

THE RHYL READ



Picture: Denbighshire County Council

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Dear friends

Happy new year. We hope you had an enjoyable festive period and a quiet start to the new year. It is hard to believe another year has gone by so quickly, and still we remain in a period of Covid uncertainty. Hopefully we are beginning to see a chink of light at the end of the tunnel and will be able to resume something of a normal life again this year.

Until then, we know the short days can be difficult and, although spring will soon be poking its head around the corner, it can be hard to keep entertained and find focus.

We hope *The Rhyl Read* can help with some of that. In here, you'll find things to do to get you through the next few weeks, artworks to colour, quizzes to try, and a recipe to rustle up. Everything has a dash of colour about it to lift the winter grey! Winter can also be a tough time financially, particularly after Christmas, and we know many people are worried about rising fuel costs.

There is some really helpful information on the back page about what you can do and the help available to you through the town council's joint fuel scheme with the Citizens Advice Bureau. It's a valuable partnership that can make a real difference.

Over the last two years, more than ever, I think we have appreciated partnerships, or rather, the friendships we hold dear, particularly when forced apart by the pandemic.

With new year a time to look forward, perhaps we will make some new partnerships and forge new friendships during 2022. We might take a look at some of our partnerships in a future issue.

For now, though, we hope *The Rhyl Read* proves to be a good companion and keeps you entertained a little while longer.

Hoping to see you out and about soon but, until then, best wishes from all of us at Rhyl Town Council.

Rhyl Mayor, Cllr Diane King

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Page 6 and 8 Spring colour will soon be everywhere.
Get colouring!

Page 10 Help and advice



Picture: Denbighshire County Council



What we're listening to this month:
BBC Radio 4's Desert Island discs!
We're enjoying some escapism even if we can't travel very far ourselves! Check out podcasts for some added company on different topics. Lots to be found online!

Have something you'd like to see in *The Rhyl Read*?

Drop a line to enquiries@rhyltowncouncil.org.uk

SAUSAGE SIZZLER

We love this take on a winter sausage casserole. Hearty, warming and easy to make!

Ingredients

- 1 tbsp olive oil
- 1 finely chopped onion
- 1 crushed garlic clove
- 1 finely chopped large celery stick
- 2 cut up peppers
- One pack 6 pork sausage
- 1 tsp sweet smoked paprika
- ½ tsp ground cumin
- ½ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 400g can cannelloni beans, drained
- 250g bag spinach
- 2 tbsp fresh breadcrumbs (or frozen with herbs)

Method

- Put the oil in a large, heatproof casserole dish over a medium heat. Add the onion, cooking for 5 mins until soft. Add in the garlic, celery and peppers. Stir and cook for 5 mins more.
- Turn the heat to high and add the sausages. Cook for a few minutes, add spices and season. Pour over the tomatoes and bring to a simmer. Cover and continue simmering gently for 40 mins, stirring occasionally.
- Heat the grill to high and uncover the casserole. Add the beans and spinach, and stir through. Scatter over the breadcrumbs and grill for 2-3 mins until crisp. Add a hunk of bread and enjoy!

Top Tip

Don't forget the breadcrumbs for a slightly crunchy finish!

You can use frozen breadcrumbs or simply make your own.



