



Newsletter



Free School Meals

If your children are entitled to free school meals, you can collect 'grab and go' packed lunches on normal school days from one of the following sites.

- Caia Park Estates office
- Plas Madoc Estates office
- Broughton Estates office
- Gwersyllt Estates office
- Rhos Estates office (Stiwt)

- Memo Hall Wrexham
- Plas Pentwyn Coedpoeth
 - Llay Resource Centre
- Overton Library (Cocoa Rooms)
 - Ysgol Y Waen Chirk

You can go to the nearest site.

The packed lunch must be collected between 11.30am and 1pm by a parent or carer.

You'll need to give staff the name of your child / children and the school they attend, and you'll only be able to collect a packed lunch for your own child / children.

Please continue to follow social distancing measures...maintaining your distance from other people.

Cook-a-long



Looking for some quick and easy recipes to rustle up - don't forget Cooking together has some follow along videos to accompany their tasty recipes

[Click here](#)

numberfit

A free online home-school hotline providing parents and students with free maths sessions.



[CLICK HERE](#)

Wildlife with Steve Backshall



On Facebook every day at 9.30am, Steve will be answering questions all about wildlife, biology, conservation and geography.

[CLICK HERE](#)



Science with Maddie Moate

11am on weekdays are the perfect opportunity to tune into Maddie to learn all about science and nature.

[CLICK HERE](#)



Music with Myleene Klass

She's uploading to the new youtube channel twice a week with the next 'klass' out on the 27th.

[CLICK HERE](#)



The Great Indoors will be a weekly live video feed and activities include making lolly-stick catapults, origami and designing and making hot-air balloons and all activities can be done in the house or garden.

[CLICK HERE](#)

Occupational health have set up free, 4 week mental health and well-being online support, details below:

www.caerhealth.co.uk/4-week-mental-health-wellbeing-online-series-cvid-19/

Each employee wishing to register should email

rachel.willis@caerhealth.co.uk

and they will then receive a zoom invitation enabling them to access this.

There may be times when we need extra support and I would like to take this opportunity to remind you that all WCBC employees may access the Care First, Employee Assistance Programme. This provides quick, free, confidential access to counsellors and citizen advice bureau trained information specialists. Advice can be sought on many topics including relationships, holidays which have been booked and budgeting.

Counsellors are available 24 / 7, 365 days of the year

Information specialists can provide practical advice Monday to Friday 8.00 a.m. to 8.00 p.m.

Freephone 0800 174319

It is recommended we all save this number in case it is needed outside of normal working hours.

Care First's website has a wealth of information and articles, pre-recorded

webinars as well as live ones. Recent topics include tips to assist with anxiety, dealing with loneliness and self-isolation:

www.carefirst-lifestyle.co.uk

user name: wrexham password: employee