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# Welcome

Welcome to our April issue.

Spring is here and we have some beautiful country parks right here on our doorstep for us to all enjoy. We've come up with a list of our favourites on pages 16 & 17. If you do take the time to visit them please leave them as you found them and bring any litter home with you. Another beautiful place to visit is LLangollen again right on our doorstep, so why not take a look at our discover LLangollen feature on pages 10 & 11

Spring is the time when many of you will be planning your home and garden improvements and may need a bit of help. We have lots of businesses inside who you can call upon for any home and garden quotations and please remember to tell them where you saw their advertisement. Without the businesses within this magazine we would not be able to print and post them through the letterboxes of thousands of local homes. We are an independent business with no affiliation to the county council.

Lots going on inside so please have a look through !

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## March Comptition Winner's

£25.00 Cash - Jasmine Muirfield - Del Boy  
Pinked Floyd - Deborah Threadgold  
Red Hot Chilli Pipers - J Kirby - Nicki Poulton - Bagpipes  
Dinosaur Adventure - Amanda Cobden

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# ARTWORK DEADLINE DATE 16TH APRIL 24

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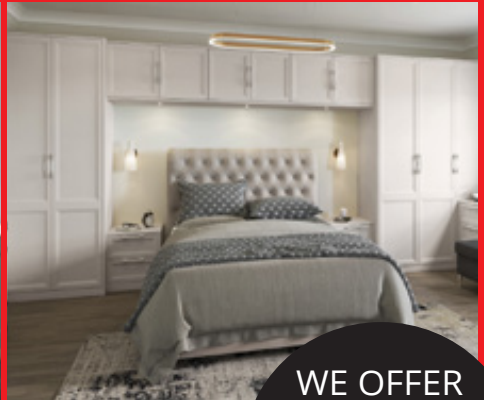
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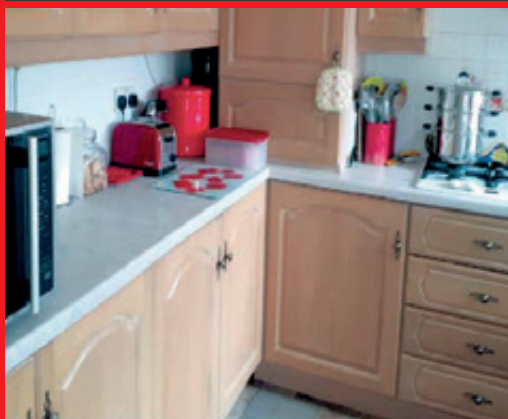
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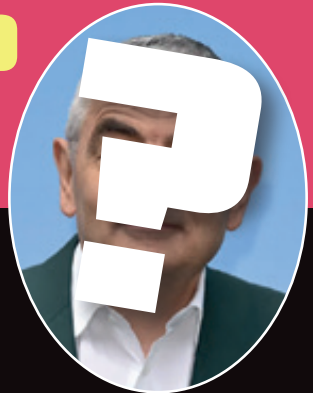
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# WHO AM I?

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**Born in Consett, County Durham, England on 6 January 1955, ???? is the youngest of four boys**

His parents were Eric, a farmer and company director, and Ella May (née Bainbridge), who married on 29 June 1945. His three older brothers are Paul, who died as an infant; Rodney, a Eurosceptic economist who narrowly lost the UK Independence Party leadership election in 2000; and Rupert.

He's an English actor, comedian and writer. He played the title roles in the sitcoms *Blackadder* (1983–1989) and *Mr. Bean* (1990–1995), and in the film series *Johnny English* (2003–2018). Atkinson first came to prominence on the BBC sketch comedy show *Not the Nine O'Clock News* (1979–1982), receiving the 1981 British Academy Television Award for Best Entertainment Performance. He has appeared in various films, including the James Bond film *Never Say Never Again* (1983),

*The Witches* (1990), *Four Weddings and a Funeral* (1994), *Rat Race* (2002), *Scooby-Doo* (2002), *Love Actually* (2003), and *Wonka* (2023). He played the voice role of Zazu in the Disney animated film *The Lion King*.

To enter our competitions please send your full name, address and contact details to:  
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# Discover Llangollen

**R**ENOWNED for the surrounding hills and the River Dee, Llangollen has something for every visitor.

There are a whole range of outdoor activities, but if you just want to relax, let the train take the strain and ride on the steam railway or experience peace and tranquility, gliding along the canal on a horse-drawn boat. Llangollen is part of the UNESCO World Heritage Site along eleven miles of canal from Gledrid to the Horseshoe Falls via the spectacular Pontcysyllte Aqueduct.

## Llangollen Steam Railway

Llangollen Railway is the only standard gauge railway in North Wales, situated within an Area of Outstanding Natural Beauty (AONB)



and runs alongside the River Dee for its entire length, the river is a Site of Special Scientific Interest (SSSI). There is lots to see and do, and you can take a stroll on one of the many local walks before jumping back on the train and ending your day in style.

## Castell Dinas Brân

Castell Dinas Brân is a medieval castle located within the earthworks of an earlier Iron Age hillfort and was probably built in the 1260s by Gruffudd ap Madog, Lord of Powys Fadog.

Its existence as a castle was short-lived as it was burned down by the Welsh at the time of Edward I's campaign, to prevent it being taken by the English, and abandoned in 1282. The site which rises to 1,000 feet (307m) and, for the energetic, there is a path to the top with the reward of a fantastic view over the valley and to the hills beyond.

## Plas Newydd & The Ladies of Llangollen

Plas Newydd, Llangollen is a stone built house converted into a gothic 'fantasy' by its most famous inhabitants - 'The Ladies of Llangollen'.

The ladies ran away from the life they were expected to live in Ireland in 1778 to set up a new life and home in Wales.

The house has been welcoming



visitors since the arrival of Lady Eleanor Butler and Miss Sarah Ponsonby in 1780 who lived there for the next 50 years. Their notable visitors included The Duke of Wellington, Wordsworth, Shelley and Sir Walter Scott.

## Walking in Llangollen

Dee Valley Walks is a series of waymarked and graded routes takes in the beautiful scenery, wildlife and history of this stunning area of North East Wales.

The Dee Valley Way and The North Berwyn Way links the two towns of Corwen and Llangollen. The routes are 15 miles/24km in total but if you prefer to pace yourself it can be walked in separate sections.

The Llangollen History Trail links the fascinating historical landmarks in the area through a 6 mile/9.5 km waymarked walk.





### Berwyn Mountains

The Berwyn Mountains stretch all the way from Llangollen in the east, along the Dee Valley, to Bala in the west. The highest peak is that of Cadair Berwyn at 830 metres but there are 24 peaks above 600 metres (2000 feet). They are a haven for wildlife and the moorland tops provide habitats for curlews, merlins and red kites. It is a landscape that both opens up to breathtaking vistas and hides intimate corners. Waterfalls, cliffs, moors, bubbling streams and wildflower-dotted fields - the Berwyns have these and more. There are two main walks, the North Berwyn Way and the Dee Valley Way.

### Llangollen Food Festival

For one glorious weekend in October, Llangollen turns into the culinary

centre of Wales as some of Europe's top producers come together at the Llangollen Royal International Pavilion. One of the first and most successful food festivals in Wales, representatives from as far afield as Spain, Poland, Italy and France annually take part, giving the whole event a real European flavour. Developed originally as a showcase for traditional food producers in the counties of Denbighshire and Conwy, the event has grown from one room in the International Pavilion to now filling the whole building and sometimes spreading into Llangollen itself. Over 100 different exhibitors offer everything from organic meats to fruit lacquers, Welsh cheeses, bread, chocolate, fish - anything you can think of, you'll find it at this fantastic culinary event.

