

**Cludiant Cymunedol**  
**Llanwrtyd**  
**Community Transport**



**NEWSLETTER**

**Edition 16**

**June 2020**

Hi everyone

I hope this edition of the newsletter finds you well and you've managed to avoid the virus, and are enjoying the warm weather.

I'm sure you will all know the song Waltzing Matilda, Australia's best known folk song, but it's relatively recently that I learned that Waltzing Matilda refers not to a dance (which you could be forgiven for thinking) but to the act of carrying your bedroll (or swag) as you ramble along. A swagman is a traveller or tramp, perhaps doing a bit of work here and there on his way from A to B, and his treasured possession in his bedroll.



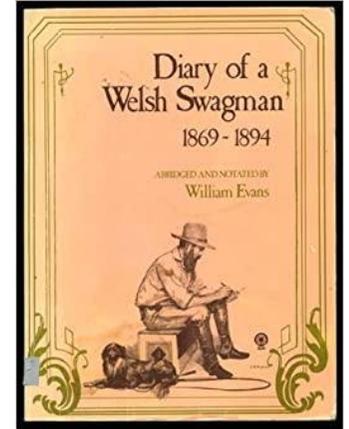
This is just a bit about a Welshman called Joseph Jenkins who went to Australia and became a swagman. Joseph was born in 1818 at Blaenplwyf Cardiganshire and was one of twelve children. He lived on his parent's farm until he married in 1846 and then began farming at Trecefel, Tregaron, where he and his wife had nine children.

Joseph was an intelligent man who wrote poetry and specialised in the Welsh verse form named englynion, which were three line poems at that time. He entered the Eisteddfod each year to compete in the poetry section which he won on many occasions, and became a successful

farmer and leading figure in the community. Trecefel was judged the best farm in Cardiganshire in 1857.

Suddenly at the age of 51 years old he decided to up sticks, leaving his wife and family, and emigrate to Australia where he stayed for 25 years, returning home again in 1894, four years before he died. He arrived in Port Melbourne on March 22<sup>nd</sup> 1869 and joined scores of other swagmen on the road. During his time in Australia he lived mainly in Maldon, Ballarat and Castlemaine in Central Victoria. It isn't known why he took the decision to emigrate although there are lots of suppositions to what the reason could have been.

Whilst travelling as a swagman, he kept well detailed diaries, which gives a fascinating account of life in the bush during the 19<sup>th</sup> century. They tell how he mainly worked as an itinerant manual labourer for up to 16 hours per day. Amazingly he still found time to write his diary each day and outlined his daily tasks interspersed with poems and comments on social and political issues of the time. He commented on such topics as farming practice, availability of work, costs of food, hut building, health and toothache and other everyday practicalities of life.



The diaries, consisting of 25 volumes, were discovered 70 years after Jenkins' death in the attic of one of his descendants in Wales. Since being published in 1975 as *Diary of a Welsh Swagman*, Jenkins' writings have become a popular Australian history text.

**Once a jolly swagman camped by a billabong  
Under the shade of a Coolibah tree.  
And he sang as he watched and waited 'til his billy boiled  
You'll come a waltzing Matilda with me.**



The month of June brings a full Strawberry Moon on Friday 5<sup>th</sup>, so called because the strawberries are in season and we can all go and 'pick our own'. It is also sometimes called the Rose Moon or Mead Moon, mead of course being made from honey, and here's a little bee-keepers' saying, mid-17th century; meaning that the later in the year it is, the less time there will be for bees to collect pollen from flowers in blossom.



A swarm of bees in May is worth a load of hay.  
A swarm of bees in June is worth a silver spoon.  
A swarm of bees in July isn't worth a fly.



It also brings the Summer Solstice which this year falls on Saturday June 20<sup>th</sup>, marking the beginning of summer in the northern hemisphere. This day will give us the longest period of sunlight and the shortest hours of darkness in the year, and of course is the reason many people travel to Stonehenge to celebrate the season. June was named after the Roman goddess Juno, the wife of Jupiter, and she was considered the goddess of marriage, which is why there were traditionally many weddings in the month of June.

