



# Halkyn Mountain News

Resurrection Issue 183 - Spring 2022

## What's where:

### Page

- 2 Editorial  
Halkyn Community Council
- 3 Halkyn Comm. Council cont.  
Rhosesmor Jubilee celebration  
Welcome to Halkyn Library
- 4 The Outpost, Rhosesmor  
The Uke Pack are Back
- 5 Rhes y Cae Village Hall
- 6 North Wales Wildlife Trust
- 7 Halkyn Community Cinema  
Vegetation work - Moel y Gaer
- 8 Rhosesmor Community Garden  
Aura Libraries
- 9 A Few Words from Danny  
Holywell Community Museum
- 10 Sleep comfortably with back pain  
Adverts for local businesses

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**The Halkyn Mountain News will be available to read or download in full colour from the Halkyn Council & Community Website - [halkyn.org.uk](http://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.**

## Heartfelt Art and Craft Fairs

Hello, we are Rosie and Neil from Rosewood Crafts based in Rhes y Cae.

As you may know in November 2021 Sue and John, who previously ran this fabulous event, hung up their Heartfelt shoes after 8 successful years and with over £20,000 raised for charities. We were thrilled when they asked us if we would consider taking over the running of this great community event and of course said yes and here we are!

### The dates for this year's fairs are:

23<sup>rd</sup> April, 16<sup>th</sup> July, 15<sup>th</sup> October, 26<sup>th</sup> November

The first 2 charities we will be fundraising for, with your help, are Shelter Cymru <https://sheltercymru.org.uk> and The Haemophilia Society. <https://haemophilia.org.uk> We have a host of fabulous artisans eager to share their work with you and of course the famous refreshments, raffle and tombola will be run by our Heartfelt team. Look out for the signs and banners appearing and please share the news far and wide that Heartfelt is back.

There will be a children's egg hunt in April and do look out for a very special heart that will be making an appearance on the day. Perfect for a photograph opportunity with your loved one or perhaps a proposal. Watch this space!

We can't wait to welcome you to Heartfelt Art and Crafts fundraising craft fairs!

For further information contact [bryntegevents@gmail.com](mailto:bryntegevents@gmail.com)

Rosie and Neil



## Ewe Can Craft

'Ewe Can Craft' became a reality after a chance, socially distanced conversation over the garden fence with neighbours during lockdown. "I would love to start a craft club in the village but don't want to do it on my own". Before I knew it we were up and running.

Myself, Danielle and Sharon now run 'Ewe Can Craft'. It has taken off in way we could never have imagined and most weeks we have 20 fabulous, enthusiastic, wonderful ladies come together to share our love of craft and 150 members on our Facebook page. Men are very welcome too. Two whole hours to relax, leave your worries at the door enjoy a cuppa with friends.

The ethos of our group is anyone can craft. 'Ewe Can Craft'. No art degree required just enthusiasm to have a go and we certainly have that.

Activities are either run by ourselves or by people that come to the group who have a skill to share with the rest of us. If there is interest in a particular craft that we don't have knowledge of as a group then we will do our best to find someone that has.

Do you have a skill to share with us? Expertise not required.

Most weeks are £4 with occasional additional costs.

If you would like to know more visit our Facebook page:

<https://www.facebook.com/groups/3146218932264267>

Select the 'Events' tab to see what we have done and what is coming up.

Contact Rosie on 07563 372 440.

Booking is essential.



**This could be the very last Halkyn Mountain News**

**See the editorial on page 2**

You can email [hmnews@btinternet.com](mailto:hmnews@btinternet.com) or call Jack McIntyre on 01352 780 377

## Editorial

### This is the Last Issue of Halkyn Mountain News – Or is it?

The current team which produces and coordinates delivery of the Halkyn Mountain News have decided to retire, and have notified the Trustees of this. There is no single reason for this, but responsibilities have been shared by a small team who now have other commitments or as in the case of our Treasurer, is no longer living in the area.

Prior to the Covid 19 Pandemic and Lockdown, we have made several appeals in editions of the Halkyn Mountain News for new volunteers, and while offers of help to deliver copies to the five mountain communities have been forthcoming, there has been little interest in the key roles such as desktop publishing and editing, Treasurer, and liaising with advertisers.

There is an established group of contributors both from local groups and organisations and as well as individuals, although there is always room for more. There is also team of volunteers who deliver the 1800+ copies to individual properties each quarter. However, in the absence of new volunteers for key roles, sadly this will be the final edition produced.

In order for the paper to continue, the following roles all need to be filled:

- Desk Top Publisher & Editor at least 1 but ideally 2.
- Proof reader.
- Treasurer including liaison with advertisers (this could be separated into 2 roles).
- Distribution co-ordinator 1 (collection of copies from printers and batching for individual deliveries).
- Distribution co-ordinator 2 (to deliver batches of copies to individual deliverers).

The current team will be happy to work with a new group to provide initial support and guidance to ensure a smooth handover.

The HMN is financially solvent and is self-funding though advertising revenue from local service providers. Community Councils have also kindly provided grants when needed. With the current level of advertisers and expenditure, no fund-raising is required.