### RM Trail Riding

RM trail Riding offer professionally guided trail riding in and around North Wales, suitable for all standards of rider. Why not come along and experience riding in one of the most beautiful scenic locations in North Wales? Ride on by-ways and legal rights of way across the beautiful countryside of North Wales, linked up by tarmaced roads, including A and B roads.



## Llangollen International Music Eisteddfod

Established in 1947, this annual event is by day a stage to experience culture from across the world, and by night host to a star studded line up from across the spectrum - from jazz to indie-rock.

2024's Eisteddfod opens on Tuesday July 2 with a headline set from legend Tom Jones, who kicks off six days of evening concerts, with mezzo-soprano Katherine Jenkins closing the week on Sunday July 7.

Other highlights include sets from Bryan Adams, Gregory Porter, Jess Glynne, Simple Minds, Chic, Suede, Manic Street Preachers and Madness.



### Castell Dinas Brân



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# WIN A PAIR OF TICKETS TO SEE **MANIC STREET PREACHERS** at **Trentham Live** on Saturday August 17, 2024

**MANIC STREET PREACHERS** will headline the 2024 Trentham Live four-day event on Saturday 17th August.

Set in a unique lakeside setting, the band will be returning to the Trentham Estate for the first time since 1998.

**Manic Street Preachers** are one of the most influential and iconic rock bands to have come out of Wales. Formed in Blackwood they have gone on to release 14 studio albums and have headlined countless festivals including Glastonbury, T in the Park, V Festival and Reading & Leeds. They have won eleven NME Awards, eight Q Awards and four BRIT Awards and were also nominated for the Mercury Prize and the MTV Europe Music Awards.

Their first album, 1992's 'Generation Terrorists', established them as unique artists, and throughout the years they have collected fans from all over the world, maturing and changing musically whilst always keeping the classic Manics sound. At their live shows

early tracks such as 'You Love Us' and 'Motorcycle Emptiness' comfortably sit alongside huge chart hits such as the No. 1 single 'If You Tolerate This Your Children Will Be Next' and other tracks such as 'You Stole The Sun From My Heart' and 'Design For Life' alongside newer songs such as 'Orwellian' and 'The

Secret He Had Missed', both taken from their most recent album 'The Ultra Vivid Lament' which reached No. 1 in the UK Album Charts in September 2021.



● **Trentham Live - Trentham, Staffordshire: Thursday August 15 - Sunday August 18, 2024.**

● **Tickets from: £66.00**

● Tickets for the Manic Street Preachers - Trentham Live 2024 show are available on **General Sale** from **Monday 26th February @10.00am** from [www.trentham.co.uk/trentham-live](http://www.trentham.co.uk/trentham-live) and [www.ticketmaster.co.uk](http://www.ticketmaster.co.uk).

● Tickets are available for Trentham members on pre-sale from **Friday 23rd February @10.00am**.

To be in with a chance of winning the tickets, just answer the following question:  
**"How many studio albums have the Manics released?"**

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# Some of the best parks to visit in Wrexham, Chester & Flintshire this Spring...

## Moss Valley Country Park

Moss Valley Country Park is situated between Gwersyllt and Brynteg, three miles north of Wrexham. The V-shaped valley has woodland with oak and beech trees, as well as two small lakes and areas of open grassland. The valley provides a rich habitat for wildlife and is particularly noted for its birds.

Moss Valley has an industrial past, and was once a major coal mining area. In 1973 the spoil heaps were reclaimed, but amongst the tranquil woodland and meadows, evidence of the old railways can still be found.

Pathways run through the park, often following old tramways and railway lines that were once used to extract the coal and sandstone from the valley. Although the coal mines have long since gone, the small sandstone quarries still exist offering excellent wildlife habitats hidden away amongst the trees.



## Alyn Waters Country Park

The largest country park in the Wrexham area; Alyn Waters is situated in the beautiful Alyn Valley and is a Green Flag Award



accredited site. There are a variety of woodland, grassland and riverside walks throughout the park helping you to explore the whole site.



The park is split into two either side of the River Alyn.

The Gwersyllt side offers parking, a visitor centre with café, gift shop and toilets including baby change facilities. The visitor centre also has fully equipped conference and meeting rooms, as well as a

permanent exhibition on the history and wildlife of the park. The Llay side of the park has a large car park, children's playground and a local nature reserve.

## The Clwydian Range and Dee Valley

The Clwydian Range and Dee Valley form a dramatic upland frontier in North Wales, with scenic landscapes, dramatic summits and historic towns and villages.

The heather-clad hills of the Clwydian Range that reward the adventurer with ancient hillforts and incredible views give way to the Dee Valley's rich cultural and industrial heritage. The distinctive beauty and significance of this exceptional landscape is protected and enhanced as one of only five Areas of Outstanding Natural Beauty in Wales.







## Bellevue Park

Bellevue is a popular traditional park within easy walking distance of the town centre. Visitors can see a splendid formal landscape in the Edwardian style. There are shaded avenues of mature lime trees that extend from the bandstand area, along with areas of newer tree planting and ornamental shrub beds.

A network of well-surfaced pathways provides access to all corners of the park, with period lamps illuminating the park in the evening. From a small hill next to the park's basketball court you can see views over Wrexham, the Parish Church and the surrounding hills. There is also a sensory garden near the park entrance, overlooked by a statue of Queen Victoria.

Bellevue Park was first given Green Flag Award accreditation in 2005 and has held it each year since then.



## Greenfield Valley Museum and Heritage Park

Greenfield Valley Heritage Park is situated in Holywell, Flintshire and encompasses 70 acres of industrial history.

Historically Greenfield Valley employed hundreds of people in both its copper factories and cotton mills and is now fabulous open green space. The Valley is home to a number of scheduled ancient monuments and is a haven for wildlife. The free Visitor Centre contains information on the industry, activities and walks. Greenfield Valley is managed by Greenfield Valley Trust, a reistered charity resulting from The Friends of Greenfield Valley in 1980's to learn more visit Greenfield Valley Museum & Heritage Park website.

## Grosvenor Park

The award-winning Grosvenor Park located overlooking the River Dee is a popular open space for both locals and visitors and is home to the glorious Grosvenor Park Open Air Theatre each Summer.

The park, one of the finest Victorian examples, underwent a considerable renovation project in 2014 and the 5.8 hectares of landscaped parkland is now a jewel in Chester's cultural crown,

There's plenty of space to let off steam and children will love the Miniature railway and Activity Zone. Refreshments are available from the onsite Lodge Cafe.



## Sandy Lane Park and Aqua Park

Sandy Lane Park is situated upon the banks of the River Dee, approximately 2.5 miles east of Chester city centre and includes Sandy Lane Aqua Park and the adjacent play area which looks across the River Dee to the Meadows. The park has beautiful views of the local area, which provides a stimulating play environment and the Aqua Park/Water Park includes a 10 feature spray facility close to a grassed picnic area. The Aqua Park and toilets are only open during the summer season (May - September), between 11am - 5pm. Please note that there may be a possibility that the Aqua Park may need to close for an hour to undertake maintenance, this is likely to be sometime between 1pm - 3pm. The adjacent play area remains open during the winter months.



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When talking to the Manager of Cloudy2Clear windows Alan Ball it became clear that these values

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# Visit Jersey

## JERSEY is a natural playground for salty souls who want to be as wild and free as the sea.

However you feel when you land on our shores, there's a deep, elemental magic in our sea air that will leave you feeling renewed, reinvigorated and restored.