Ah, happy day, refuse to go!  
Hang in the heavens forever so!  
Forever in mid-afternoon,  
Ah, happy day of happy June!

**Harriet Elizabeth Prescott Spofford (1835–1921)**

Gemini and Cancer are the star signs for June, June birth flowers are the Rose and the Honeysuckle. Birthstones are Pearl, Moonstone and Alexandrite. It's an unusual fact that no other month begins on the same day as June in any year.

It is the month of June  
The month of leaves and roses.  
When pleasant sights salute the eyes  
And pleasant scents the noses.

**N P Willis 1807 – 1867**



I hope you've enjoyed all these snippets. Keep safe and blessings to you all. Pat.

## Dana's Angels

Below is an update from Dana Conlin regarding the scrubs etc that she and fellow machinists are making for our local hospitals. Yet another demonstration of the wonderful community spirit there is in Llanwrtyd Wells and surrounding villages. Sincere thanks to everyone concerned in any way with this project, you truly are Angels.

'We have now raised a total of £2,881 to date, with more donations from the public and extra thanks to Green Events and Grapevine who came to our rescue when funds were running out, along with more nans of fabric from people.

Eionne Greenough is working with us in the background making sturdy patterns, and is using his upholstery skills to cut out fabric and make scrub trousers for us. We have now made a total



of 60 gowns for Llandrindod Hospital, also scrubs for Prince Charles Hospital, Macmillan Palliative Care Powys, and are in the process of making 70 sets of scrubs for Hereford Hospital ICU.

We are getting lots of requests for face masks since the Prime Minister's announcement including from the general public who would like some properly made masks



even though they aren't medical grade.

We have produced over 100 sets of scrubs, 280 patient bags, and Lindsey Greenough is making, by request of Aneurin Bevan small personal bags for possessions of deceased patients. We have sent 40 facemasks to a nursing home,



as the staff prefer them to the disposable ones and feel more comfortable. We put a heap filter insert into ours which can be removed and replaced or washed.

We have received photos of staff wearing our scrubs, which has given us a boost to continue our work, as did the articles printed in the newspapers. It is hard work

and everyone is feeling tired. Following on from the announcement that the 400,000 items from Turkey had to be returned we've had an influx of orders. We have had so many lovely messages from people who have received our items, we are all so grateful for those, and it helps us to keep going and we know we are still helping.'



The COVID 19 pandemic is an anxious time for everyone, however for people who are living with a cancer diagnosis, caring for someone who has cancer or for someone who has experienced bereavement the challenges are even greater. At The Bracken Trust we continue to provide nurse support and counselling remotely via telephone and information technology methods, despite our Centre being closed for face to face consultations. We are also able to refer to other health and social care professional services, as appropriate and can supply cancer related publications in a variety of mediums from our information hub. If you are affected by cancer in any way and feel you would like to discuss your needs, please do not hesitate to contact the nurse team on 01597 823646 or email [nurse@brackentrust.org.uk](mailto:nurse@brackentrust.org.uk)

### Red Kite Credit Union

Just a reminder that although Llanwrtyd Community Centre is closed at the moment, if you want to make any enquiries about **Red Kite Credit Union** please let us know. You can do this by emailing [laura@llanwrtydcommunitytransport.org.uk](mailto:laura@llanwrtydcommunitytransport.org.uk), or 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.

### An Irish Prayer

May God give you:

For every storm a rainbow, for every tear a smile

For every care a promise and a blessing in each trial.

For every problem life sends, faithful friends to share

For every sigh a sweet song and an answer to each prayer.

