

CORWEN HEALTH CENTRE

Doctors Williams and Hesketh

Surgery Hours

Monday 9.00 - 11.00
15.30(3.30)-18.00(6.00)
Tuesday 9.00 11.00
14.00(2.30)-17.00 (5.00)
Wednesday 9.00 - 11.00
15.30(3.30)-18.00(6.00)
Thursday 9.00 11.00
14.00(2.00) 17.30(5.30)
Friday 9.00 11.00
14.00(2.00) 16.00(4.00)

Saturday Emergencies only 9.00 - 10.00

Consultations by appointment :

Telephone 01490 412362

Out of hours urgent problems (need to see a Dr. within 4 hours) telephone same number and call is answered by Ambulance Control who will contact Dr. on call for you. It is worth noting that this service sometimes takes a while to answer during busy periods, so in the case of a **life threatening emergency or severe injury ring 999.**

For full information pick up a practice leaflet at the surgery.

December

After three relatively quiet years, influenza A is in the community earlier than normal. It is posing problems in North and Central Britain. The vaccine we have at the surgery contains strains that will offer protection against this virus. It is very important for everyone over the age of 65 to receive the vaccination, as well as adults and children over six months of age with the following health problems:

Chronic respiratory disease

Chronic heart disease

Chronic renal failure

Diabetes

Included are those with suppressed immune systems due to disease or treatment and people who have had their spleen removed.

WE STILL HAVE A STOCK OF FLU VACCINE ring for an appointment with one of the practice nurses, tell us if you are housebound.

N.B. The vaccine does not contain active virus and can not give you the flu.

LING TRUST OFFERS FREE PLACES

On December 8th an internationally renowned speaker, Dave Hingsberger, will be visiting Carrog Village Hall to provide a masterclass in communication skills for people who have behavioural problems. This class is for social workers, health staff and carers working on the front line. It is the final session for this year in a series of expert training sessions in modern approaches to providing services which are more individual to people with learning

disabilities. Organised and run by the Ling Trust, Carrog Village Hall has proved to be an excellent venue for the whole series of lectures and has proved to be a useful income for the Hall over the year. There are two free places available to people living in the area. If you wish to attend on the day please contact Nia Roberts or Jayne Knight on 430571.

STATION CAMP SITE

David and Judith Blair had another successful season at Station Camp Site. There was an increase in the number of tents this year, probably due to the excellent weather! Station Camp Site has a web site which is continually updated - www.stationcampsite.8k.com - and has photographs of local views. If you have any ideas for local links or photographs please let Judith know.

A plant sale was held at the Camp Site this year which raised \243100 for the charity Diabetes UK.

SNOOKER

Carrog played Corwen British Legion on November 25th and were beaten 4-2.

TALENT SHOW

A reminder to everyone that Heather Scott is still seeking talent of all ages for the forthcoming Talent Show to be held at the end of January.

VILLAGE HALL

Janice Sheasby has now taken over as booking secretary and any bookings should now be made by telephoning her on 430644.

BE A FAST 430 SURFER

Join the campaign to get the 430 telephone exchange onto the best way to the internet - BROADBAND - we only need 78 more users to register for Broadband internet access and then we could all have unlimited access to the internet. Costs vary from \24325.00 to \24330.00 per month but if you use the Internet regularly this is likely to prove cheaper than your present Internet Service Provider. Access is 10x faster than ordinary modem connections with subquent savings on telephone bills.

This month A5 Publications are running a campaign to bring Broadband to our local telephone exchange with an information leaflet. You can register your interest at www.btopenworld.com/votebroadband or if you are busy you can send your details using the form on the web site at <http://glyndwr.dee valley.com> and your vote will be registered for you with BT Broadband. For more information please email glyndwr@a5publications.com or phone 430667.

