with their agreement to the installation of the bins. Mr. Williams asked that all instances of dog fouling be reported to the County Council – whereby Enforcement Officers will attend. Councillors Colin Barker (Halkyn), Delyth Jones-Taylor, John Thomas and G. T. Robinson (Rhosesmor, The Wern and Berth Ddu) – to meet with Mr. Williams to carry out an Environmental Audit. Pentre Halkyn and Rhes y Cae to be arranged in the future.

Council Members brought the following to the attention of Mr. Williams: (a) Leaves on Pentre Road near the Cricket Club entrance, including surface water which does not appear to clear away in a timely manner. (b) The cattle grid on the approach to Halkyn from Pentre Road, needs to be cleared/cleaned. (c) The drains in Shone's Lane, Berth Ddu – are completely blocked. (d) A number of pot holes in many areas. (e) The cattle grid on the road from Rhes y Cae to Moel y Crio – required clearing out. (f) On the Rhes y Cae road from the Pentre Halkyn area (near the left hand bend and a vehicle passing area) there are a number of pot holes, which are full of water. The pot holes are deep and are dangerous for vehicles that pull over, and in particular, for the riders of motorbikes. (g) The condition of the road in The Nant.

Children's Summer Play Scheme

The Community Council has agreed the financial provision will continue to the Children's Summer Play Scheme, which is organised by Flintshire County Council Leisure Services. Whilst the County have

unfortunately, not been successful this year in obtaining funding towards the scheme, the Community Council agreed to fund the scheme at an extra cost. The cost this year would be £1,309 for each area – total of £2,618. This was an increase of £818 from the £1,800 cost of the previous year. The two play schemes will take place during the school summer holiday period in Pentre Halkyn and Rhosesmor. Full details will be advertised by the County Council nearer the time.

Pentre Halkyn Post Office

The Community Council responded to the Post Office consultation in relation to the reduction of hours at the Pentre Halkyn Post Office. The present opening hours are: Monday to Friday 08:30 to 18:30, Saturday 08:30 to 14:30, Sunday 09:00 to 13:00. The proposed new hours: Monday to Friday 06:30 to 15:00, Saturday 07:30 to 15:00, Sunday 09:00 to 14:00. The response was as follows: "The Community Council understands the need for a reduction of hours. However, the Council are pleased that the Post Office services will continue to be available on each day of the week – and in particular, the services will still continue to be available on a Saturday and Sunday". These new opening hours have apparently been agreed by the Post Office.

Recently Reported Criminal Offences and Concerns

The following reported criminal offences and residents' concerns have been advised to the Community Council, from PCSO Laura Williams: (1) male person selling boilers door to door (2) theft of tools from an outbuilding (3) male persons selling tools and mattresses from white vans (4) garage broken into – road bike and tools stolen (5) issues with a drunk male person at the Britannia Inn (6) suspicious male selling boilers in the area of Bryn Rodyn.

Speed Indication Flashing Lights

In the last two editions of the HMN the non-working of the speed restriction lights on the B5123 road in Rhosesmor was reported. The County Council had initially advised that the flashing signage will be removed following the decrease in speed limit. The Community Council requested the County Council Highways to re-consider their decision. The County Highways have now agreed that the flashing lights will remain – and will flash indicating a 30mph speed limit. The Community Council Members thank the local residents for also writing to the County Highways, supporting the retention of the flashing lighting signage.

Donations and Financial Support

Rhes y Cae Show £250 - annual grant, Wales Air Ambulance £100 - annual grant, Whitford Young Farmers £100 - general grant, Caerwys Agricultural Show £100 - annual grant, Denbighshire & Flintshire Agricultural Show £100 annual grant. The following were provisionally granted financial assistance towards projects, pending receiving further information: Rhes y Cae Village Hall Committee - towards new boiler, Christchurch, Rhes y Cae - towards boundary wall repair, Pentre Halkyn Bowling Club - general financial assistance, Rhosesmor Vintage Day.

Phillip Parry,

Clerk to Halkyn Community Council

Tel: 01352 720547

E-mail: halkyn.council@btinternet.com

www.halkyn.org.uk

Halkyn Mountain Common Code

Cod Comin Mynydd Helygain

Welcome! Follow the code whilst you visit and help us to keep Halkyn Mountain beautiful.
Croeso! Dilynwch y cod tra byddwch yma, i'n helpu ni i gadw Mynydd Helygain yn hardd.

1. Treasure our rich heritage and respect our way of life.
 2. Protect our rich plantlife and animals.
 3. Take your litter home.
 4. Always keep dogs on a lead. Remove and dispose of their mess.
 5. Drive below the speed limit.
 6. Park considerately at the roadside.
 7. Off-roading and tipping waste are illegal and will be prosecuted.
 8. Please ring 999 if you see a fire.
 9. Leave all livestock alone.
 10. Do not camp on the commons.
1. *Trysorwch ein treftadaeth gyfoethog a pharchwch ein ffordd o fyw.*
 2. *Gwarchodwch ein hanifeiliaid a'n planhigion prin.*
 3. *Ewch â'ch sbwriel gartref.*
 4. *Cadwch gwân ar dennyn bob amser. Cofiwch glirio a chael gwaraed ar eu baw.*
 5. *Gyrrwch yn arafach na'r cyfyngiad cyflymder.*
 6. *Parciwch yn ystyriol ar ochr y ffordd.*
 7. *Mae gyrru oddi ar y ffordd a gadael gwastraff yn anghyfreithlon a byddwn yn erlyn.*
 8. *Ffoniwch 999 os gwelwch chi dân.*
 9. *Gadewch lonydd i'r holl dda byw.*
 10. *Peidiwch â gwerysyla ar y tir comin.*

Flytipping - Report it!

Streetscene: 01352 701234

Halkyn Mountain Common Ranger: 01352 703900

Tipio- anghyfreithlon - Rhowch wybod!

Gwasanaethau Stryd: 01352 701234



Halkyn Mountain Ranger Forthcoming Events

Halkyn Quarry Tour

Wednesday 5th & 19th July at 5.30pm

A fantastic opportunity to visit the heart of a working limestone quarry. Courtesy of Cemex. Wear sturdy footwear or wellies if wet.

A very popular event so book early!

Booking essential – Wepre Park 01352 703900

Explore Brynford Walk

Tuesday 11th July at 1.30pm

Let the junior pupils from Ysgol Brynffordd lead you on a guided walk exploring the village and common, and try out the new digital trail.

Meet at Ysgol Brynffordd CH8 8AD.

Booking not necessary.

Children's Pond Dip

Wednesday 2nd & 9th August at 1.30pm

Join the ranger to see what creatures live in one of the mountain ponds.

Wear wellies. Dipping equipment will be provided.

All children must be accompanied by an adult.

Booking essential – Wepre Park 01352 703900



Graziers News

Cycling

There are some groups of people who are riding push bikes across the common, this is against the law.

The law specifically states “no wheeled vehicles including bicycles”.

The common is designated SSSI and SAC and the laws are to protect the rare plant life and to keep disturbance of the animals and birds to a minimum especially during the breeding season. This also important to the graziers. If flocks of sheep get scattered and lambs and their mothers get separated and are unable to find each other the lamb will die of starvation.

Funding

As reported in the last issue of Halkyn Mountain News we have applied to the Rural Development Scheme for funding for the common. The first stage of this is to submit an Expression of Interest, which we are happy to say has been accepted.

We are now working on the final application which has to be completed by the beginning of September.

We are applying for funds to put in 5 cattle grids, which will complete all roads coming onto the mountain. There will also be money to do further work and to run some talks about the common to local people.

Purchase of Common Land

I do not know where this has come from but word is going round that if you buy common land it is no longer registered as common land.

This is not the case.

There are only two ways common can be de-registered:

- 1) A land exchange.
- 2) Consent from the appropriate government minister.