Explore the island's most fascinating sites, including Jersey Zoo, the renowned Jersey War Tunnels, imposing castles and unique museums. Outdoor explorers will be spoilt for choice in the Jersey National Park and there's plenty of places to visit for families too.

## Jersey War Tunnels

Jersey's War Tunnels (bottom right) tell the true story of wartime Jersey in a way that no other visitor attraction does. It's the best place to get a true picture of what life was really like in Jersey during WWII. The exhibition is housed within an underground tunnel complex, built by the Germans using slave labour.

## Mont Orgueil Castle

Mont Orgueil Castle, or Gorey Castle, (top right) has cast its imposing shadow over the beautiful fishing port of Gorey for more than 800 years. One of the finest examples of a medieval fortress in existence, Mont Orgueil is also a symbol of Jersey's national identity and independent character.

## Jersey Pearl

Jersey Pearl, St. Ouen is the perfect place to treat yourself to something special on the island. There's so much to love; you can shop, dine, pick a pearl from an oyster, watch pieces being made in our workshop and learn all about pearls whilst enjoying our beautiful view over the bay.

## La Mare Wine Estate

La Mare Wine Estate (centre, right) is a hidden gem nestled amidst the picturesque parish of St Mary. The estate extends a warm welcome to all whatever the weather. Join one of their Tour and Tasting Experiences, relax and refuel in the Vineyard Cafe and stock up on Genuine Jersey treats in the Cellar Gift shop..

## Walking holidays

Walking holidays in Jersey are simply good for the soul. You will discover a landscape full of gentle surprises, shifting in a kaleidoscope of colour with each passing season. Drink in the dramatic beauty of Jersey's coast as you meander along rugged cliff paths carpeted with gorse and wildflowers as the tide laps against the sweeping shoreline below.

## Watersports

In Jersey you're never more than 10 minutes from the sea, so it's easy to make a splash in the island break. Traverse Jersey's rugged shoreline at sea-level and discover a coastal

playground brimming with adventures. Feel the rush of a jet ski expedition, find your balance on a SUP, or enjoy a tranquil kayaking trip exploring hidden bays and encountering rare wildlife. Whatever floats your boat, you'll find it in Jersey.





# ...and Guernsey

## GET away from it all and recharge the batteries.

Embrace island-hopping and outdoor adventures on land and on sea.

Dine at a multitude of eateries, from beachside kiosks and cafés to local pubs and award-winning restaurants. Delve into the past to explore our heritage on guided walks or in museums. Hike our coastline along miles of cliff paths with views.

## Fort Grey

Known locally as the "Cup and Saucer", Fort Grey (centre, right) is a Martello Tower built in 1804 to defend Guernsey's west coast. Many vessels have come to grief on this beautiful but treacherous coast, and the Tower now houses the Shipwreck Museum with a surprising variety of objects recovered from the wrecks.

## Cliff paths

The Islands of Guernsey boast miles of coastal paths, many along the cliffs with views to reward your efforts. Head out on an adventure and refuel at one of the many kiosks and cafes along the way.

## Guernsey Literary Festival

The Guernsey Literary Festival is fast-becoming a must-see event in the literary world with previous speakers such as Clare Balding, Sebastian Faulks, Michael Morpurgo, Matt Haig, Richard Dawkins and Ben Fogle.

It also boasts extensive education, family and community programmes, as well as workshops for local writers.

## Guernsey Museum at Candie

Treasures from around the world held in the collection, the Folklore of Guernsey and the Rona Cole Gallery showing 200 works of art. There is also the Discovery Room for families with a Cabinet of Curiosities, old-fashioned games to play and the very popular Timewarp that changes theme each year.

## Beaches

With crystal clear turquoise waters, secluded coves and panoramic views, The Islands of Guernsey have a variety of beaches to explore. From sandy spots to relax with family to sheltered bays perfect for wild swimming and kayak adventures, each of our five Islands offer unique spots to enjoy and unwind. From the horseshoe beach of Port Soif to hidden spots like the Lihou Venus Pool, there's always a tranquil spot to head to for a dip.

## Alfresco dining

There is no need to rush a meal when you are on holiday. Order a bottle of rose and a few plates to share and enjoy each others' company. With seafront restaurants like La Reunion along the coast and Pier 17 on the harbour, and peaceful gardens and terraces at hotels such as The

Georgian in Alderney, Stocks Hotel in Sark and the Cobo Bay Hotel, you'll never want to leave.







# Rhubarb & ginger nut cheesecake

*What could be more cheerful than this vivid pink no-bake cheesecake? Rhubarb and ginger are merry bedfellows and make a stunning springtime dessert.*

## Ingredients

- 500g forced rhubarb, chopped into 4cm lengths
- 150g caster sugar
- 1 blood orange, zested and juiced
- 1 vanilla pod
- 100g butter, melted, plus extra for the tin
- 200g ginger nut biscuits
- 500g mascarpone or soft cheese
- 100g quark or thick natural yoghurt
- 1 tbsp pistachios, chopped

## Method

- 1 Heat oven to 200C/180C fan/gas 6. Line a large baking tray with

baking parchment and fill with the rhubarb. Scatter over the sugar and orange zest and pour over the juice. Scrape the seeds from the vanilla pod in there too, throwing the spent pod on top. Cover with foil and roast for 20 mins. Remove from the oven. Purée a third of the rhubarb, reserving the rest for the top.

- 2 Butter a 20cm springform cake tin and line it with baking parchment. To make the base, put the biscuits in a bag and smash them with a rolling pin, or put them in a food processor and grind to crumbs. Tip into a mixing bowl, and stir in a pinch of sea salt. Pour the butter over the crumbs. Mix it together with a fork and tip it into the tin. Tap the side of the tin with your hand to even the crumbs out, and gently compress it with the back of a large spoon until it's packed in and level. You want it fairly well packed so that it holds together. Put in the fridge to chill.

- 3 To make the filling, put the cheese and quark or yogurt into a mixing bowl, or the bowl of a stand mixer, and beat it together. Mix until combined and thickened, then fold through the rhubarb purée.

- 4 Pile the mixture on top of the biscuit base and smooth it down. Cover with cling film and chill overnight until set. Remove the rhubarb from its syrup with a slotted spoon, tip the syrup into a pan and bring to the boil. Reduce for about 3-5 mins until the syrup is more concentrated. Allow to cool.

- 5 Carefully remove the cheesecake from its tin. Pile the rhubarb on top and drizzle over some syrup (you can save the rest for drizzling over porridge), then scatter with the pistachios to serve.

**SERVES** 8-10

**PREP** 20 mins

**COOK** 25mins

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# Wrexham Legends

## Clogau Donate Limited Edition Watch For The Wrexham Legends Chosen Charity

The Mayor of Wrexham Andy Williams and Jon 'PD' Morris the Chairman of Wrexham Legends announced the opening of an online auction for an EXCLUSIVE Clogau Limited Edition Watch which was presented to the Football Association Wales Players before the 2022 FIFA WORLD CUP in Qatar.

Each World Cup player received this individual watch engraved with their own personal shirt number and is limited to just 100 Clogau Brenig precision watches hand assembled by Clogau's watch specialist here in North Wales.

This EXCLUSIVE Wrexham Legends presented watch donated by Clogau is numbered 092 of 100 in tribute to Wrexham AFC's famous 1992 FA Cup victory over Arsenal and comes with a Wrexham AFC football SIGNED BY THE WREXHAM LEGENDS FA Cup GOAL SCORERS Mickey Thomas and Steve Watkin and is a superb UNIQUE collectors piece for any Wrexham fan !

