

Prosiect Cludiant Cymunedol Llanwrtyd



Llanwrtyd Wells Community Transport Project

# NEWSLETTER

Edition 12

February 2020

Hi everyone and here we are with our February Newsletter.

February is the second month in the year according to the Julian and Gregorian calendars, and is the shortest month with only 28 days, although 2020 is a Leap Year so has 29 days. Perhaps you think I'm stating the obvious; however in the old Roman calendar, January and February didn't exist. The winter season was unnamed, a monthless period, and the year consisted of only ten months. January and February were added around 700BC by Numa Pompilius, the second King of Rome.

Being the shortest month of the year February often passes without a full moon as occurred in 2018. February is considered the third and last month of winter in the northern hemisphere and the last month of summer in the southern hemisphere.

The name February comes from either Februus, the name of the old Roman god, or from Februa which signifies the festivals of purification celebrated in Rome on February 15<sup>th</sup>. The Anglo Saxon name for the month was Solmonath meaning mud month, although some take the meaning of the name to be Sun Month, the month when the sun seems to be coming back from its winter retreat. That does sound feasible since sol means sun in Latin, plus according to the Venerable Bede, February was known as Cake Month, the month when Anglo Saxons offered cake to their gods.

The following poem is a little play on words, see what you think;

### February Fills Dikes by William Barton

February fills dikes, overflows fields and streams, turns paths to slippery ooze.  
Petulant winds crease the surface of the lake and agitate the fast flowing river.  
Hail and sunshine play follow-my-leader across a shifting sky where lazy seagulls swing.

Gorse brags bright yellow flowers, on hawthorn hedgerows, buds swell with red tips  
and tight clusters of dark green leaves. Daffodils force green shoots through layers  
of leaf mould.

Moss creeps and bark rots on fallen trees. New stems and shoots glow red in the  
setting sun.



Above is the Victorian painting named 'February Fill Dyke', painted by Benjamin Williams Leader (1831 – 1923) and first exhibited in 1881. I understand the painting is now in the hands of Birmingham Museum Trust.

Of course February also brings Shrove Tuesday or pancake day, which is the traditional feast day before the start of Lent which is the following day, Ash Wednesday. Lent is the 40 day period leading up to Easter and was traditionally a time of fasting.

On Shrove Tuesday a bell would ring to call Anglo Saxon Christians to confession, where they would be shriven (absolved from their sins). Shrove Tuesday always falls 47 days before Easter Sunday, so varies from year to year, however in 2020 it falls on February 25<sup>th</sup>.

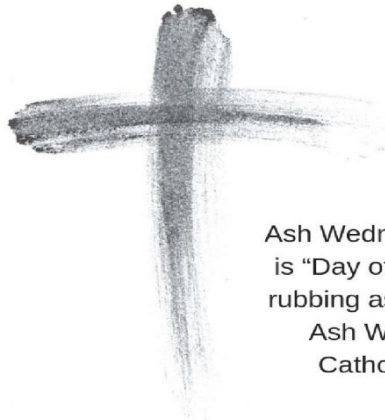
Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients. The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old:

"And every man and maide doe take their turne, and tosse their Pancakes up for feare they burne." (Pasquil's Palin, 1619).

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year;

Eggs	Creation
Flour	The staff of life
Salt	Wholesomeness
Milk	Purity

In some countries they celebrate Mardi Gras which is the same day as pancake day and for the same reason to use up all the food in the home ready for the fasting. Mardi Gras dates back many thousands of years to pagan spring and fertility rites including the raucous festivals of Saturnalia and Lupercalia. Mardi Gras Festivals take place mainly in Catholic countries. Shrove Tuesday is followed by Ash Wednesday, the day the fasting begins.



## What is *Ash Wednesday?*

Ash Wednesday is the first day of Lent. Its official name is "Day of Ashes," so called because of the practice of rubbing ashes on one's forehead in the sign of a cross.

Ash Wednesday and Lent are observed by most Catholics and some Protestant denominations.