Halkyn Graziers and Commoners Association



HALKYN COMMUNITY COUNCIL - *working in partnership with the Welsh Ambulance Service and Flint and Holywell Rotary Club* **Emergency Response for the Halkyn Mountain Community**

In response to recent suggestions, your council has given consideration to the provision of a defibrillator, sited at the Halkyn Parish Hall. However, a recent meeting with the local Rotary Club, who are actively promoting and funding defibrillator provision in local communities, and the Welsh Ambulance Service (WAS) has led to a significantly better proposal.

The defibrillator is a vital piece of life saving equipment for people experiencing cardiac arrest. It provides electrical stimulus to the heart muscles, in an attempt to restart the heart. There is proven evidence that shows that, with chest compressions, if the defibrillator is applied within 6 minutes, then the patient has an 85% chance of recovery (with further hospital treatment). Whilst a defibrillator situated at the Parish Hall in Halkyn might be advantageous, if it is in a locked box, then any usefulness is hugely diminished, notwithstanding it will be ineffective for those living in Pentre Halkyn, Rhosesmor and Rhes y Cae!

Your council believes that by far the best option is to promote a scheme of trained first responders, who will be trained by the Welsh Ambulance Service in emergency response techniques and will have the defibrillator with them. As well as being trained in dealing with cardiac arrests and using the defibrillator, they will also be trained on how to deal with heart attacks, choking in both adults and children, and serious bleeding emergencies. Responders will be in direct contact with ambulance control and tasked by them.

In the year up to December 2016, the Welsh Ambulance Service was called out to 803 incidents in the Halkyn Mountain area and analysis shows that first responders could have helped in 90% of these calls. Efficient as they are, Welsh Ambulance Service will not always get to this locality in 6 minutes!

Would You Like To Be A Volunteer First Responder In This Area?

An open event led by the Welsh Ambulance Service is planned for

Saturday 24th June in Halkyn Parish Hall at 11.00am.

The Welsh Ambulance Service will give a talk on the role of the first responder, demonstrate the equipment they use and explain how you can volunteer and be trained to become a first responder. The other very important issue is to look at the possibilities of having first responder teams not just for Halkyn, but Pentre Halkyn, Rhosesmor and Rhes y Cae. We really need to see just what response is forthcoming before the possibilities can be considered. *The event will last for some 90 minutes, with plenty of time for questions, and to speak with the Ambulance people.*

Everyone is very welcome – there is absolutely no commitment.

Becoming a volunteer first responder will be your decision, and this event is just to help you with information, and to demonstrate that applying chest compressions and a defibrillator is not as complex as you may think.

If at the outset you have no desire to be a first responder, please still come as there will be some administrative support (and possible fund raising) that the team will need, and for which you could be well suited.

There is also another great incentive – if we can get a responder team trained, Flint and Holywell Rotary Club will consider funding all or part of the cost of the defibrillator (around £780). That means monies identified by the Council can be used to provide the other essential equipment for the team.

Two of your local Councillors – Mrs Delyth Jones-Taylor (contact Tel: 01352 781630) and Mrs Wendy Sigsworth (contact Tel: 01352 780394) are co-ordinating this project.

If you are interested and would like to volunteer to become one of the First Responder Team in Halkyn Mountain but cannot attend the event, then please contact either councillor, and we will note your interest and contact you later.

If you would like any further information, please leave a message on Flint and Holywell website www.flintandhollywellrotary.co.uk - we will answer all enquiries.

P.S. If you are reading this and interested, but don't live in the Halkyn Mountain area, please still come to the event. Later in the year, Rotary will be approaching the Community Councils in Brynford and Ysceifiog, so by having an interest now, you will be ahead of the game!

There are also first responder schemes in Bagillt, Holywell and Caerwys, always looking for new members.

Election Results

– 4 May 2017

Flintshire County Council Election Result – Halkyn Ward

Colin Legg,
Independent 361 votes (57%)

David Grant Roberts,
Welsh Conservatives 276 votes (43%)

Voting Summary

Electorate: 1,424
Number of ballot papers issued 644
Number of ballot papers rejected 7
Turnout 45%

Flintshire County Council Election Result – Brynford Ward

Jean Sophia Davies,
Welsh Conservatives 462 votes (70%)

Geoff Hart,
Welsh Labour 200 votes (30%)

Voting Summary

Electorate: 1,773
Number of ballot papers issued 662
Number of ballot papers rejected 2
Turnout 37%

Community Council – Halkyn – Halkyn Mountain (8 seats) – Uncontested

Colin Barker
Leslie Howard Morris
Nicola Jane Richardson
Bob Robinson
Delyth Jane Taylor

Community Council – Halkyn – Pentre Halkyn (5 seats) – Uncontested

Brian Coleclough
Brian Glyn Coleclough
David Arthur Hughes

Community Council – Brynford – (10 seats) – Uncontested

Jean Sophia Davies
Malcolm Flynn
Graham Charles Legg
Linda O'Hare
Hefin Dewi Redfern-LloydJones

Migraine Headaches

Migraines are a common type of headache that account for around 20% of headaches. The cause of migraines is somewhat unclear. However, it is believed that they can be attributed to the changes in the blood vessels, nerves, and chemical imbalances in the brain.

Migraine headaches are often chronic and more women suffer from migraines than men.

Symptoms of Migraine Headaches

Pain that is pulsating and throbbing in quality, usually felt on one side of the head
Pain often begins in the morning and worsens gradually and may be dull to severe
Pain may last from a few hours to up to two days
Sensitivity to light and loud noises
Visual disturbances such as blurred vision or a temporary blind spot
Nausea
Vomiting
Vertigo

There are some patients who experience some prodromal symptoms. This means they experience other symptoms before the headache itself occurs. These include irritability, depression, food cravings, neck stiffness, repeated yawning, and temperature changes in certain body parts. Some also experience difficulty concentrating.

Causes of Migraine Headaches

Anxiety, stress, and certain smells or odours may trigger a migraine. Other causes include:
Family history
Poor sleep
Alcohol and/or tobacco use
Hormonal changes or use of birth control pills for women
Neck tension
Spondylosis

Migraine headaches may also be triggered certain foods such as:

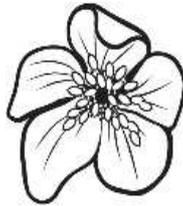
Food that contain preservatives and artificial flavours
Nuts
Chocolates
Fermented, processed, pickled, or marinated foods
Foods containing amino acid tyramine (smoked fish, red wine, certain beans, aged cheese, etc)

There is good evidence that chiropractic manipulation can help migraine headaches. The combination of chiropractic and craniosacral therapy techniques that we use in our clinics can be most effective in relieving headaches in both the short and long term.

*Steve Massey, St Asaph Chiropractic Clinic
01745 535854*

Hardy Plant Society - Clwyd Group

Meetings are held at 7.30pm in the
Holywell Community Centre
(by the Leisure Centre)



The summer programme is:

Tuesday 20 June 7pm garden visit
Brynbella Gardens, Tremerchion, St Asaph.
Admission £4.

Sunday 16 July Garden party from 2pm
Ty'n y Caeau, Mynydd Llan, Babell, Holywell.

Sunday 6 August garden visit, time to be
announced Plas Cadnant, Menai Bridge,
Anglesey.

Garden visits are open to members and invited
family and friends.

Next meeting **Tuesday 19 September**

Gardeners Question Time.
Visitors £3 admission. Membership available.

Programme can be subject to change.
Find us on facebook & twitter @HPSClwyd
Information: 07768 423965
or www.hardy-plant.org.uk/clwyd

Village Coffee Morning

It will be 9 years in October since we held our first
Coffee Morning in the Village Hall, Rhosesmor.
We meet every other Monday from 10.30 to 12.00
noon.

Our regulars include people from Rhes y Cae,
Berth Ddu, Halkyn, Windmill, Pentre Halkyn,
Northop, Flint and Sychdyn as well as our very
own villagers.