Anyone interested in should contact:

**Kevin McIntyre, Trustee on 01352 780333 or email [kevinanddelyth@hotmail.co.uk](mailto:kevinanddelyth@hotmail.co.uk)**

We very much hope that Halkyn Mountain News will continue, so if this interests you, please do not hesitate to step forward to volunteer.

Finally, as the current team bows out, we would like to thank all those who have supported us, particularly the band of loyal delivery volunteers who have done a fantastic job.

## Halkyn Community Council

### Council Budget & Community Charge for 2022/2023

The Councilors agreed not to increase the budget for the financial year 2022/2023 – in particular, due to the current pandemic situation. The Council budget will remain at £50,000. The Band D property charge will be £37.19p, an increase to the current charge of £0.29p a year (0.79%). The increase is due to the reduced number of properties in the area from the Band D column.



### Halkyn Children's Play Area

The refurbishment of this Children's Play area has been completed at a cost of just over £20,000. The Halkyn Community Council provided the sum of £10,000 towards the upgrade.

### Donations and Financial Support

£250 - Urdd Eisteddfod. Towards the 2022 event in Denbigh.

£250 - Marie Curie Cancer Care.

£634.22 - Rhes y Cae Village Hall Committee. Towards electrical work at the Hall.

£250 - Wales Air Ambulance. Annual donation.

£240 - Rhes y Cae Community Craft Club. Towards start-up costs.

£500 - Holywell Leisure Centre. Towards running costs.

£1,746 - Halkyn Junior Football Club. Towards purchase of portable floodlights for use at the Pentre Halkyn Football pitch.

### Street Scene

The following concerns were reported:

B5123 Road – travelling from the A541 towards Rhosesmor. A road sign has been knocked and is lying flat on top of the hedge on the left-hand side approaching the top of the hill prior to the turning to Wern Road.

A number of highway markings have faded at junctions in the Rhosesmor area; such as the roads alongside the play area; near the Cenotaph and Church. Could a review of all the junction markings be arranged please?

Concern expressed that a high wall sited between the Rhes y Cae play area and adjacent property, formally known as the Rhes y Cae Primary School, whereby the wall was apparently blown down during recent high winds. The area is now open and exposed whereby children can climb over the breeze blocks. The Clerk to contact Aura Leisure seeking an urgent inspection and to make safe,

The tree canopies on the B5123 road travelling from the area of St. Mary's Church towards Halkyn; the area near the cattle grid the tree branches are catching high sided vehicles. Also, on the slip road from near the Church to the Britannia Inn a branch is touching the wall. The Clerk advised, that he would contact both Neil Hickie (Street Scene) and Stuart Body (Flintshire Tree Inspector).

Large weeds including nettles growing either side of the footpath in the area of the pensioners bungalows in Pentre Halkyn (across road from Post Office).

## **Halkyn Community Council - continued**

Complaint received together with photograph of person walking their dog on Pentre Halkyn Football Pitch. There have been a number of incidents of dog fouling on the football pitch, with one junior match called off due to the condition of the pitch. Advice provided by Clerk, including contact details for the County Dog Warden.

### **Planning Applications:**

The Community Council passed comments in relation to the following planning applications, which had been received from Flintshire County Council:

Application number: 063757 – for Application for the addition of 3.No Glamping Pods on the unused field to the South/West corner of the property, at Bryn Golau, Buxton Lane, Pentre Halkyn.

Application number: 063836 - Proposed replacement and enlargement of balcony to side elevation of existing building, at Top Pen y Parc Farm, Pant y Goff, Halkyn.

Application number: 063536 - Change of Use from Agriculture to Tourist Accommodation, at Fron Farm Caravan Park Fron Farm, Rhes y Cae Road, Hendre.

Application number: 063786 - Demolition of existing garage and the erection of a larger detached garage, at 1 Bryn Rodyn, Rhes y Cae.

Application number: 063754 – for Amendments to Existing Listed Building Consent ref 057994 for proposed alterations, at Gwysaney Saw Mills, Rhosesmor.

Application number: 063647 – for Change of use from Agricultural Outbuilding and Convert to Ancillary Accommodation, at Quarry Farm, Northop.

Application number: 063652 – for Erection of a Single storey porch to side elevation, and single storey link between existing house and outhouse to front elevation, at Tai Newydd, Rhosesmor.

Application number: 063683 – for Demolition of conservatory - Proposed Single storey rear extension with balcony over, installation of 1st floor window/doors to rear elevation, at 2, Hen Gapel, Berth Ddu, Rhosesmor.

Pre-consultation for proposed development of land at Fron Farm Caravan Park, Hendre, by John Williams (Planning Consultant) Holywell.

Application number: 062767 – for the erection of a 2-storey extension to existing dwelling, at East View, Rhosesmor.

The Community Council response to the above applications, can be found in the Council Minutes - which can be viewed at [www.halkyn.org.uk](http://www.halkyn.org.uk)

### **The following planning decisions have been received from Flintshire County Council:**

Application number: 063612 – for approval of details reserved by condition number 4 etc., at Meadow View, Rhosesmor. Approved.

Application number: 062767 – for erection of two storey extension to existing dwelling, at East View, Rhosesmor. Approved.

Application number: 063560 – for conversion of existing double garage to form new single storey annex to main building, at Bryn Newydd, Pentre Halkyn. Approved.

