

Prosiect Cludiant Gymunedol Llanwrtyd



Llanwrtyd Wells Community Transport Project

NEWSLETTER

Edition 5

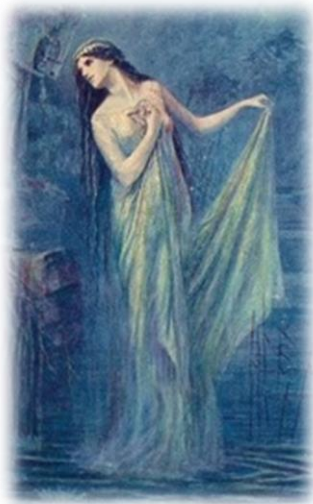
July 2019

Hi everyone

Here we are with our July edition of the Newsletter, and I thought I might begin by reflecting on the visit we made to Myddfai at the end of May. Myddfai is a small village of less than 400 inhabitants, and is steeped in legend. It has been suggested that it could be the birthplace of modern medicine.

There are many versions of the story of the Lady of the Lake and the Physicians of Myddfai who lived and worked there in the 11th and 12th centuries, and who some believe had magical powers.

The story goes that a young shepherd took his flock each day to the shores of Llyn-y-Fan Fach, the lake below the peak of the Black Mountain in the Brecon Beacons, and one day a beautiful young woman arose from the icy waters of the lake. The young man immediately fell in love with her and asked her to be his wife. She agreed to his request but made him promise never to raise a hand to her, as if he did, on the third occasion she would return to the lake and he would never see her again.



They lived together happily as man and wife in a cottage in Myddfai, where the farm prospered and the lady gave birth to three fine sons. Everything was going well and they were very much in love, however, their happiness was soon to be shattered. It began at the christening of their first born when the lady cried because she knew, through her magical powers, that the child would be harmed by the sun. Her husband misunderstood and lightly tapped her, but he immediately apologised and she forgave him.

Some while later they attended a wedding and the lady again cried because she could foresee that the bridegroom was ill and would soon die. Again her husband tapped her lightly. This was followed by the third occasion when they were at the bridegroom's funeral and the lady laughed because she knew his suffering was over and she was happy for him, so her husband tapped her again. The lady turned on her heels and

fled back to the lake taking all her dowry animals with her and leaving her husband and three sons heartbroken and destitute.

The sons had inherited their mother's magical powers, and in one version of the story the lady rose from the lake on two occasions to greet her eldest son Rhiwallon and give him medicinal prescriptions and instructions, plus information on herbs and plants to be used in cures. She told him that his future and that of his descendants was to be healers. In due course Rhiwallon went to the court of Rhys Gryg of Deheubarth where he became a famous doctor as did his sons Cadwgan, Gruffydd and Einion.

The story of the Lady of the Lake, and some of the remedies created by the Physicians, are recorded in the 14th century Red Book of Hergest, one of the most ancient manuscript volumes in existence which is currently under ownership of Jesus College, Oxford and is kept in the Bodleian Library. The story is also recorded in Mabinogion, a collection of Welsh Folk Tales that dates back to medieval times.

We hope you are enjoying reading our newsletter and find it interesting and enjoyable. If you have email, perhaps you would prefer for it to wing its way to you electronically, and if so please drop me a line (kaizentien@yahoo.co.uk) and let me know, you can be sure of getting a copy that way. Also please share with friends and other local people, we want to promote the services we provide for the community and need your help to do this.

Blessings, Pat.

Outings

Unfortunately our outing scheduled for Wednesday June 12th to Fostings Farm at New Radnor had to be postponed because the weather forecast was so bad. It hasn't been rescheduled to date as the weather forecast is so unsettled and of course, the visit would be primarily outside. As soon as another date is fixed we'll let you know, as it will be an opportunity to learn a lot more about alpacas. For those who would like a little walk, there will be opportunity to walk an alpaca, and for those who feel this is not for them for whatever reason, there will be a talk about the animals which I'm sure will be very interesting. The visit for July will take place on Wednesday 3rd to the Thomas Shop Museum at Penybont. I think this will be a fascinating visit, and will take us back to the days when goods were wrapped sensibly and not covered in plastic which takes 100's of years to bio-degrade. There

will also be opportunity to eat in the Engine Room Café. The cost of the visit is £10 for transport, entrance to the museum is free.