We all get together for a cuppa, book swap, raffle
and chat (it does get a bit noisy at times!). If you
would like to join us you will find a warm welcome.

As this is a social gathering and not to make a
profit we have over the years been able to donate
over £3,300 to various charities, including
Marie Curie, Macmillan, St Kentigern Hospice,
Mold Hospital, Motor Neuron Disease and
Cancer Research.

Thanks to all of you who have supported us over
the last 9 years, also thanks to Mary, Geoff and
John for all they do for the Village Hall.

Connie, Sue and Lynne

Coffee Morning

Book Swap & Raffle
At Rhosesmor Village Hall
Every Other Monday Morning 10:30 - 12:00

**Please come along and
meet your neighbours for a
cuppa and a chat**



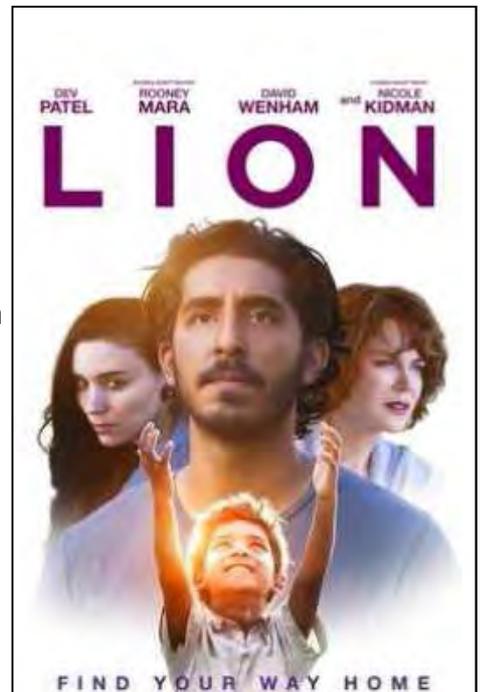
Halkyn Mountain Community Cinema - Summer 2017 update

We're already half way through the mountain
cinema screenings for 2017!

In case you don't already know, the community
cinema is run by a small, hard working group of
volunteers who all live in the various villages on
Halkyn Mountain. Everyone works really hard,
both on the day and beforehand, to put on these
cinema screenings. Tickets for each screening are
only £4 and all income goes towards the regular
costs of the cinema (film licence fees, venue hire,
etc) and other costs such as the annual equipment
insurance cover.

Our next film will be the recent BAFTA winner
'Lion' (PG), which will be shown on **Saturday 15th
July, 7.30pm** (doors open 7pm).

Lion tells the
story of a five-
year-old Indian
boy who gets
lost on the
streets of
Calcutta,
thousands of
kilometres from
home. He
survives many
challenges
before being
adopted by a
couple in
Australia.
Twenty five
years later, he
sets out to find
his lost family.



Tickets will be on general sale from 24th June and
can be purchased from the Shop/Post Office in
Pentre Halkyn, the Blue Bell Inn or online via the
community cinema website.

www.mountaincinema.org.uk

<http://www.facebook.com/halkynmountaincinema>

<http://www.twitter.com/mountaincinema>

We hope to see you at Halkyn Mountain
Community Cinema soon!

Clare Madders
Chair - Halkyn Mountain Community Cinema

Rhosesmor Village Hall

The hall continues to be very well used; with Jon Tarry (780842) co-ordinating all bookings and openings.

Over the Christmas break we took advantage of the few "quiet" days in the bookings to sand down and varnish the main hall floor. Unfortunately, some of the wood blocks still show damage from stiletto heeled shoes worn in the past in the hall. The floor is the original from when the hall was built in 1911, consequently the subsequent sanding down is resulting in the blocks getting thin in some areas. Please, we ask all hall users not to wear stiletto heels inside the hall.

Our next Jumble Sale is scheduled for Saturday, 10th June. Any jumble donations are willingly accepted. If you wish me to collect them phone 780660.

Geoff North
Secretary, Rhosesmor Village Committee

Rhosesmor W.I.

This year our W.I. is 60 years old and in April we had a party evening with many members from our W.I. as well as all the surrounding W.I.s. We had a welcome drink as well as a colourful buffet and a very interesting speaker in Mrs Caroline Sanger-Davies, who gave us a PowerPoint presentation on Chester Zoo, past and present. We are very lucky to have this prize winning zoo so near, for us to visit.

On June 12th we will welcome Dennis Rosser with 30s and 40s bygones.

July 12th will be our Annual Picnic, with the venue to be arranged.

August is our holiday month with the Denbigh and Flint Show on August 17th.

Our September 11th meeting is still to be confirmed.

We meet in the Village Hall, Rhosesmor at 7.15pm on the second Monday in each month except July when we have our picnic and August our holiday month.

We would welcome any ladies who would like to join us and the person to contact is:

Mrs. Mary North on 01352 780660

Rhes-y-Cae Village Hall

Rhes-y-Cae village hall is available for PUBLIC or PRIVATE functions.

Children's parties for 11 year old and under.

Reasonable Rates

Contact Kevin Lewis
01352 780297

Wool Plea - Result!

I advertised for odd balls of wool in the winter edition of HMN for the making of garments and blankets for charity organisations - and boy - did the people of Halkyn come up trumps! I ended up with 3 bin bags full! A big thank you goes to everyone who donated, and just to let you know that two carrier bags of these items have already been taken to Save the Family.

I have 2 more items ready to go, and attached are photos of same.



Jean Walker

(It is good to know that a request of this kind can have such good results. Well done the Mountain folk. Ed)

RHOESMOR MEMORIES DAY

**Come along to Rhosesmor Village Hall
Saturday**

**June 3rd, July 8th & August 12th
From 1.00 pm**

**An opportunity to reminisce and
share fond memories of
the good old days in Rhosesmor.**

**Please bring all your old
photographs, or any village
memorabilia that might be
of interest.**

Free refreshments provided.

**Buy a raffle ticket for a chance
to win some lovely prizes.**

Rhes y Cae News

Coffee Morning

– Tuesday March 21st April (10.30 – 12 noon)

This was organised by the Rhes y Cae village hall committee. There was an excellent turn-out – the room was full to capacity, and thanks to everyone! Also, thanks to Jill, Nerys, Wendy and Eirwen for all their efforts. They kept checking if we needed more tea or coffee! Also to thank our County Councillor, Colin Legg who gave a thank you speech at the end of the morning. There was an interesting choice of raffle prizes – many thanks to everyone. Finally, the two-toned carnations with colours of yellow and orange – they were unusual and looked lovely on the tables.

The Big Breakfast – Sunday 9th April, (10am – 1pm)



A great crowd turned up on such a lovely morning. People were sitting down outside in the sunshine! Many thanks to everyone for supporting such a worthwhile cause. Cystic Fibrosis is beatable and you really came to help us!



The colour scheme for the Big Breakfast was various shades of yellow with swathes across the beams and walls, and our Welsh daffodils on the tables. There were many family members, including our young people Tom, Timeyin, John Ed, Megan, Isabel and Milly – our thanks to them.

Many thanks to all who were very busy in the kitchen including the chef John, Rob, John Ed and Wendy.



Also to Jean and Isabel for the delicious cupcakes and to Judith for the tasty fruit salad. Thanks to Jonathan for organising the raffle.

Total monies raised was an amazing £844.17 – what a fantastic result! Our sincere thanks to all.



Easter Coffee Morning

– Tuesday 25th April (10.30 – 12 noon)

It was a sunny morning, but the wind was rather bitter! We had a good gathering of people who were all nice and cheerful! Many thanks to all who came and to Peter who was able to greet you by the door!

Thanks to Homebase for the garden produce. Also thanks to everyone for the raffle prizes – about 15 in all!

