

Prosiect Cludiant Cymunedol Llanwrtyd



Llanwrtyd Wells Community Transport Project



# NEWSLETTER

Edition 14

April 2020

Hello everyone

Well, the weather continues to be all mixed up and it's difficult to decide what to wear on any occasion, let's hope that now the clocks have sprung forward we are a little nearer to the warm and drier weather.

So here we are with our April Newsletter, April being the fourth month of the year in the modern Gregorian calendar, and was known as April or Aprilis in Old English from its Latin names, Aprilis or Aperit, meaning to open. *[I wonder whether that's where aperitif comes from as that refers to the opening or beginning of a meal.]*

The Romans considered the month to be sacred to the goddess Venus and suggested that it was originally her month. In Greek the month was known as Aphro which was considered to be short for the goddess Aphrodite.



The Anglo Saxons called the month ēastre-monap, and the Venerable Bede (8<sup>th</sup> century) said that this month ēastre is the root of the word Easter. He considered that it was named after Ēostre or Ōstara, a pre Christian Germanic goddess of the dawn and spring.

Easter itself originated as a pagan festival, the hare, bunny and egg all representing spring, new life, and new beginnings etc.



Easter Sunday this year falls on April 12<sup>th</sup>. Easter and the preceding Holy Week is a moveable festival which takes place in March or April. Maundy Thursday is when the Last Supper took place, and the day priests of many churches wash the feet of members of their congregation in memorial of this happening to Jesus. This is followed by Good Friday, the day Jesus was tortured and died on the cross at Calvary, followed by his body being wrapped in a shroud and placed in the tomb along with myrrh and other spices. Easter Sunday usually sees a Sunrise Service at 6am on the viewing area of the Epynt, however this has had to be cancelled for this year.

The Zodiac signs for April are Aries up to the 20<sup>th</sup> of the month, followed by Taurus.

 Aries the Ram is the first sign of the Zodiac, it is a fire sign and its ruling planet is Mars. Aries is an energetic sign, bubbly, courageous, confident, and passionate. They love to be first with everything and are more than capable of multi-tasking and taking the lead, often before thinking things through properly.

On the negative side, Arians can be sulky and moody when things don't go their way. They can be impulsive, aggressive and will pal you out immediately should you challenge their judgement. They are most compatible with Libra and Leo signs.

 Taurus the Bull is a fixed Earth sign and its ruler is Venus, the goddess of love. The strengths of Taureans makes them reliable, devoted, responsible and stable, however, on the negative side they can be stubborn, possessive and uncompromising. They are most compatible with Scorpio and Cancer signs. Lucky numbers for Taurus are 2, 6, 9, 12, and 24.

April's birth flowers are the daisy, which means innocence, purity and loyal love, and sweet pea which means blissful pleasure and thank you for a lovely time. The birthstone for April is the diamond which symbolizes innocence.



Hope you've found all this interesting.

Happy Easter blessings to you all. Pat

### LWCT Heart of Wales Coffee Club

The children from Ysgol Dôlafon visited us on February 27<sup>th</sup> where they did some stone painting and asked one of our older members who was a nurse during WW2 for her recollections. The children were due to be with us again on April 2<sup>nd</sup>, but that won't be possible now unfortunately. Thank you to Cymryd Rhan and Ysgol Dôlafon for making all this possible and many thanks to the children who were delightful and their teachers for being with us.

**Although the centre is closed, if you want to make any enquiries about Red Kite Credit Union please let us know. You can do this by emailing [comtrans@btconnect.com](mailto:comtrans@btconnect.com). If you prefer you can call me (Pat) on my mobile and I'll get a message to Sue Williams who can offer you some information and advice. My number is 07881 951510.**

## Coronavirus Covid 19

I'm sure that like me and thousands of other people all over the world you are concerned about this new strain of virus which is now taking over people's lives. This will have such a huge impact on everyone, and is a very stressful time for us all, particularly smaller businesses, self-employed people and charities, some of which might never recover.

As an organisation, LWCT is also affected, and whereas I intended to tell you all the exciting things about the LWCT Heart of Wales Coffee Club, I have to tell you that it is closed until further notice as from Tuesday March 17<sup>th</sup>.

I was also going to tell you about all the amazing plans local groups and halls had for the 75<sup>th</sup> Anniversary of VE Day, but this too is cancelled.