The watch was auctioned ONLINE in aid of The Mayor of Wrexham Charities and the Wrexham Legends Charities at: [wrexhamlegends.com](http://wrexhamlegends.com)

The auction ran until **TUESDAY 26TH MARCH** and the watch and ball can be viewed at the Clogau Store at Eagles Meadow, Wrexham.





# Wrexham Legends

## Wrexham Legends Sunday Social

The Wrexham Legends hosted their first 'Sunday Social' of 2024 at the Wrexham Fans favourite Maes Gwyn Hall in support of The Mayor of Wrexham's Charities.

Wrexham Legends Chairman Jon 'PD' Morris put together a panel of Wrexham Legends players that entertained a 'sell out' audience with their stories of great goals and matches from their illustrious playing days.

The Mayor of Wrexham Andy Williams 'kicked off' proceedings with a chat about the Blood Bikes and Air Ambulance Charities he supports and then helped out with the auction and raffle of a Wrexham Legends signed shirt and football.

The enthusiastic crowd also snapped the new Wrexham Legends shirts and bobble hats and a great fun afternoon was enjoyed by all.

You can follow the Wrexham Legends at [wrexhamlegends.com](http://wrexhamlegends.com) and [@legendswrexham](https://www.instagram.com/legendswrexham).



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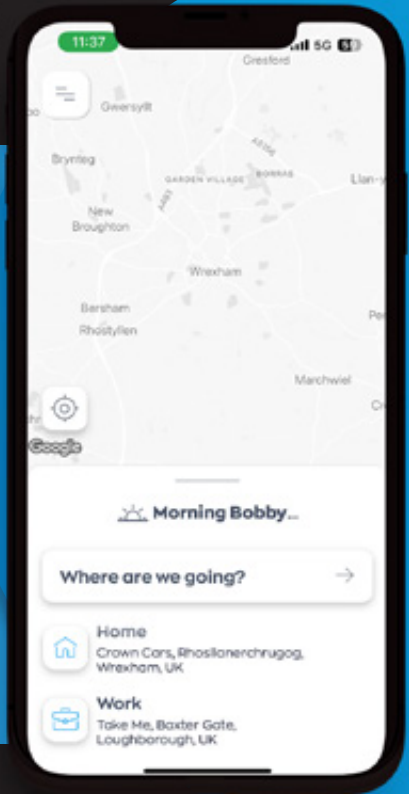
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# What's On North Wales and Chester April 2024



## Welsh Wrestling

**Sat 13 Apr 7:30pm**

Come and join us for an evening of glitz, glamour and body-slam mayhem as the Welsh Wrestling roadshow invades Wrexham! Come see the over-the-top stars of the wrestling world collide in a night of super slamming action at this fun, crazy, family entertainment show. Don't miss the hottest ticket in town!

[www.williamastonwrexham.com/event/welsh-wrestling-2](http://www.williamastonwrexham.com/event/welsh-wrestling-2)

## The Marley Experience Live at The Rockin' Chair Wrexham

**April 12 @ 7:30 pm -  
10:30 pm**

We are pleased to announce The Marley Experience. Europe's No 1 sound, look and vibe alike tribute to Bob Marley. The Marley Experience are a Midlands based Bob Marley Tribute band with a difference, with lead vocalist Lionart & his undeniable vocal

resemblance to the late great King of Reggae Bob Marley himself. Tickets Available now!  
[www.skiddle.com/e/37170607](http://www.skiddle.com/e/37170607)

## Wrexham 10k

**April 21 @ 9:00 am -  
12:00 pm**

Wrexham 10k offers a lovely route for all runners. It takes in the centre of Wrexham at the start and finish with a nice countryside section in the middle of course. Once you have completed the run, you will receive your own finishers medal and goodies!

[www.facebook.com/events/223392167282534/](http://www.facebook.com/events/223392167282534/)

## King of Pop starring NAVI – William Ashton Hall – Wrexham

**April 21 @ 7:30 pm -  
10:30 pm**

This incredible production stars the world's leading MJ tribute artist Navi who is joined on stage

by Michael Jackson's iconic guitarist – Jennifer Batten.

Navi is regarded as the world's No.1 MJ tribute artist and was handpicked by Michael himself as his official body double. Michael also hired Navi to perform at two of his birthday parties where he gave Navi a standing ovation and described his performance as "Incredible". This year Navi was also chosen by Hollywood and received critical acclaim after starring as in the new MJ movie "Michael Jackson – Searching For Neverland".

[www.facebook.com/events/859446012580292/](http://www.facebook.com/events/859446012580292/)

## The North Wales Outdoor Wedding Show at Clawdd Offa Farm, Wrex Sunday 28th April, 2024

A festival wedding show at Clawdd Offa Farm, Wrexham in collaboration with Tents & Events. Registration now open!



## Comedy Club April 2024 Sun 14 Apr 7:30pm

Fancy a giggle?! Join us for this month's Comedy Club, a night of stellar stand up right here at Theatr Clwyd! With a line-up that always features the best on the circuit and with tickets from £10, it's your new favourite night out! Featuring: Scott Bennett (Live At The Apollo), Harriet Dyer (The Russell Howard Hour), Adam Beardsmore (BBC New Comedy Award) and Alex Boardman.

## Mainly Madness Friday 12th April 2024

Mainly Madness are a group of Two Tone loving musicians that bring the ska experience straight to a town near you! Not only are Mainly Madness a tribute to the great band themselves (Madness) but they're a life-affirming energetic celebration of all things Two Tone and Ska, including such inspirational bands as The Specials, Bad Manners and The Beat. Mainly Madness take you on a skankin' journey through your ska favourites, keeping you smiling and stomping your feet to the rock steady beat from start to finish. But Hey You! Don't take our word for it! Come and check us out for yourself! Prepare yourselves for the carnival of fun, that is Mainly Madness... ONE STEP BEYOND!

## Tunde of Lighthouse Family at Chester Cathedral

Fri Apr 26 2024  
7:30 PM - 10:00 PM

Pop- Soul Singer Tunde of Lighthouse Family will be performing live inside the incredible Chester Cathedral with a full band on Friday 26th April 2024! Tickets are limited for this very special show - Secure yours now before its too late!

[www.ticketweb.uk](http://www.ticketweb.uk)

## The Chester Duck Race 2024

Saturday 20 April 12 pm

The Chester Duck Race is a super fun, FREE event held annually as a great way to raise money for The Countess Charity!



This fun family event will take place on the River Dee where, from the lovely setting of the Groves, you can watch fantastically dressed up rubber duckies fight their way to finish first and be crowned the winner of The Chester Duck Race! The event is free but through the corporate sponsorship The Countess Charity team use this wonderfully eccentric event to raise money for The Countess of Chester Hospital.

[www.chester.com/listing/the-chester-duck-race/](http://www.chester.com/listing/the-chester-duck-race/)

## Foamtastic Colour Blast in Aid of Hospice of The Good Shepherd at Chester Racecourse Sunday 21 April 24, 12 - 2 pm

Go from White to Bright and get sponsored to raise money for your local Hospice - get covered in a kaleidoscope of rainbow colours and incredi-bubble foam at the Foamtastic Colourblast. The Foamtastic Colourblast is not your average fun run. Once you begin to make your way around the track powder paint will be thrown from individual colour stations covering you from head to toe and you will be blasted with foamy bubbles in the foam pits.