Sincere thanks to everyone who kindly helped in any way. Many thanks to Brenda and Dorothy for the delicious cakes – all gone! Thanks to Doreen for supplying the Easter Hot Cross Buns. The books went quickly – avid readers on Halkyn Mountain! Finally to Colin who thanked everyone who had participated in this event. Total monies raised was £252 – a very satisfying result.

Future Dates

Village Hall Quiz Night – Friday June 23rd 7.30 pm. Look out for posters or Halkyn Mountain Events Facebook page for more details.

Annual Walk Saturday 1st July

Starting from the Upper Ship Inn, Bagillt at 10.30am. John will be organising the walk to Flint Castle and we will have the opportunity of seeing The Norseman! Followed by a light lunch at the pub. Any donations will help towards the upkeep of Rhes y Cae Church and grounds. There is a warm welcome to you all!

Rhes y Cae Show Saturday 29th July

There will be a church stall on that day – come and join in the fun!

Please let me know if you have any information to put in the next edition by August 1st.

Gwyneth Hughes 01352 780371



Halkyn Mountain Parishes Service Times

The table below shows the normal service times in each church during term time.
But please see the notes below the table.

Every Month	First Sunday	Second Sunday	Third Sunday	Fourth Sunday	Fifth Sunday
Halkyn	10.30 am Morning Prayer 11.15 am Communion	11.15 am Communion 5 pm Evensong	11.15 am Communion	11.15 am Morning Prayer	10.30 am Combined Service – This rotates between churches
Rhosesmor	6 pm ¹ Evening Prayer	10.00 am Community Service	10.00 am Communion	10.00 am Communion	
Rhes y Cae	8.45 am Communion	8.45 am Bilingual Communion	6 pm ¹ Evening Prayer	8.45 am Communion	

¹ 6.00 pm until the clocks go back after which this service will revert to 3.00 pm.

YOU ARE VERY WELCOME AT ALL OUR SERVICES

COMBINED AND SPECIAL SERVICES: The next combined service for the three parishes will be at 10.30 on Sunday, 30th July, 2017 at Christchurch, Rhes y Cae

On the last Friday of each month there is a time of prayer for those who are sick and in need. These will be held in Halkyn during the summer months. Please pass any requests for prayer to Hugh Burgess or to the Church Wardens.

OPEN CHURCH: Halkyn Church is open regularly on Saturday mornings between April and September. The church may be opened at other times by arrangement.

Rhosesmor church is open daily, normally from about 8.30am to 7.00pm (although the opening and closing times may vary slightly). There is a small Fairtrade stall with a selection of coffee, tea, biscuits, chocolate and various ingredients. In addition, you are welcome to help yourself to a cup of tea or coffee or simply feel free just to drop in and spend a little time in the peace of the church.

EXPLORING FAITH: Our Exploring Faith group meets throughout the year at 7.30pm on a Monday evening in Rhosesmor Village Hall. The topics we look at are very wide-ranging and we have a broad spectrum of knowledge and experience but everyone enjoys the sessions. If you are interested in finding out more, please give Hugh a call.

If you would like a visit or wish to raise any matter with the church or the Priest in Charge personally, please contact Hugh Burgess and include your name and address or phone number in any message you leave. Thank you.

BELL RINGING: Practice Night is Thursday from 7pm until 9pm at Halkyn – come along and visit us and if you are interested you are also welcome to come and learn.

For further details of any of these events please contact:
the Rev'd Hugh Burgess on 01352 741 646
hugh.2.burgess@gmail.com

Cynfaen Memorial Chapel, Calcoed

Afternoon services only at 2.30 pm
in Welsh (W) and English (E) alternately.

(C) Denotes Communion Service.

June	4 th	(W&E) Anniversary Service	
		2.30pm Parch Brian Evans	
		6.00pm Rev. Brian Evans	
	11 th	(E) Rev. Marc Morgan	
	18 th	(W) Mr Tudur Hughes	
	25 th	(E) Rev. Eirlys Gruffydd Evans	
July	2 nd	(W) Parch Marc Morgan	(C)
	9 th	(E) Rev. Marc Morgan	(C)
	16 th	(W) Mr Gron Ellis	
	23 rd	(E) Mr N Clos Parry	
	30 th	(W) Mr Arwel Roberts	
August	6 th	(E) Mr Bryan Jones	
	13 th	(W) Parch Marc Morgan	(C)
	20 th	(E) To be arranged	
	27 th	(W) To be arranged	

*A very warm welcome to all of our services.
Croeso cynnes i bawb.*

Capel Bethel y Nant

Do join us at 2.30 every Sunday.

June	4th	Eirlys Gruffydd-Evans
	11th	Prayer Meeting
	18th	Cymanfa Ganu 7.00pm
	25th	Robert Parry
July	2nd	Own arrangement
	9th	Gareth Edwards 5.30pm 150 yr Celebration Service
	16th	Glyn Thomas
	23rd	Own arrangement
	30th	Bryan Jones
August		No Service
September	3rd	Maryl Rees
	10th	Maureen Roberts
	17th	Goronwy Ellis
	24th	Robert parry

**CROESO CYNNES I BAWB!
A WARM WELCOME TO ALL!**

Capel Salem, Pentre Halkyn

Services at 2pm.

C = Communion, W = Welsh, E = English

June	4th	No Service	
	11th	Mr. David B Jones	W
	18th	Rev. Marc Morgan	W
	25th	Rev. Hugh Burgess	E
July	2nd	Mr. Bryan Jones	W
	9th	Rev. Eirlys Gruffydd Evans	W C
	16th	Miss Angela Bebbington	E
	23rd	Rev. Marc Morgan	W
	30th	Mr. Peter Sinclair	E
August		No Services	

The Rector of **St Michael's Church, Brynford**

The Reverend Lorraine Badger-Watts
can be contacted on:

Tel. No. 01745 403453

Mobile 07402429991

e-mail: revbadger.watts@hotmail.co.uk

CAPEL BETHEL

Y

NANT

GWASANAETH I DDATHLU CELEBRATION SERVICE

150 YEARS

DYDD SUL -- SUNDAY

GORFFENAF 9 JULY

AM 5.30

Y GWASANAETH DAN OFAL

SERVICE LED BY

Y PARCHEDIG GARETH EDWARDS B.A.,
B.D., DEGANWY.

YMUNWCH A NI I DDATHLU!

DO JOIN US IN THE CELEBRATIONS!

PANED A CHACEN I DDILYN

TEA AND CAKE TO FOLLOW

Blue Bell Inn

Well the winter didn't really arrive did it. Not sure what's happening as I write this, quite a chilly Easter and May Bank Holiday! The cooler weather didn't put off our fundraising walkers though ...

Free Guided Walks



You know walking is good for you. It keeps you fit and active and best of all, here at the Blue Bell Inn, *it's free!* We continue to walk every Thursday afternoon at 2pm and Saturday morning at 10:30am with two walks each day, one demanding, the other demanding enough! We've started the ever popular Wednesday evening (7pm) summer walks and they'll continue until the end of September. Wednesday 21st June is a particularly good date for your diary as it's the longest day and marks our Sunset Walk which will leave after the normal 7pm walk at about 9pm(ish), bring a camera to catch the sunset (no looking directly at the sun though)!

Vicky also holds free Nordic walking sessions every Saturday at 1pm. Nordic walking is tremendous exercise and we'll teach you for free and lend you some Nordic walking poles too!

We've something of a regular summer event coming up with the Holywell & Halkyn Walking Festival taking place between June 19th and June 25th. Keep your eyes peeled for more information nearer the time.