CLASSIFIED ADVERTISEMENTS

ACCOMMODATION

*Parc Guest House
Bed and Breakfast
Holyhead Road, Llidart y Parc
Tel 01490 430259*

**Carrog Mill Cottages
Y Felin, Carrog
5 Star

**Self Catering Accommodation
01490 430640
www.carrogmill.com**

*Berwynfa Holiday Cottage
4 Star Self Catering
Accommodation
CARROG
01490 430615*

*Dewis Dyddyn
Cottage Apartment
CARROG

*4 Star Holiday Apartment
01490 430397*

SERVICES

**ERIC LEA MLIA(DIP)
Independent Financial
Adviser Advice on:
Mortgages. Pensions.
Investments. Life Assurance
Malthouse, Regent St,
Llangollen.
01978 860548**

**A.W. DOLBEN
Parc Service Station
Mechanical and Body Repairs
01490 430 380**

POST OFFICE - OPENING HOURS
David, Sue and Ian would like to wish
all friends and customers
A Merry Christmas and a Safe and
Happy New Year

Monday 22nd to Wed 24th - 7.30 -12.30
 Thursday 25th and Friday 26th - CLOSED
 Sat 27th and Sun 28th -8.30 -11.30
 Monday 29th to Wed 31st- 7.30 - 12.30
 Thursday 1st - CLOSED
 Friday 2nd - 7.30 - 12.30
 Saturday 3rd - 8.30 - 12.30
 Sunday 4th - 8.30 - 11.30
 Monday 5th normal hours of :
 Mon to Friday - 7.30 - 12.30 & 2.00 - 5.00
 Saturday 8.30 - 12.30
 Sunday 8.30 - 11.30

GROUSE INN

Christmas Opening Hours
 22nd and 23rd December 12noon-11.00 pm
 24th December 12 noon - 11.30pm
 25th December 11.00am-1.00pm (Drinks only)
 26th and 27th December 12noon - 11.30pm
 28th December 12noon - 11.00am
 29th December 12noon - 11.30pm
 30th December 12noon - 11.00pm
 31st December 12noon - 2.00am
 1st January 12noon - 11.30pm

DIARY

Christmas Events at The Grouse Inn
 Christmas Eve - 7.00pm onwards Carols,
 sherry and mince pies
 Sunday 28th December - 8pm onwards
 Festive Quiz Night with prizes for all
 Tuesday 30th December - 8pm onwards
 - Charity Race Night - proceeds to Hope
 House.
 Wednesday 31st December - New Years
 Eve Complimentary Buffet.
 Ysgol Carrog
 School Christmas Concert - Monday 15th
 December at 6.00pm
 Christingle Service - Friday 19th
 December at 2.15pm.
 Carols Around the Tree. at the Neuadd on
 9th December at 6.30pm
 Methodist Chapel: Sunday School Party
 Friday December 12th
 Service - 2.00pm Sunday December 14th

FOR SALE AND WANTED

WANTED: Cleaner for Neuadd. \24380
 per calender month. Hours to suite suc-
 cessful candidate. Tel: 430625

WANTED: Three sea going kayaks
 430397

FOR SALE: Muratec F-48 FAX machine.
 Excellent working order. Complete with
 spare paper rolls. £25.00 ono. 430259



Who do you recognise?

This picture of Carrog Church Choir is hanging in the vestry but is undated and has no list of names.



**NEUADD CARROG
 CHRISTMAS PARTY**

Friday 19th December 2003
 8.30pm



LIVE BAND

David Lloyds - 'SELF TITLED'
 and Christmas Music



Plus Bar



£1.50



TAIJI IN CARROG!



Each Wednesday at 7.30 pm
 Beginning 3rd December
 in Carrog Village Hall

£4 per class
 Everyone welcome!

For details contact Ed
 on 01490 430205

GROUSE INN
 Proprietor: Sarah Kenrick
 The Grouse Inn, Carrog, Corwen LL21 9AT.
 Tel: 01490 430272

- Beer Garden overlooking River Dee
- 2 minutes walk from the Train Station
- Open All Day for Food and Drinks

Ann's Hairdressing Salon
 &
 Nail Bar.
Tel: 01490 412175
 Bridge Street, Corwen, Denbighshire LL21 0AB

THE CILCAIN FIRE PLACE
 FIRES, STOVES & CHIMNEY SYSTEMS

Molly & Luthan Parry
 Pencoed, Glamorgan. Tel/Fax: 01452 748816
 Cilcain, Wals. Email: cilcainfireplace@taik21.com
 Flintshire CH7 5FA. Website: www.thecilcainfireplace.co.uk