Word Search



Fancy a trip? Take a whistle-stop tour

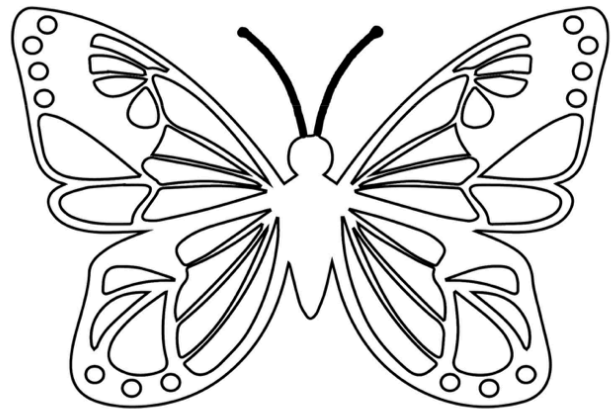
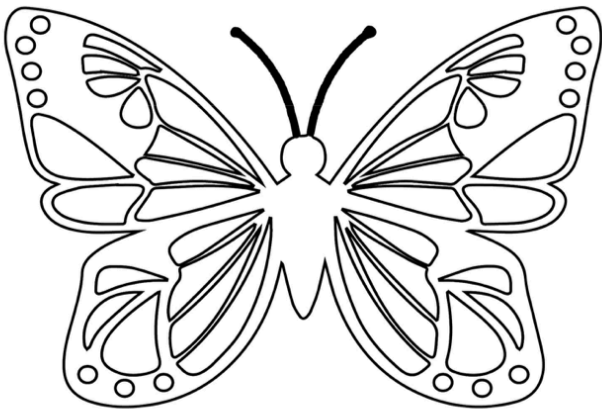
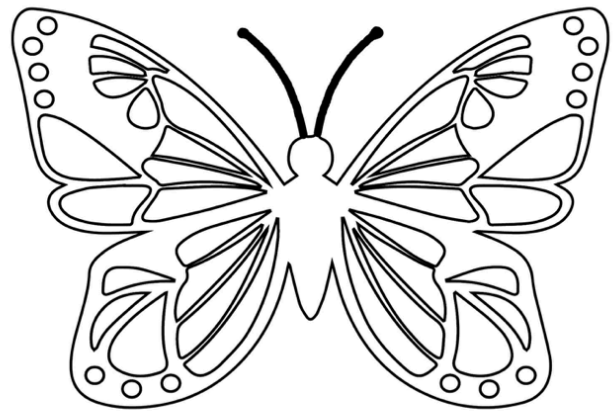
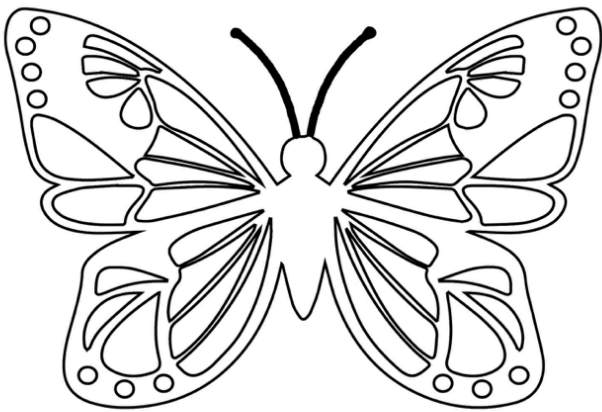
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R	E	U	R	C	E	A	L	N	L	M	A	L	N
N	C	L	X	A	O	O	Y	A	A	N	N	R	A
R	E	N	A	E	B	F	E	L	N	E	D	E	L
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R	G	U	E	N	E	L	O	F	N	P	N	E	I
W	A	U	S	T	R	I	A	U	E	A	A	N	I
A	D	N	A	L	T	O	C	S	R	R	R	I	A
Y	L	N	S	W	E	D	E	N	N	G	F	G	N

- LUXEMBOURG
- ITALY
- NETHERLANDS
- FINLAND
- IRELAND
- DENMARK
- NORWAY
- SWITZERLAND
- MONACO
- ICELAND
- SCOTLAND
- AUSTRIA
- PORTUGAL
- SWEDEN
- EIRE
- ENGLAND
- SPAIN
- GREECE
- FRANCE
- WALES

Solution

N	C	F	G	N	N	E	D	S	N	T	A	L	D
I	A	R	R	S	C	S	R	T	O	C	S	R	I
I	N	A	N	E	A	V	E	A	S	T	R	I	A
I	N	P	N	E	L	O	F	N	P	N	E	I	M
R	I	C	T	R	S	T	G	A	B	L	I	S	T
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G	N	G	N	E	R	E	T	E	N	R	E	N	G
I	D	I	K	C	D	I	U	E	K	C	D	I	L
S	D	A	I	M	A	I	U	E	A	A	N	I	W
D	L	A	N	D	Z	E	R	L	A	N	D	X	R

FLUTTER ON BY



Why not add a splash of colour and design your own butterfly? Can you think of a short poem to describe them? Try having a go at writing one below. You can always send it to us at enquiries@rhyltowncouncil.org.uk. We'd love to read them!