Application number: 063426 – for approval of details reserved by condition no 3 etc., at Ty Newydd, Pant y Gof, Halkyn. Approved.

Application number: 062847 – for change of external materials, at Catch Farm, Lleprog Lane, Pentre Halkyn. Approved.

Application number: 063112 – for change of use from existing detached hobby room annex to a proposed holiday let, at Bron Deg, The Catch, Halkyn. Approved.

Application number: 063285 – for approval of details reserved by conditions 4 (planting scheme) 5 (lighting) attached to planning permission reference number - 062027, at Fron Farm, Hendre. Approved.

Application number: 063564 – for increase size of garage, at School House, 1 Bryn Rodyn, Rhes y Cae. Certificate of Conformity – Refused.

Application number: 063296 – for proposed Garden Pergola BBQ covered area – footprint smaller than former outbuilding, at Grosvenor Workshops, Pentre Halkyn. Approved.

Application number: 063341 – for erection of a single storey rear extension, at Dee View, Beth Ddu. Approved.

### **Criminal Offences Reported Within the Community:**

The following offences were reported within the last three months to the Community Council by North Wales Police

**Berth Ddu:** 1x Theft

**Halkyn:** 4x Burglaries, 1x Criminal damage, 1x Other crime, 3x Anti-social Behaviour, 2x Violence.

**Pentre Halkyn:** 2x Anti-social behaviour, 3x Violence.

**Rhes y Cae:** 2x Anti-social behaviour, 1x Public order.

**Rhosesmor:** No offences reported.

*Phillip Parry, Clerk to Halkyn Community Council*

*Tel: 01352 720547*

*E-mail: [clerk@halkyn.org.uk](mailto:clerk@halkyn.org.uk)*

*Web Site: [www.halkyn.org.uk](http://www.halkyn.org.uk)*

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## **Rhosesmor Jubilee Celebration**

We are planning to hold a picnic in the car park of the village hall on the afternoon of Friday 3rd June starting at 1.30p.m. All inhabitants of Rhosesmor are invited but due to health and safety regulations we are asking people to bring their own refreshments. Tea and coffee and juice will be provided and a cake has been ordered.

Entertainment will be provided by the Buckley Silver band, who will play at 2 pm., two sessions with a break. We are planning to leaflet all homes in the village.

**It is not necessary to book, just turn up.**

*Rhosesmor Village Hall committee*

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## **Welcome Back to Halkyn Library**

We are pleased that Halkyn Library is open again at Halkyn Village Hall on Friday 1.30pm – 7.00pm.

All customers are asked to wear face coverings and follow all COVID secure signposting in place at the Hall. We are operating a track and trace service and your name and contact details will be requested when visiting.

We look forward to providing your Summer reading!

Thank you,

*Paula Jones*

*Rheolwr Gwasanaeth Llyfrgell/Library Service Manager*



## The Outpost

The Outpost is the community shop open in St Paul's Church, Rhosesmor. We stock local goods such as local chocolates, fudge, cakes, chutney, relishes, eggs, veg - all supporting local suppliers. You'll also find everyday needs, milk, butter, bread, cereals, crisps, biscuits and lots, lots more. Your ideas are welcome in the suggestion box which influences the stock. We have already begun a co-op where members of the community with surplus veg can put them in the shop, be part of a network of growers and get seeds or plants for the next season.



The pandemic urged us to consider our community and how we could help to end the isolation and provide a service lost when the local shop closed. The church was open all day, everyday anyway and therefore seemed an ideal hub at the centre of the village. The 'Welcome' coffee corner is available from 8.15 am until 6.00pm and there's always a friendly face to welcome you at The Outpost. A magic shop, The Outpost was designed by Natalie Griffiths (manager) so that it can fold away into a corner when space is needed for a large gathering in the church.

The next step was to ask for volunteers and we were amazed when 37 people immediately came forward to plan a rota offering a couple of hours a fortnight. This group has turned into a mutually supportive community group who keep in touch on the Outpost WhatsApp page. Thanks to the phenomenal team spirit of the group and their pride in what they are doing The Outpost recently received its 5-star rating in Food Hygiene.

Some of our happy volunteers can be seen in the photo below at our social held in the village hall recently. The ethos of The Outpost is to be a valuable resource for the village, providing a safe and fair environment that welcomes anyone who needs us, to continue to walk alongside the community and grow with the community needs and to give opportunity to those in the community who would like to improve their skills through work experience, volunteering and courses. The Outpost supports local businesses and works with the church and its vision for the future. To sum up it is driven by the community for the community.

In order for The Outpost to work we need volunteers. It was created for the village and it will take a village to make it a success. Whether you would like to do regular hours in the shop, a couple of hours a month or as a reserve sales assistant in case there's a last-minute cover needed, or any other way you can help, we would love to hear from you.

When the church is refurbished, we hope to develop the current 'Welcome' Coffee Corner as a pop-in centre open all day every day for villagers and visiting cyclists and walkers. We shall shortly be displaying the work of children from the village school, Ysgol Rhos Helyg, and hope to make a regular feature of bringing the school into the heart of the village.

You can find out more on the Facebook page 'The Outpost', or better still, pop in and see us and enjoy a free cuppa and a biscuit.