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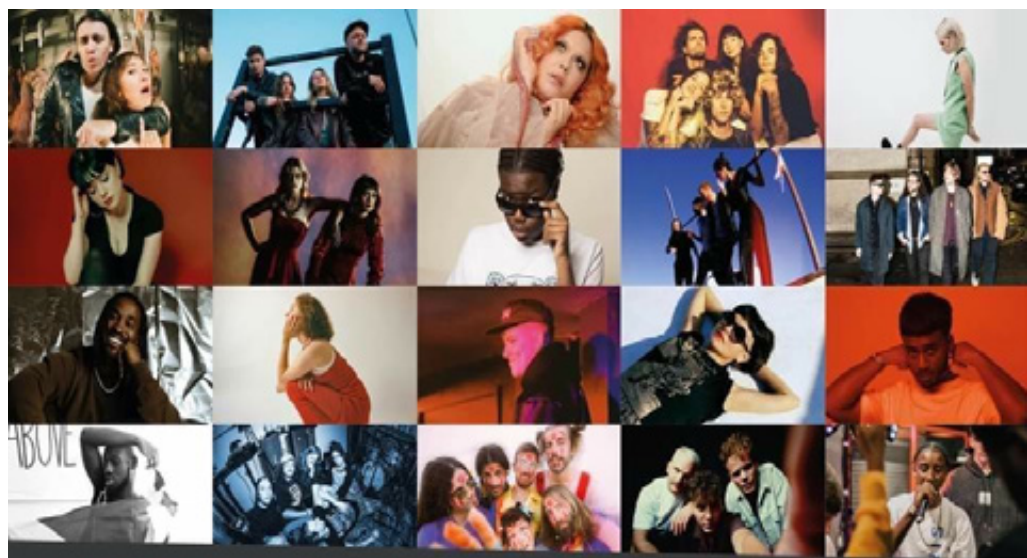
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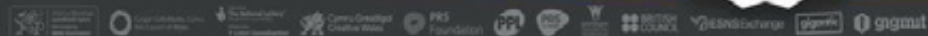
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In just over a week, Dave and Wayne (installation team) replaced the old conservatory with the new HUP build on the existing base. Kirk and his team followed, plastering the walls, and Pete completing the electrical work.

The team's non-intrusive demeanor and willingness to accommodate changes made the process seamless. It was all accomplished in two weeks. As I write this amidst the rain, the room remains remarkably quiet and pleasantly warm.

The HUP extension has truly transformed our home, becoming the primary downstairs space, providing splendid views of the garden, sunsets, and night skies. We wholeheartedly endorse Fortress Windows and their team.

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# CINEMA

## APRIL

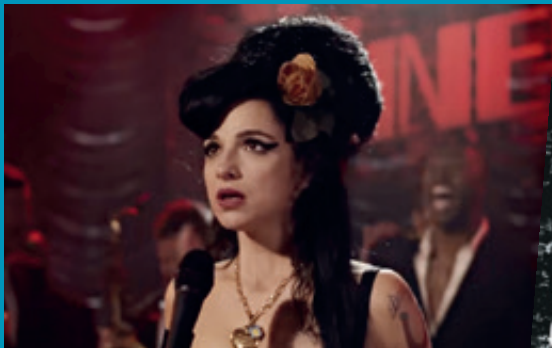
### BACK TO BLACK

**Starring:** Marisa Abela, Eddie Marsan, Jack O'Connell

**Director:** Matt Greenhalgh

The film delves into the life and career of Amy Winehouse, beginning with her early days in the early 2000's as a North London jazz musician and culminating in her rise to fame as a Grammy-winning singer with songs like 'Rehab' and 'Back to Black'.

**In cinemas:** April 12, 2024



### ARCADIAN

**Starring:** Nicolas Cage, Sadie Soverall, Jaeden Martell

**Director:** Benjamin Brewer

In the near future on a decimated Earth, Paul and his twin sons find tranquility by day but terror by night when ferocious creatures awaken and consume all living souls in their path.

**In cinemas:** April 12, 2024



### CIVIL WAR

**Starring:** Kirsten Dunst, Wagner Moura, Cailee Spaeny

**Director:** Alex Garland

In the near future, a team of journalists travel across the United States during the rapidly escalating Second American Civil War that has engulfed the entire nation.

The film documents the journalists struggling to survive during a time when the government has become a dystopian dictatorship and partisan extremist militias regularly commit war crimes.

**In cinemas:** April 12, 2024





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# Spring fashion 2024

## High Rise Trousers

It's time to revisit the high-rise. Perfect for everything from offewear to dinners, date night to days out, splash out across your entire trouser repertoire.

## Sheer whites

Giving angelic white a sexy twist, there's nothing hotter come spring than a sheer white dress, whether you're heading out for dinner, off to the beach, or - of course - onto a red carpet.

## Metallics

Metallics will serve you and your outfits well for months to come as golds and silvers look set to be one of the hottest colour trends of 2024.



If anything's going to warm our spirits during these relentless rainy mornings it's the prospect of all the best spring/summer fashion on the horizon, right?

Sure, layers have been fun, but having to dress practically doesn't always leave a lot of room for creativity and personal expression. After all you could be wearing your best outfit of the year, but what use is it when it's being shrouded in the giant winter coat you've had to wrap yourself up in every day for the last two months?

### Masc/fem dressing

For SS24 the skirt is having something of an hyper-feminine update. Ultra mini, super sheer or flowing an elegant, this skirt is an integral part of the aesthetic.

### Business casual

This business casual is taking things to the extreme, with super oversized suiting, blazers that fall to the top of your thigh, and maybe even an elasticated waist.

### Coming up roses

This trend is strictly all about roses. Endless designers promoted the world's most traditionally romantic stem on their spring/summer runways.

### Elevated sportswear

Hooded sweatshirts are now supersize and have taken the place of casual day dresses, zip-up track-tops in monochrome are the perfect pairing piece for your favourite denim.



# April Quiz

## European cities

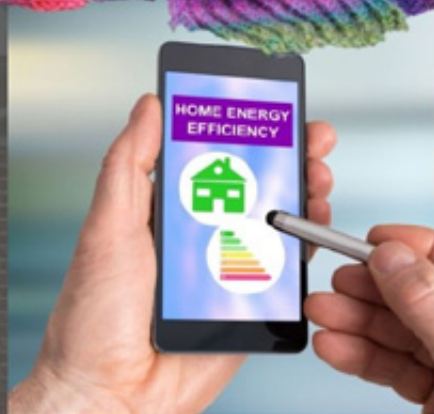
How many of these major European locations can you identify?





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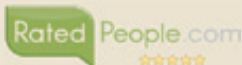
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- Slate Tiling
- Guttering, Soffits & cladding
- Gutters cleaned



## EUROPEAN CITIES QUIZ

- |             |              |
|-------------|--------------|
| 1 Amsterdam | 6 Budapest   |
| 2 Athens    | 7 Copenhagen |
| 3 Barcelona | 8 Florence   |
| 4 Berlin    | 9 Lisbon     |
| 5 Brussels  | 10 Prague    |

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Amanda 07552 413 165

### **Cefn Mawr**

George Edwards Hall  
5pm and 6.30pm  
Sam 07951 896 066

## **Wednesday**

### **Acton**

Community Resource Centre  
5.30pm and 7.00pm  
Sue 07929 510 170

### **Cefn Mawr**

George Edwards Hall  
9am and 10.30am  
Sam 07951 896 066

## **Pandy**

Gresford Colliery Club  
9am, 10.30am, 5pm and 6.30pm  
Sharon 07764 993 255

## **Tanyfron**

Brymbo Sports & Social Club  
(The Crick)  
3.30pm, 5pm & 6.30pm  
Sam 07951 896 066

## **Rhosllanerchrugog**

Hafod Colliery Social Club  
5pm and 6.30pm  
Annette 07970 047 893

## **Thursday**

### **Acton**

Community Resource Centre  
9am, 10.30am, 1pm, 5pm and  
6.30pm  
Sue 07929 510170

## **Llay**

L.Lay British Legion  
9am, 12pm, 5pm and 7pm  
Gail 07545 907 004

## **Friday**

### **Acton**

Community Resource Centre  
8am and 9.30am  
Sue 07929 510 170

## **Saturday**

### **Wrexham**

Hightown Resource Centre  
8am, 9.30am and 11am  
Gail 07545 907 004

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# Wrexham market's historic secrets

The historic secrets of Wrexham's Butchers Market are being uncovered during a major renovation project – with some original features incorporated into the refurbishment.