GRAB SOME COLOURING PENCILS & RELAX!



Word Search



Enjoy spring days with friends

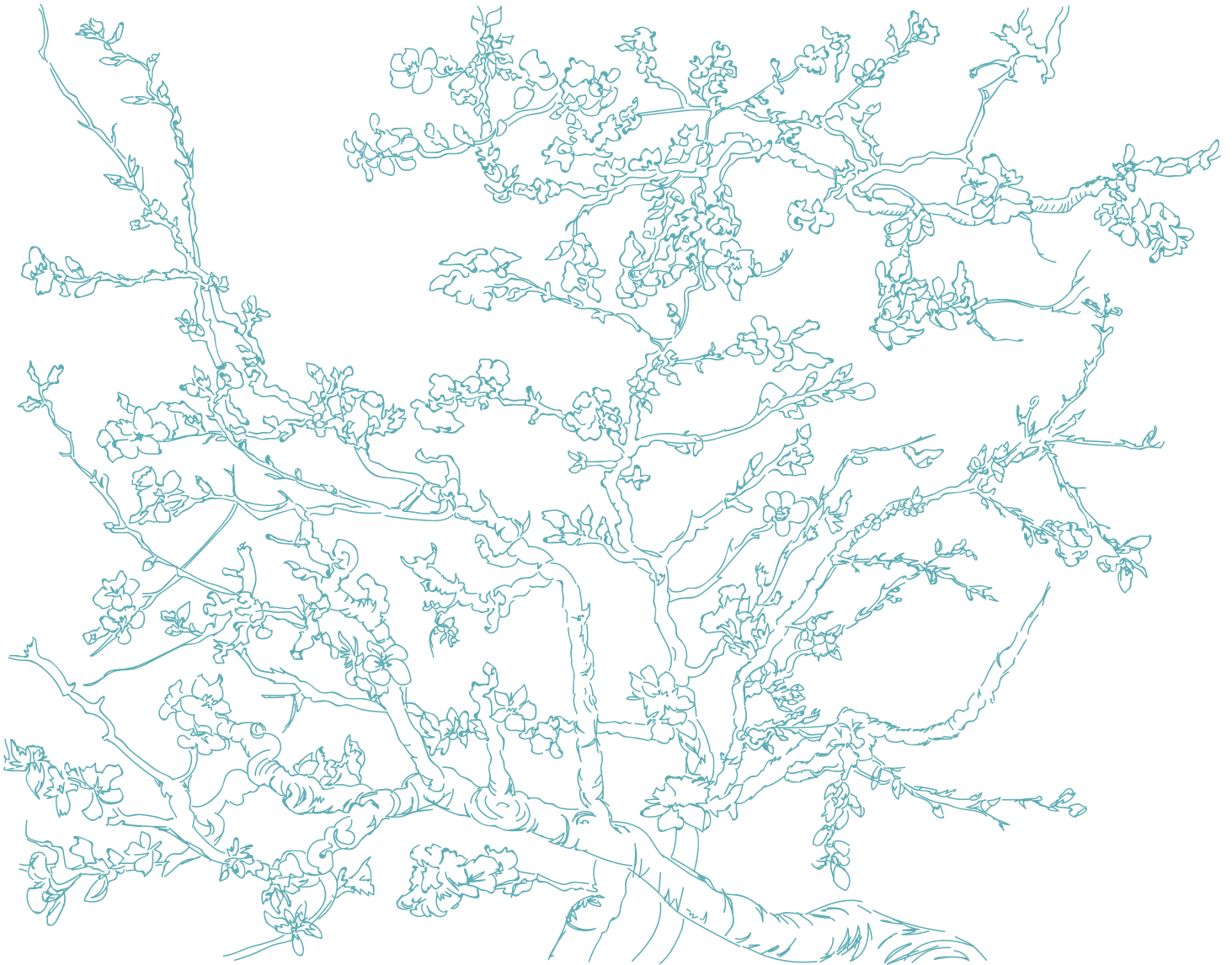
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F	T	S	P	E	M	R	M	T	H	G	I	L	F
R	R	S	S	H	U	L	S	R	E	W	O	L	F
E	A	O	F	R	I	E	N	D	S	H	I	P	B
T	E	M	O	A	D	V	E	N	T	U	R	E	A
T	N	H	P	L	C	H	E	R	R	Y	N	S	M
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B	Y	L	B	T	E	L	A	S	P	R	R	B	R
H	L	B	S	C	O	M	P	A	N	I	O	N	S
A	A	G	A	O	M	F	G	N	I	R	P	S	O
R	I	N	M	O	R	O	G	R	E	M	T	C	W
B	N	T	R	A	V	E	L	L	C	R	A	O	M