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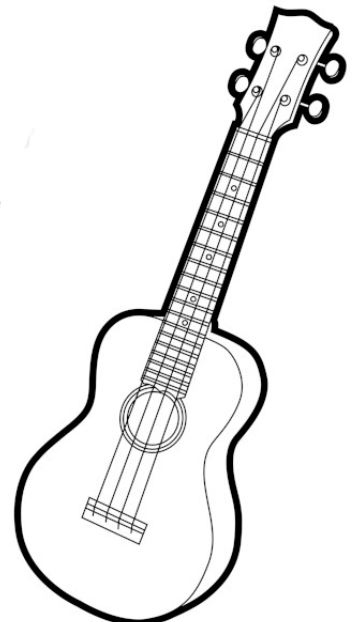
## The Uke Pack are Back

After two years of contagious uncertainty and a mild dose of musical claustrophobia, Halkyn Mountain's very own ukulele ensemble are finally rehearsing once again!

Uke Pack meet once a month in Halkyn Parish Hall and Library where all are welcome. It doesn't matter if you are a complete beginner or a seasoned strummer, there's a place for you in the group. I stand at the front to conduct the group, hopefully giving the vague impression that I know what I'm doing. I prepare all the song sheets for varying skill levels and I'm on hand to help with a bit of singing, shake a little percussion and show members some new chords and techniques as the need arises. Consider Uke Pack a hybrid of a band, lesson group and social club!

If you are interested in coming along, the subs are just £20 per year - song sheets and tuition provided. All you need to do is pop over to my website and fill out the form for further details: [www.mikeflaherty.co.uk/ukepack](http://www.mikeflaherty.co.uk/ukepack)

If you've ever fancied having a go - well, get yourself a ukulele and come and join us.  
*Mike Flaherty*



## Rhes y Cae Village Hall

It's great to be able to write an article for the Halkyn Mountain News again, after a very strange two years! The Rhes y Cae Village Hall Committee has been busy since Spring 2020, even though the hall was out of use for considerable periods of time. Since the first lockdown, the hall has been repainted, and had new LED lighting and emergency lights fitted, a new hot water system connected to the washbasins in the toilets, and an overhaul of the whole electrical system. We are very grateful to all the contractors who carried out the work, and to Halkyn Community Council for their financial assistance, which has allowed us to complete the work even though we were unable to hold our usual fundraising events.

During summer 2021 when lockdowns and some restrictions were eased, and our Risk Assessments were in place, the hall was used by Flintshire Countryside and Coast services to run a successful series of craft and skills workshops, and at last the Committee were able to start holding meetings to discuss future events. Our long-serving village hall treasurer, Kevin Lewis, decided to stand down, and we were glad to have an opportunity for a night out with Committee members past and present to thank Kev for all his hard work over the years. He'll certainly be missed. We are very grateful to Eirwen McDermott for stepping up as treasurer, and to all our small band of volunteers and committee members who cheerfully put in the hours to keep the village hall going.

In October 2021 we had our first Coffee Morning, and were delighted to see so many of our loyal supporters back together for a much needed catch-up!

We held a very successful Christmas Craft and Coffee morning in November 2021.



We were all delighted to welcome the wider community back to the hall! A huge thanks to all our stallholders, to Lyn for the fabulous cake, and to everyone that came along and supported us in any way. Our Christmas lunch for the over 60's was another great opportunity to get people together.



It was wonderful to see people chatting and laughing again. Everyone enjoyed the musical entertainment provided by the very talented Mali Sigsworth, and the hampers provided by Wendy Griffiths and Ysgol Rhos Helyg were a wonderful surprise for all our guests.

Entertainment by Mali



Opening hampers

We are also very pleased to report that three new regular classes have started up in the hall in recent months.

Each Tuesday we have Needlecraft Social Evenings with Susan Nuttall from 7-9pm.

On Thursday evenings we have two Yoga sessions with Jane Lloyd from 7-8pm and 8-9pm,

On Wednesday evening, every fortnight, we have the Ewe Can Craft social crafting sessions with Rosie Robertson and Danielle McIntyre from 7-9pm. These classes have all proved to be very popular and successful, and already they all feel like an important part of village life here in Rhes y Cae.

Looking ahead, we have an Easter Coffee Morning in aid of Christchurch, Rhes y Cae on Tuesday 5<sup>th</sup> April at 10.30am, and we plan to hold more regular Coffee Mornings in aid of village hall funds too. We also hope to do more work on the outside of the hall to improve the appearance and make it possible to have a small outdoor seating area for summer events if possible.

The past two years have really made us all stop and think about what really matters, and we're so pleased that our little hall is still here and thriving, thanks to all the people who cherish and support it.

To book the Village Hall, please contact Wendy Hughes on 07922 181313. or email [rhesycaevillagehall@gmail.com](mailto:rhesycaevillagehall@gmail.com)



# An Invasive Shrub Threatening Halkyn's Rare Species

The North Wales Cotoneaster Control Project aims to help our local wildlife by controlling invasive, non-native cotoneaster.

## What is cotoneaster?

Cotoneaster is not native to the UK however; it has become a very popular garden shrub and many species have now escaped from gardens and become invasive weeds.