Music

Our music here at the Blue is of a superb quality with the majority of musicians and singers making a living from their session quality music and we provide it for free (although you do get the chance to contribute to and even win the raffle with proceeds to the musicians)! I hope you can get down to our varied acoustic music every Thursday and Friday from a variety of regular singer songwriters where there's usually many a song or two to join in with. We've added new music (e.g. Got Rhythm with eclectic goldies and latin music and the Flat Irons covering The Levellers, Eagles and other lovely stuff) with more to add. The Rantin' Dogs have moved to the 2nd Thursday each month and now, well into its 10th year, there's also New Orleans Style Street Jazz here every Sunday afternoon with Mad Ed's Hot Five with some other fun stuff thrown in by Ed for good measure. Milk of Amnesia join us monthly with their very entertaining alternative lyrics to some well know tunes and Belle Journée occasionally bring a taste of France to our jazz. We're also hoping to firm up a regular monthly Saturday evening with the welcome

return of Reflections who bring eclectic sounds of the 50s and 60s, plenty to join in with.

Other stuff ...

We also have the popular Halkyn & District Over 50s Club meeting here on the first Monday of the month at 2pm with some very good speakers and we're always on the lookout for new ideas/projects. There is also (during term time) a Welsh Language class here at 7pm every Monday evening which would suit those of you who learned it at school, have forgotten it and now would like to get talking again. Pop down on a Monday to have a chat with Moi Parry who is our brilliant tutor.

Success ...

We're extremely pleased to be able to say that we're still continually winning awards after all these years and been fortunate to have repeated last years success and have been awarded CAMRA Cider Pub of the Year for 2017 by the Vale of Clwyd group. There needs to be some movement in the shelf at the Blue to fit the new certificate in. We'll let you know when it is due to be presented.



Parcel deliveries ...

If we're in (and we usually are) have your parcels delivered here and come and get them as soon as you can during opening hours (or ring on 01352 780309 if it's urgent). It doesn't have to be limited to Royal Mail or Parcel Force either!

Vegging out ...

Mostyn Kitchen Garden's Philip Handley delivers some wonderful fresh seasonal veg, all grown on organic principles. He delivers to order for folks to pick up from the Blue on Friday evenings (or at home if you're enroute and available), pop in for a copy of the latest veg list or email Philip on p.handley@tiscali.co.uk. They are also on [facebook.com/mostynkitchengarden](https://www.facebook.com/mostynkitchengarden)

Post Office at the Blue ...

More than 3 years as a Post Office Local and the demand for services is not as good as we would hope to make it viable for the Post Office and it really does need your continued help to keep it open! We are running with just over half the business it needs to make it viable (thanks to everyone for helping us increase things). I do not want to lose it but by the support it gets I suspect the Post Office may take a different view. Please do your best to use your Post Offices on the mountain.

Has your bank closed or is it closing soon? We've a full range of free and safe banking services with close/safe parking. Did you know you can withdraw cash or deposit cash and cheques into your bank account here at our branch in the Blue Bell? Come in and see us!

Think about your local Post Office before running down to Mold or Holywell for a bank or your holiday money (or multi-currency travel money cards), doing bill payments, electricity and phone top-ups and do many other things apart from the obvious post and parcels. You don't need to burn up your lunch hour when you can pop in and do your Post Office business on the way home after work or on Sunday night prior to starting your working week. We've a nice warm and cosy atmosphere, without the long queues and some safe parking and we're also open for later hours than many Post Offices. Where else could you use your Post Office after 9pm on a Sunday or any other night we're open?

In closing ...

We'll sign off now by saying that we're open every day except Tuesday, the log fire is lit (when it's freezing), the Post Office is open, the kettle is on and our real ales & ciders and other quality fayre are just asking for your company.

The best way to keep up to date with our many events and news is to come and take away an events sheet from a table here or go on-line to Google *Blue Bell Halkyn* for our calendar. You can of course always give us a ring on 01352 780309.

*See you at the bar.
Steve, Ness & Tom Marquis*



Tinytots Playgroup Ysgol Rhos Helyg Rhosesmôr

**We are a well established playgroup based in
Ysgol Rhos Helyg in Rhosesmor.**

**We are open during term time each morning,
8.50-11.45am.**

We welcome all children from age 2½!

**We give your child the opportunity to
make friends, develop new skills and
have fun learning through play.**

**All staff hold childcare qualifications
and have a valid CRB check.**

The cost per session is £7.50

**Early Entitlement (funding for three year old
children) and Assisted places available.**



First session free!

**Contact Leanne on
01352 780265**

How to Sleep Well: Top Tips

Everyone needs sleep for our bodies to function properly. However, it's not always that easy to achieve. Sleep is important for both our physical and emotional health, but as we get older we tend to enjoy less deep sleep. This is often due to becoming sleepy earlier and waking up earlier, just general changes to our normal sleeping patterns.

Here are some tips on how you can help overcome age-related sleep problems.

Stay consistent

Have a sleep schedule and go to bed/wake up at the same times every day, even on weekends. This will help get your biological clock in a routine.

Keep busy

Learning something new can help exercise your mind and tire it out. Engaging in social activities, seeing the family or volunteering are other great ways to tire your mind.

Avoid watching TV or looking at a tablet/computer an hour before bedtime. The bright light from the screens stimulates the brain as well as affecting the melatonin levels needed for quality sleep.

Diet and exercise

Eat a healthy diet during the day and it's particularly important to watch what you put in your body in the hours leading up to bedtime. Avoid caffeine (coffee, tea, fizzy drinks and chocolate) late in the day. Exercise will also help to tire your body as well as relieving stress and improve your mood. However, exercising within three hours of bedtime can make it harder to fall asleep as it stimulates your heart, brain and muscles - opposite to what is needed.

Develop soothing bedtime rituals

Taking a bath, playing music, or practicing a relaxation technique such as meditation or deep breathing can help you wind down.

Minimize liquid intake before sleep

Limit what you drink within the hour and a half before bedtime. Drinking too much too close to bed time will increase your need to urinate and therefore disturb your sleep.

Get out into the sunshine

Sunshine regulates melatonin levels needed for a good sound sleep. When at home open the curtains during the day and move your chair into a sunny spot of the room, or even better try and get outside for a little while every day.

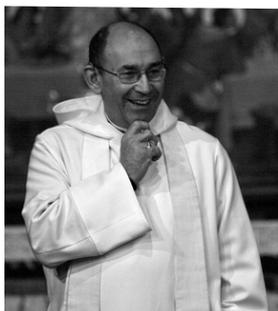
It is important to remember that just because you are sleeping less, it doesn't necessarily mean you have sleep 'problems'. Sleep should leave you feeling refreshed.

However, if this is not the case or you are not sleeping well and have to get up frequently at night, consider visiting the doctor for some advice and information.

From our Abergele office, *Home Instead Senior Care* provide care and help for Seniors and rewarding careers for their CAREGivers all across North Wales. To find out more please contact – Conwy and Denbighshire office on:

Telephone: 01745 772150, or on
www.homeinstead.co.uk/conwyanddenbighshire/

From The Rev'd Hugh Burgess



Dear Friends

We recently acquired a Springer Spaniel called Millie (or perhaps it's fairer to say that she acquired us, since our lives now seem to be organised around her!)

Millie is intended to be a companion to Meg, our nine

year old Jack Russell/Border Terrier cross.

Terriers are known for their tenaciousness and energy but the Springer Spaniel outdoes the energy many times over so Meg is left rather bemused by this bouncy bundle of hyper-active puppy that wants to run and play and jump and climb on everything and eat everything (including Meg!). I have described Meg as being like a rather superior Victorian Maiden Aunt looking down her nose and sniffily saying "What IS this creature that you have brought into MY house?" She certainly is NOT always amused, although she is beginning to play along.

One of the wonderful things about a puppy, especially as energetic as Millie, is the joy that they exhibit. Millie is interested in EVERYTHING.

When you take her for a walk she wants investigate every smell, sniff every flower (as it were), eat everything, pick up sticks, chew stuff, meet every passing person, dog or bird and chase every butterfly. The joy of life and the inquisitiveness of a puppy is a reminder to me of what really is important in life.

There is an old Chinese curse that says: "May you live in interesting times!" (No political pun intended here, by the way). We are certainly living through some challenging and potentially turbulent politics and by the time this is published there will be a new Parliament.