Our contract for school transport is now on hold because the schools were all closed as of March 20<sup>th</sup>, and our shoppa bus service has been suspended for the time being. We have also had notification that the Spring Fair at the Royal Welsh Showground has been cancelled, so we will not be required to set up our event recycling, which of course along with the school transport contract goes to subsidise our other services to local people.

Dave Brown, our MD has spoken with some local businesses that are happy for you to contact them, by phone or email, to place orders, which of course is good because many small businesses will not survive without our support at this time. So you can order take away food which will just need reheating, prescriptions and other medication, and groceries. Some shops may be able to deliver, but if they can't we will do our utmost best to get your order to you. By doing this you are also placing yourself at less risk than if you go to the shops or supermarket in person.

If you think there is any way we can help you at all, please give us a call to discuss, our contact numbers are on the back of this newsletter. Together I'm sure we can all get through these difficult times.

With all the concern about Coronavirus at the present time, I thought the following might be of interest. Thorough and regular hand washing is the best way to keep the virus at bay. Anti-bacterial gel, although useful for keeping in your bag in case there is nowhere to wash your hands; however it is unlikely to be useful in preventing the spread of a virus, so hand washing is essential.

## Hand-washing technique with soap and water



### For You

I will wear things soft for you, of silks and chiffon drapery  
Threaded lace of ribbons blue, fine lawn with rose embroidery.

I will bathe my skin for you to meet your kiss and slow caress  
From waters oiled with fragrance new be sealed in purple velvet dress.

I will sing and dance for you to move and sway, perhaps incite  
The senses stir, and so pursue surrendering all into the night.

I will make a home for you the kind that's old where copper glows  
On polished oak, with chintz all through, by primrose, 'hocks and rambling rose.

From 'Words of Love' by Elizabeth Moore

### Meeting Rooms for Hire

Please don't forget that we have rooms to hire for meetings, seminars, training days or for family functions. This is also a good venue for job interviews being three separate rooms so a waiting area and interview room with comfy furniture. We have a fully fitted kitchen, high speed broadband and printing facilities, plenty of free parking, a small garden area and full access to the beautiful Heart of Wales Railway Line. A buffet can be arranged at extra cost to meet your needs.

(These arrangements are subject to change depending on future government guidelines in view of the Coronavirus.)

**If you would like any further information, to look around or to make a booking, please call Pat on 07881 951510 or email at [llanwrtydcommunitycentre@gmail.com](mailto:llanwrtydcommunitycentre@gmail.com)**

### Phenomenal Women

When I was in my younger days I weighed a few pounds less,  
I needn't hold my tummy in to wear a belted dress.  
But now that I am older, I've set my body free;  
There's comfort of elastic where once my waist would be.  
Inventor of those high-heeled shoes my feet have not forgiven;  
I have to wear a nine now, but used to wear a seven.

And how about those blasted tights -- they're sized by weight, you see,  
So how come when I put them on the crotch is at my knee?  
I need to wear these glasses as the print's been getting smaller;  
And it wasn't very long ago I know that I was taller.  
Although my hair has turned to grey and my skin no longer fits,  
On the inside, I'm the same old me, the outside's changed a bit.



But, on a positive note...

I've learned that no matter what happens, or how bad it seems today,  
Life does go on, and it will be better tomorrow.  
I've learned that you can tell a lot about a person by the way he/she handles these  
three things:

A rainy day, lost luggage, and tangled Christmas tree lights.  
I've learned that regardless of your relationship with your parents,  
You'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life just being a doormat.

You need to be able to throw something back.

I've learned that whenever I decide something with an open heart,

I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone.

People love a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn.

I've learned that people will forget what you said; people will forget what you did,

But people will never forget how you made them feel.

## **Volunteer Drivers Required**

We are looking for volunteer drivers to use their own vehicles to take people to medical appointments, shopping, visiting family and friends etc. You would be paid mileage from your home, and it would be an opportunity to meet new people and perhaps visit new places.

Especially at this time when some of our older and more vulnerable members of the community are self isolating or unable to mix with others, we are hoping to help them by delivering groceries and take away food where needed.

If you are at all interested, have a clean driving license, and would like to get involved in helping your local community, then please make contact.