## Why is cotoneaster a problem?

If you have cotoneaster in your garden then you may be aware that it attracts bees, birds and other pollinators and in the right place, can benefit wildlife. However, the wind, birds and other animals can spread the seeds and help cotoneaster escape over the garden wall. This introduces them into the wild, where they damage native vegetation and can be difficult to eradicate.

On Halkyn Common, this has become a persistent problem as the cotoneaster is spreading and tends to blanket and shade out other native and rare species within its range, leaving fewer nectar sources and food for native wildlife that rely upon limestone grasslands. Halkyn has many important and rare species which are associated with limestone substrate including adder's tongue, autumn gentian and stemless thistle.

We are particularly concerned about four types of cotoneaster:

hollyberry (*C. bullatus*),

wall cotoneaster (*C. horizontalis*),

small-leaved cotoneasters (*C. microphyllus* agg) and

Himalayan cotoneaster (*C. simonsii*).

All these species are listed on Schedule 9 of the Wildlife and Countryside Act in England and Wales therefore, it is an offence to plant them in the countryside or even allow them to escape from your garden!

## How we are trying to eradicate cotoneaster

North Wales Wildlife Trust and Natural Resources Wales are working together to remove cotoneaster from Halkyn Common and other protected sites in North Wales. "Limestone grasslands disappearing from our landscapes would be a huge loss, and getting people involved in conserving them locally can have real benefits – for individuals, communities as well as our wildlife!" says the North Wales Wildlife Trust Cotoneaster Project Officer, Hannah Everett. A similar project took place by the Dorset Wildlife Trust at the Isle of Portland as cotoneaster was smothering and killing much of Portland's native plants and wildlife it supports.

Depending on various factors, the cotoneaster will generally be cut, and stump treated with a suitable herbicide to prevent re-growth (dye marked). The contractors and volunteers will be following ecological best practice by checking for any nesting birds and amphibians in order to prevent any harm or disturbance to them.



Ymddiriedolaeth Natur  
Gogledd Cymru  
**North Wales  
Wildlife Trust**

Both organisations will be releasing further information about this project on their social media accounts and there will be information in the notice boards at Halkyn, Pentre Halkyn, Rhosesmor and Rhes Y Cae soon so keep an eye out for those! Please also check out the 'North Wales Cotoneaster Control' page on the North Wales Wildlife Trust's website.

[www.northwaleswildlifetrust.org.uk/north-wales-cotoneaster-control](http://www.northwaleswildlifetrust.org.uk/north-wales-cotoneaster-control)

## How YOU can help

Native nectar plants offer better quality food sources to a wider range of species than non-native cotoneaster, as they are matched to the local species. If you'd like to attract birds to your garden with berries, better alternatives include Hawthorn, Holly, Honeysuckle, Guelder rose, Rowan, Firethorn.

Perhaps the most bird-friendly thing you can do is to leave your late-flowering perennials intact until after the worst of the winter. Seed eating birds will feast on the seeds of teasels, asters, sanguisorba and various daisies like ox eye. The twiggy stems and spent flower heads will shelter small insects, and wrens are very fond of frisking through them for food.

## Top tips to remove cotoneaster from your garden and stopping it accidentally spreading

Place plastic sheeting or a blanket underneath the cotoneaster to be removed (to catch the falling berries). Cut back the stems and carefully collect all the cuttings together. Treat the exposed stumps with appropriate herbicide.

Take the cut material and collected berries to a disposal centre that deals with non-native invasive species and never dispose of garden waste on the common.

## Contact info:

Cotoneaster Project Officer

[Hannah.Everett@northwaleswildlifetrust.org.uk](mailto:Hannah.Everett@northwaleswildlifetrust.org.uk)

07398156396



## Halkyn Mountain Community Cinema

I hope you will all be pleased to hear that the Halkyn Mountain Community Cinema is returning!

While we have only recently been able to show any films, we have been busy behind the scenes, recruiting some new members to our organising committee and checking that all the film equipment still works.

Please join us at Halkyn Parish Hall on **Saturday 2nd July at 7pm (doors open 6:30pm)** for our next screening : **Death on the Nile (12A)**.

Tickets are only £5. All income goes towards covering our costs, including film rental, as the community cinema is run by a small band of volunteers. If you've been to one of our film screenings before, you'll know what we're all about; if you haven't, give it a try - our projector and sound system are top quality, providing a big screen experience with full surround sound. We'll be holding further screenings throughout the year - keep an eye out for details on our website, social media and our banners that are dotted around the mountain.

Film tickets go on general sale 2-3 weeks before each screening, and can be purchased online via the secure community cinema website. Light refreshments (including tea, coffee and popcorn!) are available on the night.

For more information go to our website and sign up to the mailing list, or follow us on Facebook and twitter.