Work started in the summer on a complete refurbishment of both buildings, with SWG Construction leading the project on behalf of Wrexham County Borough Council.

Josh Coleman, Commercial Director of SWG Construction, said work was going well – with several interesting features being uncovered.

“We have been making good progress, with the mechanical and electrical first fix nearing completion in the Butchers Market, along with new perimeter stall ceilings and stud walls being installed,” he said.

“Underground drainage and ductwork have been installed ready to serve the new market stalls, and scaffolding has been erected for stone and chimney repairs.

“During the excavation work in the Butch-

ers Market, the archaeologists discovered a wall which was documented before the excavation was backfilled, as well as various historic shopfronts which had previously been covered up.

“These are now being incorporated in refurbishing the new shop fronts. An original stone staircase has also been uncovered to the first-floor vaulted room. This is all being left in place and will be on view when the market reopens.”

He added: “Perimeter stalls in the Butchers Market are now being boarded and walls and ceilings being plastered over the coming weeks. Specialist stonemasons are repairing the façade and chimney on the High Street elevation.

“In the General Market, we are now decorating and installing steel and timber boarding. It's really coming together and both markets will look great when they are reopened.”

The markets are an integral part of Wrexham's past and present Councillor Nigel Williams, Wrexham Council's Lead



## are being uncovered

Member for Economy and Regeneration, said: “Wrexham is riding the crest of a wave at the moment thanks to a growing global profile, and is welcoming more and more visitors from all over the world. This is a really exciting time for the city.

“So it’s vital that we continue to nurture and invest in these important city centre spaces. The markets are an integral part of Wrexham’s past and present, and will be just as important in the future.

“SWG Construction is making good progress with the renovation work, and I’m looking forward to seeing the project completed later this year.”

The Grade II-listed General and Butchers markets are being refurbished as part of the Wrexham Townscape Heritage Scheme, funded through the National Lottery Heritage Fund, (with thanks to the National Lottery Players), Welsh Government – Transforming Towns Fund, and Wrexham County Borough Council capital programme.

[www.news.wrexham.gov.uk](http://www.news.wrexham.gov.uk)



# It happened in April



## 1970

### The most violent game in English football history

On April 29, 1970, Chelsea met Leeds United at Old Trafford in an FA Cup Final replay. The two clubs had 'history', and the first

meeting, played on a Wembley pitch rendered virtually unplayable after hosting the Horse Of The Year Show, was niggly and bad-tempered. That was nothing, however, compared to the re-match three weeks later.

Chelsea's Ron 'Chopper' Harris began proceedings by almost cutting Leeds winger Eddie Gray in half after only two minutes. The match continued in the same vein, with 'dirty' Leeds giving as good as they got, and more besides.

Staggeringly, there was only one booking, for a push on Leeds captain Billy Bremner by Ian Hutchinson.

The game was re-refereed, according to modern interpretations of the rules, by Michael Oliver in 2020, who was forced to concede that he would have handed out 11 red cards.

Chelsea's Ian Hutchinson neatly summed it up: "We hated them and they hated us."

Chelsea, incidentally, won 2-1 after extra-time.

## 1982 Start of the Falklands War



On April 2, 1982, after several years of failed diplomacy, Argentine forces mounted amphibious landings, known as Operation Rosario, on the Falkland Islands. The invasion started with the landing of Lieutenant Commander Guillermo Sanchez-Sabarots' Amphibious Commandos Group. This was followed by the invasion of South Georgia the next day.

On April 5, the British government dispatched a naval task force to engage the Argentine Navy and Air Force before making an amphibious assault on the islands. The conflict lasted 74 days and ended with an Argentine surrender on 14 June, returning the islands to British control. In total, 649 Argentine military personnel, 255 British military personnel, and three Falkland Islanders were killed during the hostilities.



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## Maximum fine for Wrexham company

A company in Wrexham has received the maximum fine possible by Wrexham Magistrate's Court after failing to comply with Advertisement Regulations.

After an illuminated sign was erected on an e-cig shop on Hope Street, Wrexham Council contacted the owners to advise them that the sign needed to be smaller and the illumination turned off, but this was not done.

Consequently, the company was taken to court and fined the maximum amount possible by the Magistrates – £1000 with an additional £400 victim support and £280 costs.

The court have made it clear that if the works aren't completed within the next week they would expect the council to issue a further prosecution.

Councillor Hugh Jones, lead member for strategic planning and public protection, said: "Wrexham Council takes failure to comply with planning regulations very seriously.

"Our planning officers are always happy to advise businesses to make sure they work within the rules, which are there to protect the County Borough and its residents. They will also not hesitate to take enforcement action when it is expedient to do so."

## £55,000 Shared Prosperity Funding available for City Centre Events



An exciting new funding opportunity is now available via the UKSPF City Centre Events Key Fund to host events in Wrexham City Centre.

This is one of six UK Shared Prosperity Key Funds available in Wrexham. Funding for the grant is provided by the UK Government through the UK Shared Prosperity Fund.

The purpose of this grant is to contribute towards the aims that will be set out in our Placemaking Plan – to improve the centre of Wrexham and encourage people to re-imagine and influence how it should look, feel, and function.

The ambition to become the UK City of Culture in 2029, with the submission due in 2025, means the next few years are a critical period for shaping the centre of Wrexham. As part of this ambition, we want to encourage high quality large-scale events that contribute towards developing the economy.

A total of £55,000 has now been made available to apply for; to host one-off events that increase footfall within the city centre and make an impact to the County Borough.

The following grants are available:

- 3 x £10,000 grants
- 5 x £5000 grants

We are inviting cultural organisations, community groups, businesses, and third sector organisations to apply for these grants to deliver cultural activity to take place within Wrexham City Centre before October 31, 2024.



### Challenging how we see ageing

March 20 sees the Wellbeing Hub in Wrexham city centre is hosting an event that will challenge how we see ageing.

Wrexham Council and AVOW invite you to See and be Seen, a day that gives everyone a chance to learn, take action and help change the way we think about ageing.

From 10am-2pm on March 20, the Wellbeing Hub will host organisations covering a range of issues that can affect people as they age, including workplace issues, vision loss, combatting stress, improving wellbeing and reducing social isolation. The event will also highlight the huge diversity that comes with ageing and aims to inspire people, and show them that the possibilities are endless.

All of the information is free of charge and refreshments will be available throughout the day.

Fancy having a go at singing for the brain, chair aerobics or terrarium building? These are also free of charge, but you do need to book and may need to bring a few materials along with you. You can find our more, and book, via AVOW's website.

Organisations that will be there on the day include: Communities for Work Plus, Vision Support, Falls Prevention BCUHB, National Trust – free outdoor activities. Getting outdoors at Erddig can be a great way to de-stress and improve wellbeing, Age Cymru, AVOW and the Health Improvement Team BCUHB among many others.

### Royal visit to All Saints School



Children at All Saints School in Gresford are still buzzing with excitement after receiving a Royal visit ! His Royal Highness The Prince of Wales dropped in to meet staff and pupils. Headteacher Richard Hatwood said: "It was an amazing experience for everyone involved, and something the children will be talking about for a long time to come.