I hope you've found this of interest. If ever you think of something that I can research and write about for the newsletter please let me know

Blessings

Pat

### Local Events

February 1<sup>st</sup>, Lord Crawshaw Walk

February 29<sup>th</sup>, St David's Day Coffee Morning in the Heritage Centre 10am until 12noon

### Llanwrtyd Wells Volunteer Bureau

Michiel Blee from PAVO and I met with representatives of 11 local voluntary groups in the Heritage Centre on Tuesday January 21<sup>st</sup> to explain about the benefits of putting their volunteering opportunities onto the website. Michiel showed everyone the PAVO Volunteering website, and reps were interested and asked lots of questions. I've since followed that up with an email to all attendees and the ones who gave apologies with a link to the website and full explanation of how to proceed. I am of course here to help if anyone is having difficulties.

If you are a member of a voluntary group in this area and were unable to attend but would like to know more, please email me or give me a call. Likewise if you are interested in getting involved in the community, please let me know and we can meet up without any obligation whatsoever. We are covering the whole surrounding area including Builth Wells and are not just confined to Llanwrtyd. **For further details please email Pat Dryden at [llanwrtydcommunitycentre@gmail.com](mailto:llanwrtydcommunitycentre@gmail.com) or phone on 01982 552727.**

Michiel and I also went along to the afternoon assembly at Builth High School on Wednesday January 22<sup>nd</sup> to explain to 100+ year 10/11 students the benefits in volunteering for their CVs and applications for places at University. The meeting went very well, and the Headmaster followed our session by explaining how widening their experiences and horizons can lead to more confidence and better employment prospects, all in all a very good meeting.

### LCT Heart of Wales Coffee Club

Just a reminder that we are open each Tuesday and Thursday between 10.30am and 1pm you can be assured of a very warm welcome. We are particularly keen to get some board games going, especially on Tuesdays, so if this appeals to you, please come on down.

On Thursday January 23<sup>rd</sup> Rob Thomas, one of the trustees with the heritage centre very kindly came along to give us a talk on the Coming of the Railway. The talk was very interesting and very well supported with standing room only for most of it. Rob showed on screen some wonderful photographs of old steam trains and of the stations along the Heart of Wales line at various periods from the 1800s to the

present time. I'd like to take this opportunity to thank Rob for spending time with us and making the talk so interesting.

We have another talk on Thursday February 20<sup>th</sup> beginning at 11am, from the LWCT Heart of Wales Coffee Club Chairman, Eifion Lloyd. Eifion will be telling us about the Zulus and the Battle of Rorke's Drift which took place in 1879. This promises to be an excellent talk, so please come along and offer your support.

On February 26<sup>th</sup> a group from the coffee club are going to the Wyeside Theatre in Builth Wells to see Breabach, a Scottish folk band who play an eclectic array of instruments and music.

The club is for all age groups and for anyone from the surrounding areas. Don't forget also that if you live within a two mile radius of the centre we can supply free transport if it's difficult for you to get to us.

For further details about the centre or red Kite Credit Union, please leave a message for **Sue Williams on 01591 610789**. To take up the offer of free transport, please call **John on 07956 091242**.

### Love's Philosophy

The fountains mingle with the river and the river with the ocean,  
The winds of heaven mix forever, with a sweet emotion;  
Nothing in the world is single; all things by a law divine  
In one spirit meet and mingle, why not I with thine?

See the mountains kiss high heaven and the waves clasp one another;  
No sister-flower would be forgiven if it disdained its brother;  
And the sunlight clasps the earth and the moonbeams kiss the sea:  
What is all this sweet work worth if thou kiss not me?

**Percy Bysshe Shelley (1792 – 1822)**

### Transport

If you need to attend a medical appointment, visit the vet with a beloved pet, go on a shopping spree, or visit family and friends, then why not enquire about our volunteer driver scheme? We can also provide mini bus hire if you and a party of friends/colleagues need to go somewhere. 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 01982 552727 or 07767 771489**.

### Shoppa Bus Timetable

Builth Wells each Monday

Llandrindod Wells first Friday of each month

Llandovery second Friday of each month

Brecon third Thursday of each month

Carmarthen last Wednesday of each month

Builth Wells and Llandrindod Wells alternate Fridays (call office for details)

**Current scale of charges are as follows:**

Destination:	Collection from Llanwrtyd Wells:	Collection from Llangammarch Wells
Builth Wells	£7.50	£6.50
Llandrindod Wells	£8.50	£7.50
Llandovery	£6.00	£7.00
Brecon	£9.75	£9.00
Carmarthen	£11.25	£12.00

If you would like to use the Shoppa Bus service please call **John on 07956 091242**.