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

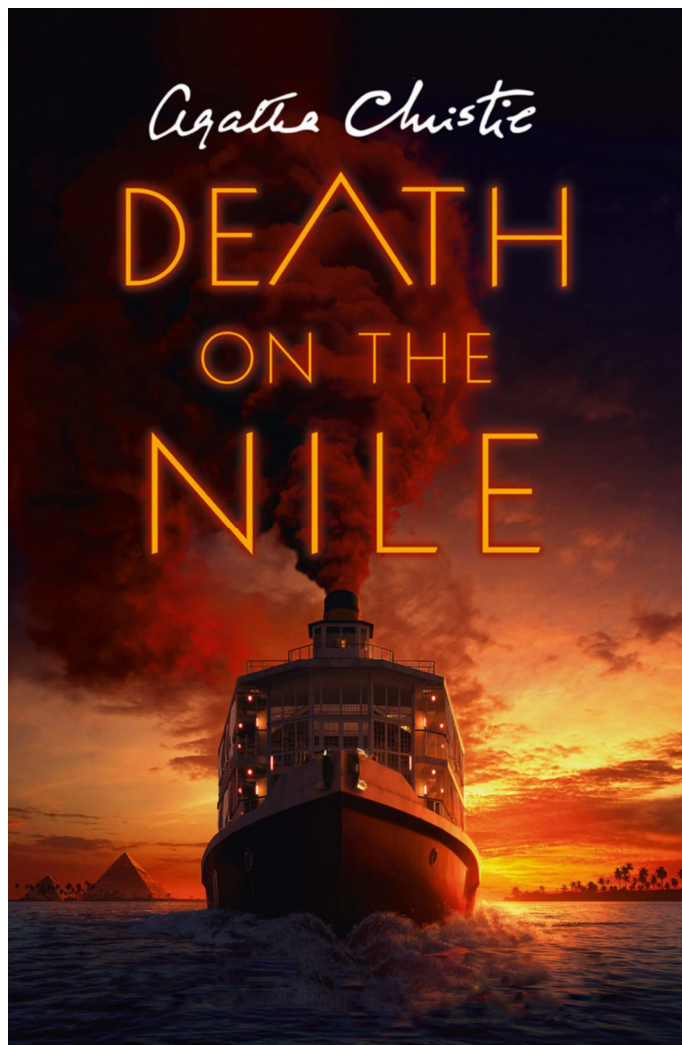
[www.facebook.com/halkynmountaincinema](https://www.facebook.com/halkynmountaincinema)

[www.twitter.com/mountaincinema](https://www.twitter.com/mountaincinema)

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

*Rob Hughes, Chair*

*Halkyn Mountain Community Cinema Committee*



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## Vegetation Management Works at Moel y Gaer Hillfort

Vegetation management work has been carried out within the ramparts of Moel y Gaer the Iron Age Hillfort situated above Rhosesmor. This work has been instructed and permitted by Cadw who are the historic environment service of the Welsh Government. They work to protect the historic buildings and structures, the landscapes and heritage sites of Wales, so that the public can visit them, enjoy them and understand their significance. It is possible to find out in more detail what Cadw do by visiting [www.cadw.gov.wales](http://www.cadw.gov.wales)

A statement from Cadw explaining the reason for this happening follows:

"The entirety of the scheduled area is currently heavily vegetated with mature gorse (*Ulex gallii* and *U. europaeus*), with limited areas of open grassland. This dense vegetation cover has a negative impact on the condition of the scheduled monument. Stock (sheep), grazed to maintain a healthy grass and herbaceous sward are increasingly confined to reduced areas and pinch points, encouraging erosion of the ground surface in these places. Visitors to the site are similarly confined to narrow pathways through the gorse,

resulting in trampled, muddy, and in places, eroded access points. The dense cover prevents visitor appreciation of the monument, as the visual context of the site is lost, and features such as the defensive ditch and bank systems are concealed. The maturity of the gorse is also a fire hazard, and burrowing animals (rabbits) are using it as cover. Removal of the gorse, and encouragement of a low herbaceous sward will therefore greatly benefit the condition of the monument, and assist in its future positive management."

The plan is to carry out the work over the next 3 years using tractor and flail and then removing the cut material.

*Rachael Watson*

*Halkyn Mountain Common Ranger*

*(This article was supplied by Rachael in January 2021. However, as the HMN has not been produced since September 2020 due to Covid, it was not published. Rachael no longer works as the Mountain Ranger but I thought it would be of interest to those of us who use the mountain for exercise. Editor)*



## Rhosesmor Community Church Garden

Our Garden is waking up to Spring once again, with daffodils, tulips, primulas and forget-me-nots getting ready to give their show. And there are lots of bees and butterflies already!! There will be more delights to come as we go into summer, and John has cleared the area under the trees again (really hard work!) and scattered wild flower seeds.

The garden is for everyone to enjoy at any time. A peaceful place to sit a while.

If you wish to donate a plant in memory of a loved one or volunteer to help our very small group maintain the garden, please contact Viv Barlow on 07740 553 601.

[viviennebarlow@gmail.com](mailto:viviennebarlow@gmail.com)



## Aura Libraries

### Your link to amazing library resources from home

We would like to say a big thank you to all our library members and visitors, whether online or in person, for their continued support.

#### Select and Collect

Aura Library members continue to access 'Select and Collect' books online, by telephone (01352 703750) or by email ([libraries@aura.wales](mailto:libraries@aura.wales)). All customers can browse our catalogue at [www.aura.wales/flintshire-library-catalogue/](http://www.aura.wales/flintshire-library-catalogue/) and place a hold on items to collect from their local library, mobile library or receive via home delivery. We ask you to provide your library membership number, a contact telephone number and email address, your book requests/preferences, and your preferred collection point.