- BLOOM
- FLOWERS
- ADVENTURE
- BOAT
- CHERRY
- FRIENDSHIP
- BLOSSOM
- TRAVEL
- BULBS
- ESCAPE
- COMPANIONS
- SPRING
- BUTTERFLY
- POTS
- WARM
- TREES
- FLIGHT

Solution

W	O	R	C	L	L	E	V	E	L	B	N	T	R
M	C	I	M	T	O	R	O	G	R	E	M	R	I
O	S	O	A	M	G	I	N	P	S	O	A	V	A
S	N	S	C	O	M	P	A	N	I	O	N	S	H
R	R	B	R	B	L	A	S	P	R	R	B	R	B
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M	S	M	Y	C	H	E	R	R	Y	N	S	M	T
A	O	A	D	V	E	N	T	U	R	E	A	T	E
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L	V	L	A	O	M	A	R	M	T	E	O	E	V
E	N	E	T	R	E	S	M	B	N	N	E	Y	O
A	Y	E	S	C	A	P	E	A	Y	R	B	S	G

SPRING WILL SOON BE ON ITS WAY



COLOUR IN THE ALMOND BLOSSOM

Missing someone? Just want to say hello? Pop it on a postcard.

Missing a friend?
Want to let a loved one know you're thinking of them?
Why not make your own postcard to send to them.
Simply cut out the attached photo and glue to a piece of strong A4 paper folded in half.

Add your own design in the border, write your message, pop it in an envelope, and there you have it!
Your own special Sunny Rhyl card is ready to go.
Mail it from one of the postboxes with a crocheted topper for extra smiles!



HELP & ADVICE

Welsh Government (Wales-wide regulations): 0300 0604400
www.gov.wales/coronavirus

Public Health Wales (latest health picture):
www.phw.nhs.wales

Rhyl Town Council: 01745 331114
 To talk to your local town councillors see:
www.towncouncil.org.uk

Denbighshire County Council:
 01824 706000
www.denbighshire.gov.uk/en/coronavirus/coronavirus.aspx

Samaritans: 116 123
<https://www.samaritans.org/wales/samaritans-cymru/>

Age UK: 0800 678 1602
<https://www.ageuk.org.uk>



cyngor ar
bopeth

citizens
advice

Sir Ddinbych
Denbighshire

Citizens Advice Denbighshire has been helping secure real cash savings and real positive differences to the most vulnerable households in our community with our well-established, successful partnership with Rhyl Town Council.

With support from Rhyl Town Council, we've been able to fund an adviser dedicated to helping people with their energy needs.

Together we've been able to help people find the best energy deals, reduce overall energy costs, apply for home efficiency measures, manage energy-related debt, help maximise income through holistic welfare benefits advice, respond to immediate fuel needs through pre-payment meter vouchers worth £49 each, and even provide people with energy-saving utilities such as slow cookers.

We've also been encouraging households to get in touch with the Welsh Government's Nest scheme potential package of free home energy efficiency improvements such as a new boiler, central heating, or insulation.



Although the benefit to people's health and wellbeing when able to warm their homes and worry less about the financial cost of heating is immeasurable, so far this financial year, we've been able to find and successfully apply for £209k in previously unclaimed benefits for clients in Rhyl with utility issues, and we've negotiated over £101k of debt on our clients' behalf. This has made a real difference to Rhyl residents' lives and livelihoods.

If Rhyl residents would like advice and support on tackling fuel poverty and energy-related issues, they can call Citizens Advice Denbighshire for free, impartial, and confidential advice at 08082 787 933, or email advice@dcab.co.uk and one of our advisers will be in touch.