One of the things that has upset me is the language that is increasingly used about people with whom we might disagree. I have seen Mr Corbyn described as "incompetent" or "naïve", Mrs May described as "evil", and these are just some of the milder epithets. These kinds of comments (and much worse) appear not just against politicians but against anyone who has a different view ("Remoaners" is one I've just seen, for example). Well, of course we may not always agree with other people. In a democracy that's actually a very healthy thing. BUT, if we want a democracy rather than a dictatorship, then we do need to accept that there will be a range of views, some of which we may profoundly disagree with. However, while a robust debate is healthy, demonising those with whom we disagree is not. Our politicians are not "evil" or lining their own

pockets or even incompetent. They may not always do what we want or in the way we would like. There may occasionally be a "bad apple" or someone may be guilty of an error of judgement or make a mistake. It happens and there are, generally, processes to deal with such things. It is important, I think, to engage in political discussion and in the political process in a way that is respectful of other points of view. This is important, I suggest, to take us away from the ghettoization of views that sometimes it feels that we are descending into.

Whatever your point of view, Brexit has been hugely divisive. The Council Elections and then the recent General Election have been difficult in many ways. In this situation, it is very easy to become despondent and cynical, to "dis" those who have a different view of things, to feel worn down by the whole thing, to think that there is "too much politics", as someone recently said!

It's against this backdrop that I write about Millie. She continues to remind me of the joy of simple living. While it can be irritating at times to have to clean up after her, to challenge her hyper-active chewing, to remember not to leave anything on any work surface, to prevent constant disaster, what makes it all worthwhile is her zest for life, her interest in everything, her joyous welcome, her openness with complete strangers and above all her enthusiastic living. When life can be mundane, difficult and we begin to find ourselves being cynical about others, how good it is to be reminded by a dog (or a lamb or a budding flower ... or anything else in the world around us) that life is precious, that it can be lived joyously and joyfully in the moment and that we live in a beautiful world.

I wish you a joyful, hopeful, enjoyable and refreshing summer.

With every blessing

01352 741 646

Please note that, due to Orange ceasing to support e-mail, my e-mail address has changed to:

hugh.2.burgess@gmail.com

Halkyn Library

The library is a facility for all local residents, young and old, and is open **Friday afternoons**
1:30 - 7:00 p.m.



Library Online

Services via

www.flintshire.gov.uk

Halkyn Parish Hall

Private Functions and Meetings

A reminder that the hall is available for private functions including weddings, christenings, birthday parties, etc. Bar and catering facilities can be arranged.

For more information ring:

Sharon Davies **07546 688 552**

Weekly Diary

Mondays

Nia Dance Class 10:30 - 11:30 am
Contact Julia 781941

Yoga 6:30 - 8:00 pm
Contact Jenny 01352 780681

Tuesdays

Baby & Toddler Group 9:30 to 11:00 am
Zumba Contact: zumbawithvix@gmail.com
Snooker Club 7:30 pm
(New members welcome)
Contact Andy Wood 780159)

**The Snooker Table is also available for Hire
Contact Sharon Davies on 07546 688 552**

Wednesdays

Modern Line Dancing 12:45 - 14:45 pm
Contact Julie on 07712149439
Bingo (every other Wednesday) 7.30 pm
(For more information on the Bingo call:
Carolyn on 01352 781765)

Thursdays

Halkyn W.I. 7.15 pm April to Oct
2:15 pm Nov. to March

Fridays

Library 1:30 - 7:00 pm
Halkyn Brownies 6:30 - 7:30 pm
Contact Karen 716027

Saturdays

Halkyn Mountain Cinema **15th July**
BAFTA winner "Lion" - doors open 7.00pm.
*Please follow us on Facebook
for further information*

Heartfelt Art & Craft 10 am - 3:00 pm
9th September & 18th November
(Contact: Sue Thomas on 01352 781088)
or email: heartfelt.mountainstudio@aol.co.uk

Pentre Halkyn

Community Centre

Bingo

Every Monday at 1.30pm for the over 50s
New members welcome

Holywell Art Club

Wednesdays 10am - 2pm

Bingo

Thursdays 7:30pm

Line Dancing

Fridays 8 - 10pm

**The hall is available for parties, etc.
contact Megan on 780026**

Craft Café Holywell

New and exciting craft group coming soon to the Craft Café in Holywell on Tuesday mornings.

Bring along and share your interests and join in tutor led sessions in many and varied crafts from shisha to fabric wreaths, from quilling to encaustic art and much, much more! There will be a magazine and bookstand so bring along your unwanted craft publications. Be in at the beginning!

For details please ring:
Andrea on 01352 711240



BLUE BELL INN



Glass & Paper Recycling

Steve & Ness Marquis want all to know that they have glass and paper recycling facilities for everyone's use in the car park at the rear of the inn. This will save the longer journey to Mold, Holywell, etc as we try to help the environment through recycling.

Rhosesmor Rd
Halkyn

BlueBell.uk.eu.org
01352 780309

Children's Page

A Few Words from Danny the Donkey

It's summer at last! Summer is my favourite season. There is more to see and do and it is always pleasant to feel the warmth of the sun on my back. Sometimes I like to lie on my back and roll around in some dust. It's quite good fun but it only works in summer when the ground is dry. I tried it in winter once and got myself very muddy! I've never seen any human enjoying themselves in this way. They are certainly missing out on some fun.

I find that people walking by always smile more in summer and they seem to have more time to stop and spend time with me. I wish humans could understand me and answer my questions. There is much I would like to know. For example, I simply don't understand how they can walk past the juiciest of thistles without being tempted to a bite. I would love to know why they don't stop and have a snack.

In recent months there has been an air of nervousness among all the mountain animals, especially the sheep. Suddenly there were large areas of gorse which had disappeared - almost overnight. One elderly ewe said she had seen it before but couldn't remember when, but none of us who live on the mountain could imagine what animal could have eaten so much gorse so quickly. The sheep were afraid that whatever animal it might be, it must have been big or there must have been a lot of them.



But no unusual footprints have been spotted. The ewes with lambs are taking extra care especially when settling down for the night near the gorse.

It is strange that when going about your daily routines, you hardly notice some of the things around you because they are always there. However, once they disappear, you miss them. When you see things moving or being taken away, it is easy to understand, but when things just disappear, everyone's imagination starts running wild. I certainly didn't notice what happened to the gorse and I have tried thinking how it was that I didn't notice. Perhaps I was asleep in my stable or perhaps I was enjoying my dinner so much that I was distracted. There is a large area of gorse near my stable so I thought that I would watch it in case the mystery gorse guzzlers appeared. But I found that after watching it for a while my eyes became tired and I also started to get hungry, so I went for a graze.

I could live without gorse, but if anything came and took away my thistles or grass I would be very upset. A magpie offered to keep watch for me, but I don't trust him as I have seen him steal the cat's food from his dish, so I know he cannot be trusted. I don't dislike Magpies; I just choose not to befriend them. Sheep make quite good friends, but they never bring me carrots or apples and they do tend to talk too much. I would never share a secret with a sheep but if I ever wanted to communicate with the whole mountain, I know I need only tell one sheep and ask them not to tell anyone else. That sheep will then say to another "Don't tell anyone else, but..." and so on.

I don't have many secrets, but I do know the spot where the sweetest clover grows and that's a secret I will never share.

Bye for now, **Danny**

Danny lives on the side of Moel y Gaer in Rhosesmor and receives many visitors.

QUIZ NIGHT

Rhes-y-Cae Village Hall

Rhes-Y-Cae Village Hall Committee are holding a fund raising QUIZ NIGHT as part of the fund raising events of 2017.

The QUIZ NIGHT will be held in the Village Hall on Friday 23rd June at 7:30pm.