Loans will be for the usual three-week period; however, we will automatically renew items if they are not returned after three weeks, no fines will be placed. We do however encourage you to return these items as soon as you can so that they may be re-issued to another borrower.

Please do not hesitate to get in touch with us if you would like any further information about our Select and Collect service. Further information can be found here: [www.aura.wales/select-and-collect-service/](http://www.aura.wales/select-and-collect-service/)

#### Online Events with Aura Libraries

To connect with our library members online, we have put together a schedule of online library events, hosted on Zoom. We also post weekly Rhymetime and Storytime videos on our Facebook and YouTube page. Our online events are as follows:

Family History Group: second Tuesday of the month 2.00-3.00pm

Reading Friends Shared Reading Group daytime session: second Tuesday of the month 11.00am-12.00pm

Reading Friends Shared Reading Group evening session: second Wednesday of the month 7.00-8.00pm

Rhymetime: third Thursday of the month 2.00-3.00pm

Children's Reading Group: last Thursday of the month 4.00-5.00pm

To register for any of our online events, please email Susannah Hill at [susannah.hill@aura.wales](mailto:susannah.hill@aura.wales)

#### Join the library FREE online!

If you are not already a library member but would like to become one, you can join online via the Aura Wales website for free instant access to hundreds of library

resources such as eMAGAZINES, COMICS & NEWSPAPERS. Aura Library members can download eBooks and eAudiobooks free of charge. Download to a PC, Laptop or Mac and transfer them to an eReader. Alternatively, you can download the app directly to a smartphone or tablet.

All links and further details about our digital library resources can be found on our website:

[www.aura.wales/libraries](http://www.aura.wales/libraries).

**RBDigital-Magazines** - Access full colour, digital copies of your favourite magazines for your enjoyment for free

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**PressReader** - delivers an endless stream of top news stories to read, discuss and share. Get full issues of thousands of top newspapers, magazines and comics just as they appear in print for free.

#### Home Library Service

As well as our Select and Collect service, our Home Library Service is available for you also. We feel passionately that everyone should be able to access and enjoy library services, whether it is in person or from the comfort of their own home. We would like to remind our library users, and the community as a whole, that our Home Delivery service is here to help you enjoy library resources without having to leave your house. We offer a direct library delivery service that can bring library resources straight to the doors of residents across Flintshire who are unable to access their local library. If you phone the library on 01352 704400 or send us an email ([libraries@aura.wales](mailto:libraries@aura.wales)), we can put together a collection of books based upon your personal preferences and favourite genres. We will then pop your order into a bag ready to be delivered, free of charge.

If you would like any further information about joining our Home Library service, please do not hesitate to get in touch with us, either by phoning 01352 704400, emailing [libraries@aura.wales](mailto:libraries@aura.wales) or sending us a message on Facebook or Twitter; we would love to hear from you. From everyone here at Aura Libraries, thank you for reading, stay safe and we hope to hear from you or see you soon! Whilst we may still be facing difficult times, remember: we are always united by books!

*Aura is a charitable, not-for-profit, organisation responsible for managing the majority of leisure, libraries and heritage services in Flintshire. Aura is owned by its employees and operates for the benefit of local communities*



## A few words from Danny the Donkey



It has been quite a while since I last shared my thoughts. Many seasons have passed and while life for me remained much the same, I am aware that the world around me has been changing. My generous human friends still provide me with food and water and kindly keep my stable clean and comfortable. They even arrange for someone to come and give me a hooficure. A few seasons ago, they even arranged for two humans to come and look at my teeth. I'm not sure why, but I did have my suspicions that they planned to steal some of them, but they didn't. I guess that when they looked, they found that mine were far too big to fit their mouths. I have to say that they were very nice people and one of them called me "Poppet".

I am accustomed to my human friends behaving strangely from time to time, but they started getting worse. Virtually overnight, they started wearing funny masks over their mouths. I began to worry they might have lost their teeth and would start eyeing up mine again. Stranger still was when they started going to the gate and banging their hands together to make a noise. This usually happened in the evening and it was clearly a new way of communicating because I could hear others down in the village responding. I wondered what message they were sending and whether it was something like "Bring us carrots" or "Has anyone carrots to spare?"

Then a man in one of those van things arrived at the gate and caused me even more worry. He too was wearing a mask and I feared that tooth loss was more widespread. I began to think I ought to be more careful about showing my teeth and smiling, something which comes very naturally to a donkey. I even started having bad dreams about humans stealing my teeth. Then it crossed my mind that sheep teeth were much nearer in size to human teeth. You would not believe the wave of relief that I felt when I realised that it was far more likely that sheep would have their teeth stolen first.

Anyhow, I was about to tell you about the man in the van. He shouted to my human friends and then put a package down in the middle of the yard. He then went away again leaving my human friends staring at the

package. They walked around it and then sprayed the package using a strange contraption, waiting a while before carrying it into their stable. They were to repeat this strange ritual several times over the summer. My old mother used to talk about human rituals, she said it was usually called religion but I can't remember exactly what is meant by the word, but perhaps this was indeed a "religion" ritual.