**For more information or to apply, please contact Laura on 07767 771489 or email [laura@lanwrtydcommunitytransport.org.uk](mailto:laura@lanwrtydcommunitytransport.org.uk)**

## **Shoppa Bus Service**

Our shoppa bus service has had to be suspended until further notice because of the Coronavirus and the impossibility of social distancing on a mini bus. We do apologise for this but it's in the best health interests of us all at this time.

Our drivers are however willing to shop for you and if you would like to know more about this then please give Laura or John a call, their numbers are below.

Some local businesses are willing to take orders by email or telephone for items you might need, and if they can't deliver, we will do our very best to accommodate you, again, if you need to arrange this please call Laura who is currently working from home, or John, their numbers are below.

**For more information about shopping, delivering prescriptions etc please call Laura on 07767 771489 or John on 07956 091242**

## **Transport**

If you need to attend a medical appointment, visit the vet with a beloved pet, or have any other need for transport, why not enquire about our volunteer driver scheme? Remember, our services are for all age groups, so make contact if you think we can help and you would like a quote.

We cannot thank our drivers enough, particularly the ones who use their own vehicles, for providing such a flexible, caring and professional service, thank you one and all.

**If you would like to use the services of our volunteer drivers, or enquire about mini bus hire, please contact Laura Burns on 07767 771489.**

# Looking For COVID 19 Support? Not Sure Who To Ask?

## Community Connectors

**We are open and here to help and support you.**

We are taking referrals

Helping Individuals

Supporting Community Groups.

**PAVO Community Connectors in your area Ystradgynlais,  
Brecon, Hay & Talgarth, Crickhowell, Builth & Llanwrtyd  
Wells, Llandrindod & Rhayader, Llanfyllin & Llanfair  
Careinion, Welshpool, Machynlleth, Newtown & Llanidloes,  
Newtown & Montgomery, Knighton & Presteigne**

**Community Connector**

**01597 828649**

**community.connectors@pavo.org.uk**



**PAVO**  
Pawys Association of Wales (Pawys)  
Cwmwlleth, Machynlleth, Powys, Wales

GIG  
NHS  
Wales Health  
Partnership  
Primary Care  
Trust  
Health Board

**Powys**

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### Swansea Street Feet.

Come and sit down let us check your feet  
Take off those wet shoes that don't feel too sweet  
Someone will get you a hot cup of tea  
Some curry and rice made by Rasheed's team.

Or maybe you'd like something to take away  
A cupcake from Sue made fresh for you today  
Don't worry we see how cold and stressed you are there  
We can't change your circumstances, but we can show we care.

And as we clip, file and make your feet feel like new  
The team bags up clothes to keep you warm too  
If we don't have your size, you don't need to fret  
As the funds we collect will supply what we need to get.

Come meet the team as we meet demands  
Along with others that join us like the fab helping hands  
Or maybe as you sit down tired in that chair  
Helen can make you feel human by cutting your hair.

And to lift you a little from your mood so low  
Our Hazel can hug you but she doesn't let go  
We are all here to show you that it's all about you  
Mel, Rebecca, Helen, Becca and me I care too  
Just for a moment I hope we ease your stress  
By making today's troubles just a little less.

**Written by Donna Thomas of 'Homeless Hope'**

### HOMELESS HOPE FOOT HEALTH

Homeless Hope was initially set up approximately 18 months ago following a 24 hr sleep out in Cardiff, where two of our volunteers treated a young guy who had trench foot. It was apparent that whilst there were services in place, there were issues with some seeking help early, due to many different reasons, so, the then

members of Homeless Hope decided to start a voluntary basic foot care service to the street.

The sessions have gone from strength to strength, and at each session, it is clear to see that our homeless communities are building up a trust with us. Our aims are to roll this service out across the UK and to help our homeless friends to better engage with existing services.

The group actively supports other homeless support groups in Newport, Swansea, soon to be Bristol and other parts of Wales. Our moto is to be kind and to treat people fairly.

Unfortunately the group have had to temporarily pause their services due to COVID 19, but they intend to recommence as soon as national guidance allows them too. In the meantime, you can find more information about this wonderful group of volunteers on their Homeless Hope Facebook page.

Normally the group are happy to accept donations such as pot noodles, cup a soups, biscuits, energy bars etc, warm/ waterproof ladies/gents clothing, underwear, pyjamas, (small/ medium sizes), waterproof footwear, holdalls and back packs, but due to being on pause and storage issues, we ask that if you have any surplus items that you may wish to donate, you do this once they have resumed normal service.