### Update on LWCT

There have been a few changes since our last newsletter which you might like to know about. Laura Burns has become our General Manager, and will be fully responsible for the day to day management of Community Transport and Events Recycling. We welcome our new Director, Stephen Hawkes, who has been involved with LWCT for many years, mainly as part of our Sports Care Plus arm, but also for the last 10 months working alongside Laura on our accounts and governing compliance, so as well as Director, he also has the title of Compliance Officer.

We are in the process of moving premises, and need a fair amount of room to house our mini buses and recycling bins, plus an area to do vehicle maintenance and repairs, and of course office space. We were unfortunately unable to find premises locally that were available, suitable and big enough, so we have moved our operations from Cilmerly to Builth Wells. We shall however still be using the Llanwrtyd Community Centre based at the station once we are given notification by the government that it is safe to do so, and would love to see our services there expanded. From June 1<sup>st</sup> 2020 our new contact details are; Lion Garage, Castle Street, Builth Wells. Email: [Laura@llanwrtydcommunitytransport.org.uk](mailto:Laura@llanwrtydcommunitytransport.org.uk), Phone: 01982 552727.

As you all know, our school bus runs, shoppa bus service and Heart of Wales Coffee Club have all been suspended due to the Covid-19 virus and social distancing. We are however still providing a service using our wonderful volunteer

drivers, and can collect and deliver prescriptions, shopping and pre ordered take away food, which can be done free of charge due to some grants we have secured.

We are also still taking people to medical appointments, either locally or further afield like Hereford, Cardiff and other places, and the good news is that although there is usually a charge for this service we can provide the service free at the moment due to a generous donation from Friends of Healthcare in Builth & District.

If you feel there is any way at all that we can help you at this very difficult time, please just call for a chat and we'll try and help in any way we can.

Meanwhile we would like to remind you that we are here to support every one of you if you think there is absolutely anyway we can help during this difficult time, this includes all age groups, businesses and the self-employed.

Sincere thanks to all our lovely volunteers and supporters, we can and will get through this together.

**If you would like to use the services of our volunteer drivers, please contact Laura Burns on 01982 552727.**

### **Frontline Workers**

I'd just like to make mention of our wonderful frontline workers during this difficult time with the virus, and say a great big Thank You one and all. Rather than name groups, because I'm certain to leave someone out, I think suffice to say 'Thank You' to everyone who is helping to keep us safe and ensuring we have all we need.

'Thank You' for risking your lives and that of your own families to care for us and to ensure we have food for our tables. I'd also like to say a Very Big Thank You to our own volunteer drivers and other volunteers locally who are shopping and prescription delivering for local people, you are very generous and it is much appreciated at this extremely difficult time.

Please continue to only leave home if you absolutely must, the sooner that message gets across to everyone the sooner this will be over and we can all get back to normal. Please stay safe everyone.

### **Ode to a Cow**

When life seems one too many for you, go and look at a Cow.  
When the future's black and the outlooks blue, go and look at a Cow.  
For she does nothing but eat her food and sleep in the meadows entirely nood,  
Refusing to fret or worry or brood, because she doesn't know how.

Whenever you're feeling bothered or sore, go and look at a Cow.  
When everything else is a fearful bore, go and look at a Cow.  
Observe her gentle and placid air, her nonchalance and savoir faire.  
Her absolute freedom from every care, her imperturbable brow.

So when you're at the end of your wits, go and look at a Cow.  
Or when your nerves are frayed to bits, and wrinkles furrow your brow;  
She'll merely moo in her gentle way, swishing her rudder as if to say;  
'Bother tomorrow! Let's live for today! Take the advice of a Cow.'

The Old Farmer's Almanac - 1936

### **HOMELESS HOPE FOOT HEALTH- UPDATE**

My very good friend Mandy has sent me the following update on the Homeless Hope Foot Health Service.

The government's restrictions which have been put into place for COVID-19 have dictated that we are still not allowed to go back out onto the streets of South Wales to provide basic foot care to homeless people.

We were able to share what donations we had with Helping Our Homeless Wales so any of your donations would have been shared with homeless people and we are immensely grateful to you for your support.