## Desiderata

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Max Ehrmann

## Events Recycling

It has been pretty quiet during January for events recycling, but as the warmer months come along we shall get more calls for our services.



If you or someone you know is involved in arranging an event, please make contact with us for a quote. Phone **Laura or Dave on 01982 552727 or 551295.**

## Llanwrtyd Eisteddfod

The AGM of the Llanwrtyd Eisteddfod takes place on February 6<sup>th</sup>, all are welcome. If you would like to get involved with the Eisteddfod please call Susan Price on 01591 610303.

Saturday September 26<sup>th</sup> 2020 is the 70<sup>th</sup> anniversary of the Eisteddfod here in this little town, so although it's some months away, please put that date in your diary and if you can, go along and show your support. I think it is essential to keep these wonderful local traditions alive, don't you?

## 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.

If you would like any further information, to look around or to make a booking, please call **Pat Dryden on 07881 951510 or leave a message for Sue Williams on 01591 610789 (the centre's answerphone), or email Pat on [llanwrtydcommunitycentre@gmail.com](mailto:llanwrtydcommunitycentre@gmail.com)**

THE BRACKEN TRUST CANCER SUPPORT  
SERVICE IS COMING TO LLANWRTYD  
WELLS .....



WEDNESDAY 5<sup>TH</sup>  
FEBRUARY 2020

12.30 UNTIL 2.30PM

THERE WILL BE A BRIEF PRESENTATION ABOUT THE  
SUPPORT WE OFFER, THEN THE IMPORTANT PART,  
WHICH WILL BE THE OPPORTUNITY FOR YOU TO TELL  
US WHAT SERVICES YOU WOULD LIKE THE TRUST TO  
PROVIDE AT YOUR LOCAL FACILITY



CHARITY NUMBER 1059668

COMPANY NUMBER 3206048



IF YOU ARE LIVING WITH  
CANCER, SUPPORTING  
SOMEONE LIVING WITH  
CANCER OR HAVE SUFFERED  
A CANCER RELATED  
BEREAVEMENT AND THINK  
YOU NEED SUPPORT, PLEASE  
COME ALONG ....

WE WOULD ALSO LOVE TO  
SEE HEALTH CARE  
PROFESSIONALS, AND  
ANYONE INTERESTED IN  
VOLUNTEERING....

JOIN US IN  
THE DOCTOR'S SURGERY,  
LLANWRTYD WELLS  
BETWEEN 12.30 -2.30 FOR  
AN INFORMAL COFFEE, LIGHT  
REFRESHMENTS, TASTER  
THERAPY & A CHAT

FOR MORE INFORMATION  
PLEASE CONTACT HELEN,  
ANN OR KATE ON THE  
NUMBER BELOW, OR SEE OUR  
WEBSITE  
THANK YOU.

THE BRACKEN TRUST CANCER  
SUPPORT CENTRE

Cefnlllys Lane  
Llandrindod Wells  
LD1 5LJ

[info@brackentrust.org.uk](mailto:info@brackentrust.org.uk)

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

01597 823646

### School Run Driver Required

We are looking to hire a driver to convey children to school. The successful applicant would ideally have a D1 entitlement on their licence. Salary is above the national minimum wage, paid holiday entitlement, pension scheme (if applicable).



As this is a school run, it will be for term time only, but extra work may be available during the holidays. Training will be given in all aspects of the job. This will be for approximately 20+ hours a week (depending on your location). You will be required to have an enhanced DBS check prior to commencing work.

Closing date for applications is Friday February 7<sup>th</sup>.

**For more information or to apply, please contact Laura on 01982 552727 or email [laura@llanwrtydcommunitytransport.org.uk](mailto:laura@llanwrtydcommunitytransport.org.uk)**

### Volunteer Drivers Required

We are also 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.

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 01982 552727 or email [laura@llanwrtydcommunitytransport.org.uk](mailto:laura@llanwrtydcommunitytransport.org.uk)**

**Managing Director:**

Dave Brown

**Directors:**

Pat Dryden

June Parkinson

**Operations Manager:**

Laura Burns

**Contact Details:**


Llanwrtyd Community Transport and Events Recycling


The Tunnel Site

Cilmerly

Builth Wells

LD2 3FL

: 01982 552727/551295

: [comtrans@btconnect.com](mailto:comtrans@btconnect.com)

: [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 Number: 132160853

Company Registration Number: 7924691



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Certified Member