Homeless Hope are able to accept monetary donations, please contact them directly if you wish to do this and they can supply you with the details on how best to donate. If you have any items but aren't sure if they are what's needed, please message them or call me (Pat) on 07881 951510, if I don't know the answer to your question I will find out and get back to you. Thanking you in anticipation of your support.

## Volunteer Bureau

Laura and I were invited to be on the PAVO stand at the Careers Festival at the Royal Welsh Showground on March 4<sup>th</sup>. PAVO had two stands one in each of the halls being used, and around 2,000 students from 15 schools, some as far away as

Newtown and Welshpool visited the event. The people on the two stands spoke to around 650 people, mainly students but some teaching staff too.

We were able to tell the pupils how valuable volunteering is to gain life experiences, show support for the local community, employers like to see community work on a CV and the Welsh Baccaulaureate, even at Foundation Level, require young people to do a minimum of 15 hours voluntary work.

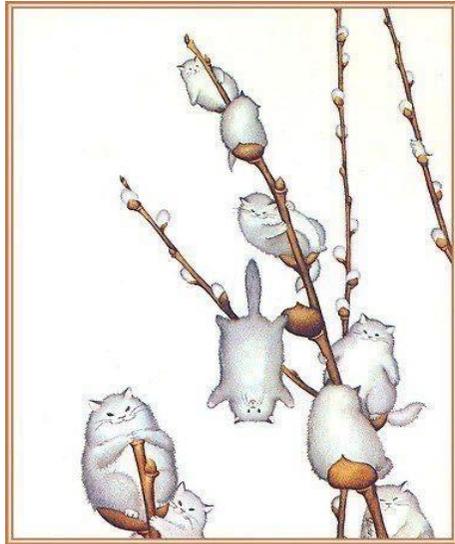


## Rural Business Awards

Laura and Dave went along to Manchester for the finals of the above awards and were surprised and delighted to be runners up. This is a great achievement for LWCT as we were competing against some other stunning projects. We cannot thank enough our group of wonderful staff and volunteers for all their hard work and dedication and our members without whom we could not be enjoying the success we currently are, thank you from the bottom of our hearts.



## Pussy Willows



A Polish legend tells the tale of tiny kittens oh so frail,  
Along the river's edge they chased with butterflies they played and raced.  
They came too close to the river's side and thus fell in, their mother cried.  
What could she do but weep and moan? Her babies' fate was yet unknown.

The willows by the river knew just what it was that they must do,  
They swept their graceful branches down into the water all around,  
To reach the kittens was their goal; a rescue mission heart and soul.  
The kittens grasped the branches tight the willows saved them from their plight.

Each springtime since, the story goes willow branches now wear clothes.  
Tiny fur like buds are sprung where little kittens once had clung,  
And that's the legend, so they claim, how Pussy Willows got their name.

## Suzie

Suzie liked a cocktail for it showed a bit of class.  
She liked them served with elegance and some sugar round the glass.  
Her favourites were with brandy, or with vodka, rum or gin  
And for her they marked the moment when her evening would begin.

She sat upon a tallish stool and held her glass up high.  
Her dress showed her best assets and a large part of her thigh.  
She eyed the men around her, and when she had made her choice  
She ordered one more cocktail in her very sexy voice.

Then she would look quite pointedly at the beau who pleased her eye  
If he responded she would sit and make a little sigh.  
Soon she'd accept a cocktail and look him over inch by inch  
Then when he least expected it she'd give his bum a pinch.

## By Clive Sanders

### Best Knock, Knock Joke Ever

Three brothers aged 92, 94, and 96 live in a house together. One night the 96 year old draws a bath, puts his foot in and pauses. He yells down the stairs 'Was I getting in or out of the bath?'

The 94 year old yells back, 'I don't know, I'll come up and see. He starts up the stairs and pauses, then he yells, 'Was I going upstairs or coming down?'

The 92 year old was sitting at the kitchen table having coffee and listening to his brothers. He shakes his head and says 'I sure hope I never get that forgetful.' He knocks on wood for good luck, then he yells, 'I'll come up and help both of you, as soon as I see who's at the door'.

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Dave Brown

**Directors:**

Pat Dryden

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Laura Burns

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