Quite a few homeless people were housed in hotels at the start of COVID-19 thanks to government investment but this was only a short term temporary arrangement and we have already seen many of our homeless friends returning to the streets for one reason or another.

Our [Amazon Wishlist](#) has purposefully been kept to essential items only; all items are what the homeless use daily. Tents, tarpaulin, sleeping bags, rucksacks, socks, pants and of course the all important waterproof footwear. If you would like to purchase from the wish list, please click on the blue Amazon Wishlist at the beginning of this paragraph.

We are grateful for all support which is afforded to us, even if that means you telling all of your family and friends about the great work that Homeless Hope are doing; this will undoubtedly help in raising awareness of homelessness and will of course bring some sort of benefit to a homeless person.

With best wishes from all at Homeless Hope.

### A Lottery Win

By Clive Sanders (from an idea by Robert Gardner)

The door to our billet burst open, as Jim shouted out the good news,  
That he'd won lots of cash in a lottery, and was going to spend all on some booze.

We joined in his loud celebrations, and inquired to the size of his win,  
But all he would say was £1,000, and he planned to spend most on some gin.

The next day we all helped with the planning, especially which girls we'd invite.  
The good looking girls with bright futures, or those who would stay for the night.  
Jim said that he's take either option, for his wealth would attract just the best,  
Knowing the girls that Jim went for, we knew it would be the biggest chest.

Next morning we woke to Jim's groaning, his headache was sad to behold.  
We'd all had a night to remember, and he'd paid for all the drinks that were sold.  
Eventually someone asked Jim the question, had he spent more than we'd guessed,  
He said "£900 on women and booze, and then he'd just squandered the rest."

### Lemon Barley Water

This makes a lovely cold non-alcoholic drink for all the family and is packed with vitamin C. You may want to double up on quantity depending on fridge space and the number in your family, but here is the basic recipe:



Place 1oz pearl barley and 2pints cold water into a saucepan and bring to the boil, simmer gently for one hour. Strain through a sieve and discard the barley (unless you have another use for it). Whilst still hot, add to the barley water 2oz of caster sugar and stir to dissolve, cover and leave to cool.

Take the juice of two un-waxed lemons that have had their skins washed, and finely grate the peel or thinly peel with a potato peeler or sharp knife. When the barley water has cooled, add the lemon juice and rind, stir well and leave for 30 minutes after which take out the lemon rind and discard.

Taste the water and add more water or lemon juice to taste. If it is not sweet enough, add a little runny honey or syrup and swish to mix with a balloon whisk. Pour into washed screw top wine bottles and refrigerate. Before serving gently shake the bottle to mix the ingredients. Serve in tall glasses with a slice of lemon or lime and a few mint leaves if you have any.



It's worth experimenting by mixing lemon and orange juice or even grapefruit and adjusting the sugar to compensate. Enjoy!!

### Did you know?

- Eskimos use refrigerators to keep food from freezing.
- The sentence "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
- Lightning strikes men about seven times more often than it does women.
- Women make up 49% of the world population
- The electric chair was invented by a dentist

**Directors:**

Pat Dryden  
June Parkinson  
Stephen Hawkes

**General Manager:**

Laura Burns

**Contact Details:**

Llanwrtyd Community Transport and Events Recycling  
The Lion Garage, Castle Street,  
Builth Wells, LD2 3BN

: 01982 552727

: [laura@Llanwrtydcommunitytransport.org.uk](mailto:laura@Llanwrtydcommunitytransport.org.uk)

: [www.llanwrtydcommunitytransport.org.uk](http://www.llanwrtydcommunitytransport.org.uk)

Llanwrtyd Community Centre  
The Old Station Buildings  
Station Road  
Llanwrtyd Wells  
LD5 4RP

: 01591 610789

: [llanwrtydcommunitycentre@gmail.com](mailto:llanwrtydcommunitycentre@gmail.com)

VAT Registration No: 132160853  
Company Registration No: 7924691



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