Several seasons ago, one of the older ewes on the mountain who has a reputation of gossiping, informed me that she was trying to work out what was causing humans to change so much so quickly. She had also noticed humans wearing funny masks, although we both agreed that we never saw anyone walking on the mountain wearing one. Unlike me, the ewe ventures quite far over the mountain and she had also noticed that humans were only leaving their stables for a short while each day and no longer herded with other humans. This made me sad, as humans always seem happiest in herds. Humans should be allowed to roam free and not kept in captivity.

My human friends are wearing masks less often these days. I guess their teeth have grown back. The banging of hands must have been experimental communication because that has now stopped. Had they not noticed that sheep have been stamping their hooves for years and have already perfected this art of communication?

I do like most humans. I have observed them for nearly 30 years but they never cease to surprise me.

Stay safe and may you always have carrots.  
Bye for now,

**Danny**

***P.S.** I would be happy to continue to share my thoughts with any new volunteers who run Halkyn Mountain News, but for now have returned to my stable.*

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

---

## Holywell Community Museum



Hello everyone - here at the museum we are busy, busy, busy. Something on almost every day. Apart from all of the usual wonderful exhibits, which you must visit, we have:

Monday - Bingo.

Tuesday - Reminiscence group - free.

Wednesday - Knit and natter and crafts morning - free.

Thursday - Writing course.

Friday - Woody's Lodge monthly - for military veterans.

We are also working on a new room which will become a small chapel with the font, pews, pulpit, lectern, communion glasses and much more, which we rescued from Hebron chapel in Mostyn when it was being demolished. Thank you too for the gifted Bibles and prayer books.

We will also have battery tea-lights if anyone wants to remember a loved one.

**Something New for Twenty-Two;  
Our First Evening Ventures - Coming Soon  
Weekly quiz nights.  
Monthly storytelling cafe.**

We volunteers are all thrilled to be sharing our varied expertise with the wonderful people who come in for all reasons and welcome anyone who would like to volunteer - all you need is enthusiasm! Museum phone 01352 217170 or check out our Facebook page - *Holywell Community Museum* and our fascinating *Memories of Holywell* page. For more information on the Tuesday, Wednesday and Thursday groups please contact me, Andrea on 01352 711240 or email me on [andreadakin112@btinternet.com](mailto:andreadakin112@btinternet.com)

# How to Sleep Comfortably with Back Pain

## Back Pain and Sleep Deprivation

Sleep deprivation is not only bad for your health, it can also worsen existing problems. According to some studies, lack of sleep can make you more sensitive to pain and can cause fatigue, which can make the pain even worse. However, when you have chronic back pain, it can be hard to find a comfortable position for you to fall asleep. Lack of sleep impairs descending pain-inhibition pathways, which are vital in controlling or coping with chronic pain symptoms.

## Sleeping Positions to Ease Back Pain

Finding the most comfortable sleeping position to ease back pain may be somewhat of a challenge. Trying one position after another may be a bit frustrating in the beginning because all you want to do is get comfortable enough to fall asleep, but you can't. So here are some tips on how to get a good night's sleep.

### 1. Avoid sleeping on your stomach.

Sleeping on your stomach puts your spine in an awkward angle. First, because sleeping on your stomach means your neck is rotated to the side and second, because it flattens the normal curvature of your spine. Both of these put a lot of strain on your back and neck muscles, which is why you wake up with worse pain.

### 2. Use a pillow for support.

For stomach sleepers, if you cannot sleep in any other position, place a pillow under your lower abdomen and pelvis to reduce the strain on your back. You may also try to place another pillow under your head to support your neck, unless it puts a strain on your back.

For side sleepers, draw your legs very slightly toward your chest and put a pillow between your knees.

For back sleepers, place a pillow under your knees to keep the normal curve of your back as well as under your head and neck for additional support. You may

also try to place a rolled towel under the small of your back.

You don't need to worry about staying in the same position the whole night. A little movement is helpful in reducing your back pain. If you stay in the same sleeping posture for too long, it might cause you more pain. Besides, you will not be able to sleep well if you keep worrying about your position.

## Additional Tips to Help with Sleeplessness Due to Back Pain

### 1. Invest in a good mattress and pillow

These are important in getting a comfortable sleep. Make sure that your mattress and pillow provide the support that your back needs. It is important to choose something that give equal support from head to toe.

### 2. Try some herbs that help with sleep

Natural sleep remedies such as herbs do not just help you fall asleep and stay asleep, but they can also promote muscle relaxation. In addition, herbs are known to be a lot safer than over-the-counter medicines. You could get herbs such as Valerian, Chamomile, St. John's Wort, Hops, Wild Lettuce, and many others, either as a supplement or in tea form. You could also try some Aromatherapy using Lavender.

## Chiropractic, Back Pain and Sleep

If you are still having difficulty falling asleep because of the pain and discomfort or if you still wake up with worse pain, you may visit the Back Doctor Chiropractic Clinic in Chester or St. Asaph. Chiropractic is not only known to treat the cause of the disease, but it is also known to improve the quality of sleep.

Steve Massey,  
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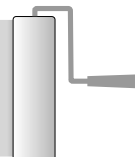
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