"Our children were fantastic and did a wonderful job of representing All Saints and welcoming His Royal Highness into our school.

"It was a lovely occasion and the Prince really enjoyed chatting with the children and staff. It was a wonderful morning and a real honour for the school."

During his visit, His Royal Highness met pupils, enjoyed having a go baking Bara Brith and spent time listening to pupils' learning relating to the Gresford Mining Disaster.

Pupil James Douglas, who presented His Royal Highness The Prince of Wales with a handmade Welsh crochet dragon, said: "Meeting Prince William was an honour and it was very special to welcome him to school. Today is a day we won't forget!"



# TOP 10 MOTORHOMES FOR 2024

Motorhomes are a great way of getting both you and your family on the road and exploring, without having to worry about the prices of hotels and travel. With that being said, we are going to be running down the top ten best motorhomes available on the market for 2024.



## 10. Rapido C03

Based upon a Peugeot Boxer base as standard, the C03 comes equipped with a luxurious interior surrounded by LED lighting and packs a reasonably sized kitchen area with a 140L fridge freezer, a large washroom with a fixed shower and toilet, as well as a fixed bedroom at the rear of the vehicle - all in a 6.19m package. One great feature of the C03 is the full-sized garage type storage space underneath the home.

The Rapido C03 will cost you £71,300 which is one of the more affordable offerings, not only on this list but also on the motorhome market at the time of writing - so it is definitely one worth considering.

Berth:	3
Travelling Seats:	4
Length:	6.19m
Price:	£71,300



## 9. Laika Kreos H 5109

The Kreos range is the Italian Manufacturer's premium model, and since its launch last year has had plenty of awards due to its luxury nature and technology, being voted best A Class motorhome for 2024 as well as best luxury motorhome for 2024.

Berth:	4
Travelling Seats:	4
Length:	7.89m
Price:	£157,000

# PART ONE



## 8. Bürstner Lyseo TD Lounge

Voted the most innovative motorhome for 2024, integrating the classic American RV-styled 'pop-out' feature that can be extended when stationary opening up an extra 65cm of width.

Berth:	2
Travelling Seats:	2
Length:	6.99m



## 6. Rolling Homes Darwin

The Darwin is Rolling Homes first and only motorhome available within their range and comes equipped with a 6.5" touchscreen with APP connect and electric windows and mirrors in the cabin.

Berth:	2
Travelling Seats:	2
Length:	6.94m

## 7. Rapido 606F

The 606F comes equipped with a large bathroom spread across the rear of the motorhome, an electric drop-down bed, a completely renovated kitchen and living area, as well as a spacious washroom with a fixed toilet and shower.

Berth:	4
Travelling Seats:	4
Length:	6.69m
Price:	£74,800







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# Best materials for paving

**G**IVING your patio a refresh in time for summer might be at the top of your to do list this spring, but with so many different materials for patios to choose from it can be hard to know which one to opt for.

Whether you're looking for a high-end finish or patio ideas on a budget, we've outlined the pros and cons of using each material to help you select the best one.

## Porcelain - best for low maintenance

An optimal choice for paving due to its remarkable blend of durability, aesthetics, and practicality. Its exceptional strength and resistance

to stains, scratches, and weathering make it a standout option.

## Limestone - best for texture

Renowned for its stylish qualities, limestone is also popular thanks to its anti-slip properties due to its textured finish. It offers a classic and elegant look, and is typically more affordable than other natural stones. Limestone is durable, easily maintained and can handle outdoor elements as well as daily foot traffic, ensuring practical longevity.

## Slate - for a unique appearance

The unique appearance of slate is what often makes it a popular choice for paving. It's a non-porous paving material that works well in patios. As it's available in slabs and flagstones, you can choose from a smooth and square or a more natural, textured paving style.

## Paving blocks - best for pattern

If you want more options design wise, paving blocks can be very versatile as they can be laid in many different patterns for a unique finish. They can also be easily laid without the need for a professional. With its ease of installation compared to other materials and most homeowners tend to lean towards DIY installation, due to the cost savings. Paving blocks are highly durable and are also resistant to weathering - If a paving block does become damaged, it can be easily replaced without having to remove the entire paved area.

## Concrete pavers - most budget friendly

As a paving option, concrete pavers are one of the cheapest materials. For those looking to create a functional patio in their garden, ideally, you want to opt for a material that is not only durable but also low maintenance.

to stains, scratches, and weathering make it a standout option.

## Sandstone - most natural look

For a more natural, country garden sandstone is a good material for a patio. Its rustic appearance, rich in texture and character, adds subtle warmth to outdoor spaces, making

From left: limestone, paving blocks, porcelain, sandstone.

They're the perfect option for a patio, as they come in a range of colours and styles and need little to no maintenance.





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# APRIL TECH

## APPLE MacBook Air 13" £1,149

With its super-powered M2 processor, the latest version of Apple's 'basic' laptop leaves the M1 model - an excellent machine in its own right - in the dust.

This revamp redefines the Air in a meaningful way, setting a yardstick by which Apple's entry-level devices will be judged... including the 15" version which, although superb, is not quite such a good deal.



## AMAZON Echo (5th Gen) £55

The latest dot offers improved sound quality over the 4th Gen model. Not surprisingly given its size, it still doesn't have the heft of a full-scale Echo, but this dot is more than good enough for bedside table or kitchen listening - and is light years away from the lame sound of the early versions.

## FUJIFILM X-T5 £1,699

Fujifilm's most popular compact system camera gets a sensor upgrade while keeping up tradition everywhere else. This means you're getting identical stills performance to the more modern X-H2, making the X-25 the sweet spot of Fuji's line-up, and a top all-rounder.



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# Discover Snowdonia

**N**orth Wales is incredible... It's why it's voted in the **Top 10** places to visit in the Lonely Planet! With a unique culture, mythical heritage, a warm Welsh welcome and delicious local produce, North Wales offers some of the most stunning coastline and dramatic mountain ranges in the world. In this feature we bring together the uniqueness of North Wales with the best visitor attractions in the area – some of which are World firsts!

## Snowdonia National Park

Snowdonia National Park is one of the biggest in Britain, boasting the highest peak in England and Wales. But there's far more to Snowdonia National Park than Mount Snowdon. The Park covers 823 square miles; nine mountain ranges lie within its

boundaries, containing over 90 peaks and 100 lakes - plenty of space for fantastic outdoor activities for every age and ability.

With wild landscapes and villages steeped in history, Snowdonia National Park is a breath-taking destination for activity holidays, short breaks or days out with family and friends. It's best known for hiking, but there's plenty more to enjoy - from waterfalls, lakes and world-class mountain biking to a vintage steam railway that climbs the highest peak in Wales. Water sports and fishing are extremely popular here with plenty of lakes, rivers and coastline to enjoy!

## Ffestiniog Railway

The Ffestiniog Railway is the oldest independent railway company in the world - being founded by an Act of Parliament in 1832. It introduced the world's first narrow gauge steam locomotives in 1863 and four of the original locos still remain.

Over the last fifty years, the Ffestiniog Railway has become one of Wales'

top tourist attractions. Visitors to the railway can enjoy the outstanding natural beauty of Snowdonia as they pass through areas inaccessible by road and undisturbed by the sights and sounds of modern life. At Porthmadog, the line connects with the Welsh Highland Railway and trains to Beddgelert and Caernarfon.