Tickets £4 each are available from Jill Thomas on 01352 780061 in advance. Tickets can also be purchased at the door on the night.

There will also be a raffle on the night.

Max 4 per team, if you are not part of a team just come along and teams can be formed on the night.

EVERYONE WELCOME

Come along, test your knowledge, have a fun night and help support the village hall.

Tea and coffee will be available.



You're welcome to brink your own alcoholic drinks if you wish.



Ysgol Rhos Helyg

It has once again been a very busy time here at Rhos Helyg. You can find out all about the school through our Twitter feed @ Rhos Helyg School.

Easter Activities with Tesco



As part of Tesco's 'Farm to Fork' initiative we were fortunate that Tesco staff visited the school to do Easter activities with all the pupils.



Easter Bunny

The Easter Bunny came to visit all the pupils once again this year. The younger children loved having their photograph taken with it.



Nightingale House

We raised an amazing £144 for Nightingale House Hospice by selling Chick key ring toys. Thank you.



Attendance

An incredible 51 pupils achieved 100% attendance from Christmas to Easter. Well done. It was also pleasing to see a large number of pupils achieved either a Silver or bronze award for their attendance.



Tudor Topic Work

Year 4/5 have had a very busy and enjoyable time learning about The Tudors as part of their topic work.



The pupils designed and made a Tudor house.



Don't the children look great in their Tudor costumes.



The Pupils made their own Macbeth movie using a green screen and sound effects. They even wrote their own script.

Eisteddfod



The school Eisteddfod was judged once again by Mr ap Sion. The competition was of a high standard.

Welsh Cakes

Making welsh cakes to celebrate St. David's day.



Families have had lots of fun in their storytelling sessions.



Pancake Challenge

Our annual tossing the pancake challenge has now become a school tradition and a firm fun activity for all pupils,



World Book Day

We celebrated world book day at Rhos Helyg with pupils of all ages enjoying a story together.



Pupils and staff dressed as characters from books.

Celts Topic Work

The topic for Year 3 was The Celts, and as part of their topic they visited Moel Y Gaer with Mrs Fiona Gayle , a local archaeologist.

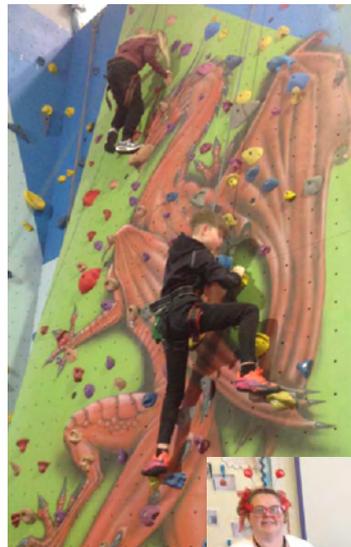


Chatterbox

Our Chatterbox Family learning continues to be very popular. We can see families working hard to further develop writing skills.



Climbing



The climbing club has been a great addition to our extra curricular clubs this year. The final session saw the Year 6 pupils at the Boardroom Climbing Centre, and here are two pupils climbing the Dragon!

Comic Relief

Once again both pupils and staff got into the spirit of this worthwhile cause.



Fair Trade

Pupils in Year 1 have been learning about Fairtrade.

Don't touch , Tell

The children were entertained by John Roberts who had some important personal and social messages to tell the children as part of his magic show.



Halkyn Mountain Sports & Other Clubs

Halkyn United Junior FC

A year in the life of your local Junior Football Club.

If you haven't heard about our club yet, we're located at the Halkyn Cricket Club on the football ground and although there has been a football club on the mountain for a number of years the current committee and coach team have been managing the club for the last three years and the club is proving to be very popular within the local communities.

We currently have over 60 children enjoying training and competing in local football leagues and we are hoping to increase that number next year. We provide a safe environment where children can learn the game of football and play for fun and enjoyment.

There are four age groups who are being coached by a team of local volunteers, all holding valid coaching certificates and are DRB checked, many of which are parents with a passion for the game.

So far this season as well as weekly training and matches the children, with parents and grandparents,



have taken part in a sponsored walk over Halkyn Mountain (picture left), and helped raise over £1400 for the club.

Hopefully this will continue to be an annual event, helping the club raise much needed funds. Below are some of our players at the home ground.



Santa at the Christmas party

We had our first Christmas party this year held at the Halkyn Cricket club for parents, players, brothers and sisters, we had karaoke and a disco (thanks to one of the dads for DJ'ing) and Santa came to visit with a present for each of the children.

A big thank you to all the parents who donated lots of lovely food and raffle prizes which all contributed to it being a great night for everyone.



Funding &



Sponsorship

We're very grateful to receive a much needed community chest fund from Sports Wales which has been used to buy new equipment for the club and pay for coach training. Not only does this benefit all the children currently signed with us but allows us to accept more children in the future.

Our sponsored walk earlier in the season allowed the club to buy raincoats and hats for all the coaches and players.

Here are the current under 8's team with their new kit.



We're also very appreciative of our local sponsors who have been very generous with their donations. A big thank you to Fletcher Davies, Thomas Plant, Hillcrest, R Hughes Plant Hire, AH Plant Hire, LGT Recruitment and there a few more in the pipeline. If you would like to sponsor our team please contact Sheena Jones 07789 225511 or Gareth Thomas 07979 402144.

If you are local and want your children to have fun in a safe environment, learning the game of football then please call one of our coaches they can give more information on training, times and fees etc.

Next season's teams

Under 13's (school year 8) Coach is Micky Nickson 07931 316813

Under 10's (school year 5) Coach is James Hollyoak 07500 897599 or Gareth Thomas 07979 402144

Under 9's (school year 4) Coach is Micky Nickson 07931 316813

Under 6's (school year 1) Coach is Shay Brightman 07501 067308

Thanks for reading, Sheena Jones

Halkyn Cricket Club

Halkyn 1st XI got their North Wales League season off to a flyer. James Beresford's side were five-wicket winners at Flintshire rivals Mynydd Isa. Halkyn won their toss on a damp slow tack and invited the hosts to bat. Isa were in serious trouble at 11-3, as the fielding side took charge before captain Chris Geary with 25, and Danny Sprake with an excellent 45 managed the innings to a competitive 113 on a tricky deck. Alex North 2-12 bowled an exceptionally tight spell before Rana Dey 3-10 mopped up the tail. In reply Halkyn took the chase steady and it was Alex North again who stood out. The all-rounder played a brisk 54 following 22 from opener Marcello Carrino, as the visitors reached 115-5 inside 33 overs.

Halkyn continued their unbeaten start with a SEVEN wicket home victory in their next game at home to Llangollen. Halkyn reached their target of 95 for the loss of three wickets; opener Marcello Carrino continuing his fine start to the season with an unbeaten 48. Halkyn 1st XI will hope to continue their excellent start to the season.

In contrast, Halkyn 2nd XI have struggled to gain momentum and have opened their campaign with two defeats. However it is hoped a change in fortunes is around the corner.

Halkyn CC Clubhouse

The function room at Halkyn Cricket Club pavilion is available for hire. Functions can be held in our relaxed informal lounge, or if a more formal setting is required we can accommodate your requirements.

For local community fund raising events there is no hire charge.

Contact Dave, bar manager on 07768 117 276.

Halkyn Juniors

Training sessions are held at the club on Thursday evenings at 6pm. Youngsters from the age of 6 upwards are most welcome, for further details contact Jane Williams on 07732 325 033.



1st XI team Members as follows:

Back row left to right: Mason Andrews, Rana Dey, Simon Penney, Ben Roberts, Alex North, Marcello Carrino, Gareth Vale.

Front Row left to right: Tony Green, Paul Rutherford, James Beresford (Capt) and Graeme Settle.

Keith Williams, Secretary

Holywell Golf Club



Holywell Junior Girls Brave The Weather

The Holywell Ladies invited the junior girls to join them during half term in a competition. Four girls braved the weather to compete. They played six holes and the winner was Haf Davies with a net score of 24.