## Harlech Castle

Harlech's battlements spring out of a near-vertical cliff-face. Men of Harlech', the nation's unofficial anthem, loved by rugby fans and regimental bands alike, is said to describe the longest siege in British history (1461-1468) which took place here during the War of the Roses. The structure, overseen by Master of the King's Works, James of St George, boasts two rings of walls and towers with an immensely strong gatehouse. When it was first built, a channel would have connected the castle and the sea. You could have sailed a boat up to the moat. Seven hundred years later, the sea has receded and you could say the castle appears almost stranded, waiting for the tide to turn once more.



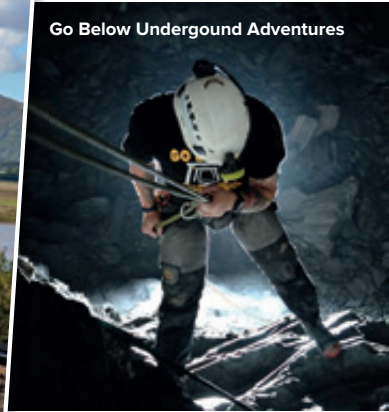
Lloyd George Museum



THE ACADEMY  
SURF SNOWDONIA



Go Below Underground Adventures



Ffestiniog Railway

## Portmeirion

Situated on a private peninsula overlooking stunning coastal scenery, this Italianate village built by Sir Clough Williams-Ellis is one of Wales' most popular destinations. Aside from iconic architecture, scenic surroundings and vast woodlands, Portmeirion is home to 2 hotels, historic cottages, a spa and award winning restaurants. Learn more about Portmeirion's fascinating story in the visitor centre & audio visual show. Free tours & train ride to enjoy during high season. No pets allowed (except guide dogs)

## Surf Snowdonia Adventure Parc

Not content with being home to a show-stopper inland surf lagoon, Surf Snowdonia has unveiled an exciting new adventure offer and new brand for 2019: Adventure Parc Snowdonia. From late spring / early summer, the parc's rolling inland waves will be joined by a whole bucketload of new adventures. Get set for indoor climbing, extreme slides, artificial caving, a

pump track, bouldering course, zip line and via ferrata. Adventure Parc Snowdonia is famously home to the only guaranteed surf break in the UK. Man-made waves roll at 90-second intervals, with dedicated zones for beginner, intermediate and advanced. Glamping pods, a bar, diner and the magnificent mountains-and-forests setting make this a wonderful place to stay over.

## Lloyd George Museum

He grew up in Highgate cottage in the picturesque village of Llanystumdwy. The cottage, with its village shoemakers' workshop, has been recreated as it would have been when he lived there between 1864-1880. In the Museum you can enjoy the film on his life in the theatre, see Lloyd George come to life through the "talking head", and explore the unique collections including the first pension issued, a draft copy of the World War I peace treaty, costumes and much more. There is also a Victorian classroom which takes you back to the strict lessons of the time.

## Go Below Underground Adventures

Test your nerve by journeying through a mountain via a series of exciting challenges on one of Go Below Underground Adventures' 3 epic trips. Zip Line through enormous caverns on the world's longest and deepest underground zip ride, boat across a glistening underground lake, traverse over a giant abyss, scale a waterfall and abseil your way down to the deepest point in the UK! You also get the chance to jump off a 70ft ledge into a void on the world's first and only underground free fall! It's adrenaline pumping, heart thumping, pulse jumping fun!

Go Below is open all year round, whatever the weather! Customers are provided with all the essential kit including a harness, helmet and wellies before setting off.

For more information about the attractions listed, including prices and opening times, go to:

[www.snowdonia-attractions.com](http://www.snowdonia-attractions.com)

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- Corns & Callous Removal
- Athletes Foot
- Toenail Trimming
- Ingrown Toenails
- Diabetic Foot Care
- Foot Health Advice



Member of  
COFH



Fully Insured

*For all your foot care needs call ...*

***Maria*** FHP, MCFH, MGNT

**07852 280 486 / 01978 364 360**



AMANDA AZZOPARDI ANP/INP



THE CLINIC HAS BEEN TRANSFORMED

# BRAND NEW LOOK

2024 is the year of growth at  
*Amanda Azzopardi Aesthetics...*

After a successful year, Amanda Azzopardi Aesthetics are excited to welcome a host of exciting additions, welcoming many new clients to start their own journey that creates true confidence from within. The Liverpool clinic faced a stunning transformation in conjunction with an iconic re-brand to better showcase their vision and seamless experience of the treatment process. This has also transpired across their London and Buckley locations.

This year brings an influx of new treatments, one of which being the SLIMYONIK® Air Bodystyler – a compression therapy suit, which stimulates lymphatic drainage to deliver a range of health benefits, such as boosting metabolism and balancing hormones. This therapeutic procedure will leave you feeling rejuvenated from both outside and within, aligning with their core values.

They have also introduced the Gelida Arctic-Cryo 21, a new cutting-edge technology that provides remarkable fat-freezing results and includes extra programmes for pain management and skin concerns. This

can treat a range of areas, from stubborn fat and cellulite to eczema and acne.

Amanda also offers fantastic skin treatments, whether you are struggling with particular skin concerns or wish to retain a youthful glow. Following an in-depth complimentary consultation utilising their OBSERV 520x skin scanner, Amanda can prescribe you medical-grade skincare via GetHarley, an online portal that delivers direct to your door. This revitalised skincare routine can be used alongside innovative skin treatments they offer, such as Carbon Peel or LaseMD Ultra.

Another popular treatment is thread lifts, aiming to lift and tighten the skin to restore your youthful appearance. This focuses on predominant areas that show early signs of ageing – eyes, cheeks and jowls. Following the procedure, you will notice an immediate lift in the treated area, creating a subtle yet impactful look.

Amanda specialises in intimate health, acting as a pioneer in the Intimate Rejuvenation treatment that aims to treat multiple intimate concerns. The treatment is completely pain-free with no downtime.

Introducing these treatments and newly developed technologies would not be feasible without Amanda's invaluable expertise and deep commitment to her clients. Amanda is also keen to tailor this to her clientele to best support their journey.

This year, a core theme they wish to pursue is growth. They are committed to continue delivering fantastic support to clients, highlighting that this goes beyond treatments. Amanda is on-hand for any questions you may have, with advice and treatments completely tailored to your needs. Here, growth isn't merely about the outward enhancements they provide, but also the inner journey towards confidence and self-assurance.

Whether it's rejuvenating skincare treatments or making subtle enhancements, they nurture every individual's vision with care and expertise. At their clinics, growth isn't just a concept; it's their ethos. 🌱

0151 558 0742 / 020 8191 2811  
amanda@amandaazzopardi.co.uk  
amandaazzopardi.co.uk





Home Care & Live-in Care

## Home Care

- Personal care
- Home help
- Meals & Nutrition
- Medication support
- Companionship
- Respite care
- Overnight care

## Live-in Care

## Specialist Care

- Dementia care
- Cancer care
- Palliative care
- Mobility & Arthritis care
- Catheter care
- Stoma care
- PEG care

## NEW!

## Nail Care at home

No referral needed from Social Services.

All services commissioned through self-funding or via Direct Payments (higher rate plus top up)



## Tailored Services

Designed around you - bespoke packages of care are built around individual needs and outcomes.

## Longer Calls

The standard length of our calls is one hour or more - we also deliver blocks of companionship and respite care to meet your needs.

## Dedicated team

We introduce all our care professionals to clients and work in small local teams to ensure continuity. You will receive a dedicated time slot.

## Home Instead Wrexham

Tel: 01978 660423

[homeinstead.co.uk/wrexham-flintshire](http://homeinstead.co.uk/wrexham-flintshire)