Everybody enjoyed the day and we are hoping to have more competitions during the summer months. The junior organisers kept the juniors busy over the winter and the competitions were well attended. The winner of the February medal was Yellow/Red tees Sian Jones net score 35 second Zac Elliot net score 36. The silver Academy Course winner Ben Williams Net 25 second Stephen Owen Jones net 32. Well done everybody.

The Captains Drive In

The Captain's drive in took place in March. The windy weather did not deter members and friends from supporting our new officials. County Captain, Mr Tony Godden, attended and a warm welcome was given to him by Holywell officials and members.



Our New President is Mr Gary Jones and he was there to wish our new officials good luck over the coming year. The first to drive was Junior Captain Zac Elliot-Jones, next was Lady Captain Mrs Pauline Porter. They both had brilliant drives so the pressure was all on our Captain, Mr Ivor Pye, but no problem, he also had a brilliant drive.

The next event was the fastest round and the Captain's team was hoping to beat the record held by former past Captain Mr Mark Chacksfield's team, but it was not to be, the wind was in Mark's favour and his record is still intact.

The juniors then had a nine hole fun competition on their Silver Academy Course. Twenty-one juniors braved the weather and the winners were: handicap 24-45: Callum Owen Jones 29-32-23, runner up Zac Elliot-Jones 42-36-24; handicap 46-54: Owen Elliot-Jones 59-54-22, runner up Oliver Jones 55-50-30. They then had

their annual presentation and the prizes were presented by outgoing Captain Master Jack Parry. The new Captain, Master Zac Elliot-Jones, said how honoured he was to be representing the juniors for 2017-2018. The Alan Newton Bursary was awarded to Callum Owen-Jones; this consists of five lessons with our Golf Professional Mr Matthew Parsley.



Congratulations to Sian Jones one of our junior girls, she competed in the golf union of Wales Junior Welsh Tour (under 14s category) at Mold GC on Thursday the 20th April. Not only did Sian have the best girls score in her category but she was third overall.

Holywell has a thriving junior section under the leadership of Mike O'Boyle, Moi Parry and Mal Reed and if you are interested in your child joining our juniors then ring Matt on 01352 710 040 option2.

Last year Holywell Golf Club arranged for a mystery shopper to visit the club and we were delighted when the report came back and the comments were all favourable. The mystery shopper enjoyed the course, the facilities, and the food and said there was a warm welcome from everybody. This summer we are holding two events to introduce people to the club and to golf in general; one on the evening of Tuesday June 6th and the other is on the afternoon of Sunday June 11th. Why not come along and experience it for yourself?

Halkyn Bowling Club

On April 1st the club celebrated our opening day with a tribute from a chairman, Mr. Stan Price, one of the founder members of the club. We had a wonderful day with good food, bowls and were very pleased to welcome three new members to the club.

The season has started hesitantly; the A team has won two games and lost two, the B team and the midweek team have one win each. But, the midweek team has won the first round of the county cup - so onwards and upwards.

Our 100 Club winners were B Lindley, T Morris and A Rudd.

We want to give a big thanks to KenMac & Co for their generous donation. That's a big help to keep us going.

On Saturday, June 17th, at Halkyn Library, we are having a fund raising event - a bit like an indoor car boot sale, but no cars or boots. There will be lots of bargains, cakes, plants, crafts and refreshments. Hope to see you all there.

Contacts: W Worrall 710702, J Lewis 781212

J Woodruff

Holywell Rambling Club Programme

Our walks take place in all weathers, so appropriate clothing and footwear is essential.

If you intend joining us for the first time please phone the leader a few days before. They will give more details of the walks, what to wear and what to bring with you. Many of our walks are within the capabilities of most averagely fit people.

Please note that the walks marked * require a reasonably high level of fitness. Walks marked † are suitable for dogs.

The Club operates Car-Sharing, the Meeting Places listed below are for usually for this purpose.

Day/Date	Title/Location	Distance	Leader	Meeting Place
Mon 19th June	Naid y March	Easy, 4 miles	Ron 01352 715 723	Holywell Leisure Centre 10.00
Fri 21st June	Waen y Brodglas	Easy, 5.5 miles	Ron 01352 715 723	Holywell Leisure Centre 10.00
Sat 24th June	Reservoirs & views from Llyn Alwen†	Moderate, 10 miles	Peter 01352 716 886	Holywell 09 10
Sun 2nd July	Ceirïog & the Two Waterfalls*	Moderate Mountain, 9 miles	Toni 01352 715 580	Holywell 9.00/Northop 9.15
Wed 5th July	A walk on the other side (Pub lunch)	Easy, 5/6 miles	Arthur 01352 711 022	Trelawnyd Centre C.P. 9.50
Sat 8th July	Llanddulas	Moderate, 8.5 miles	Maureen 01352 761 018	Northop 9.15/Holywell 9.25
Sun 16th July	Slates above Blaenau*	Strenuous, 7.5 miles	John 01352 757 366	Junction 29 9.00
Fri 21st July	Around Llanasa (Evening)	Easy, 5 miles	Ron 01352 715 723	Llanasa 9.00
Sun 30th July	Llanddulas circular from the beach	Moderate, 8 miles	Liz 01352 780 973	Northop 9.00/Holywell 9.15
Thurs 3rd Aug	Hilbre Island from West Kirby	Easy, 4 miles	Flo 01244 534 445	Northop 10.00
Sat 5th Aug	Llanfairfechan to Tal y Bont*	Strenuous, 10.6 miles	Lawrence: 01352 762162	Northop 8.30/Holywell 8.45/J29 9.00
Tues 8th Aug	Ramble round Lixwm (Evening walk)	Easy, 5 miles	Ron 01352 715 723	Berthen Chapel, Lixwm 18.20
Sun 13th Aug	Around Mochdre	Moderate, 6 miles	Janet 01745 890 453	Northop 9.00
Sun 20th Aug	Offa's Dyke Path to Coast Path	TBC	John 01352 757 366	TBC
Sat 26th Aug	Moelwyn Mawr Circular*†	Strenuous, 9 miles	Margaret 01352 720 477	J29 8.45



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Holiday club

If you would like to book your child/ren in please follow the details below. (You do not have to attend the school to register at the club)

Opening times for holiday club only

8am - 5.30pm Mon - Fri

(Breakfast will be provided and a healthy snack in the afternoon, packed lunch to be provided by the parents/guardians)

Prices for holiday club only

£22 per child for a full day

£16 per child for half a day (till 1pm)

Opening times for after school club only

3.10pm - 5.20pm Mon - Fri Term times only.

We have a large hall area where we enjoy.



(For after school /holiday club)

Snack time

Playing games

Arts and crafts

Parties

Arranged theme nights

We also have outside. (For after school/holiday club)

A Trim Trail where we enjoy climbing, balancing and swinging

A park with slides, bridges and balancing frames

A large field and playground where we also have lots of fun with scooters and football matches etc.

A nature reserve with a round house, yurt and pond area.

Prices for after school club only.

Open 3.10pm till 5.20pm Monday to Friday.

First hour for one child £4.50

Second hour for one child £7.50

First hour for 2 siblings £8.10

Second hour for 2 siblings £13.80

Every child thereafter there's a 5% discount

For more information contact Sian Davies (Senior Playworker) on 01352 780265/07873769473 or Email us on Halkynmountainkidsclub@gmail.com or even visit our website at www.ysgolrhoshelyg.com/holkyn.asp

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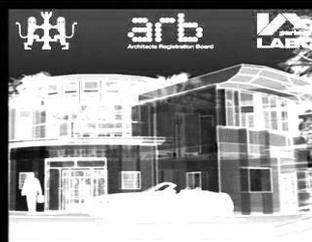
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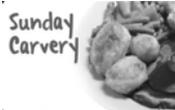
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