If you would like to book a place on this outing, or have any ideas for venues to visit, please call **Ann Brown on 01591 620786**.

Man versus Horse Marathon

The race took place on Saturday June 8th with 60 horses and numerous runners, either singly or in relays taking part. The weather could have been better but the atmosphere was very good and there are loads of photographs and short videos of the event on Facebook.

Our Events Recycling was involved to deal with all the waste; involvement is essential for Llanwrtyd Community Transport as it brings in much needed revenue which in turn helps to subsidise our transport services.

Llanwrtyd Community Centre was also involved as that is where the riders registration took place and our volunteers made and sold refreshments for people taking part in the event. Again, this brings in much needed revenue and raises the profile of LCT. Sincere thanks to everyone who was involved in any way with the event.

Community Transport Association – Impact and Enterprise Seminar

Laura Burns, our Transport Manager, travelled down to London on Monday June 10th to make a PowerPoint presentation the following day by invitation of The Community Transport Association.

Laura making her PowerPoint presentation to the group. →



Laura was joined by representatives of South Pennine and West Norfolk Community Transport Schemes who also gave presentations and question and answer sessions to the 50 plus people present.



Laura having a well-earned break with Martin Clarke of Hackney Community Transport who was organising the event, Kevin Carr of South Pennine and Fiona of West Norfolk Community Transport Schemes

The focus was on running their organisation from a Social Enterprise Approach rather than just relying on grants, and speakers were asked to outline the challenges there had been in providing a service in this way and to predict what the future may hold.

Laura said she had received some very positive comments from the audience, and it was good to hear the ideas of other groups and to share information. Llanwrtyd and district is very fortunate to have this scheme running here. Whereas some groups rely on grants, LCT puts forward innovative ideas as to how they can raise revenue to subsidise the transport services it provides.

As I'm sure you know, LCT not only makes glass cullet from recycled bottles, but also garden and household ornaments for sale. Please have a look at the catalogue on our website, you may be surprised at the range of items we have for sale, money which is all pumped back into the community.

LCT Heart of Wales Coffee Club

Just a reminder that we are open each Tuesday and Thursday between 10.30am and 1pm, and if you pop in you can be assured of a very warm welcome. The club is for all age groups and for anyone from the surrounding areas.

We would love to hear your ideas of how the premises can be used fully do you have any ideas you could share with us? We would like to open for more days, or expand the time we are open by providing a lunch club or something similar. Are there any pastimes you would like to see going on there?

The centre is also a service point for Red Kite Credit Union, and Sue Williams who manages the drop in would be the person to speak to if you have any queries. Don't forget 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, please leave a message for **Sue Williams on 01591 610789**. To take up the offer of free transport, please call **Ann Brown on 01591 620786**

Meeting Rooms for Hire

Please don't forget that we have rooms to hire for meetings, seminars, training days or for family functions.

We have the room used for the drop in which can comfortably seat 20 people and is available any day except Tuesday and Thursday, and a meeting room to comfortably seat 12 people available every day. 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, or to make a booking, please leave a message for **Andrew Cook or Sue Williams on 01591 610789 (the centre's answerphone)**, or email **Andrew on llanwrtydcommunitystation@outlook.com**

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 **Ann Brown on 01591 620786**.

For the benefit of anyone who doesn't know Ann, this is a photo of her on the right I think it's always good to put a face to a name don't you?

Ann does a wonderful job for us in being the contact for both the shoppa bus trips and the monthly outings.

Thank you very much Ann, you're a star 



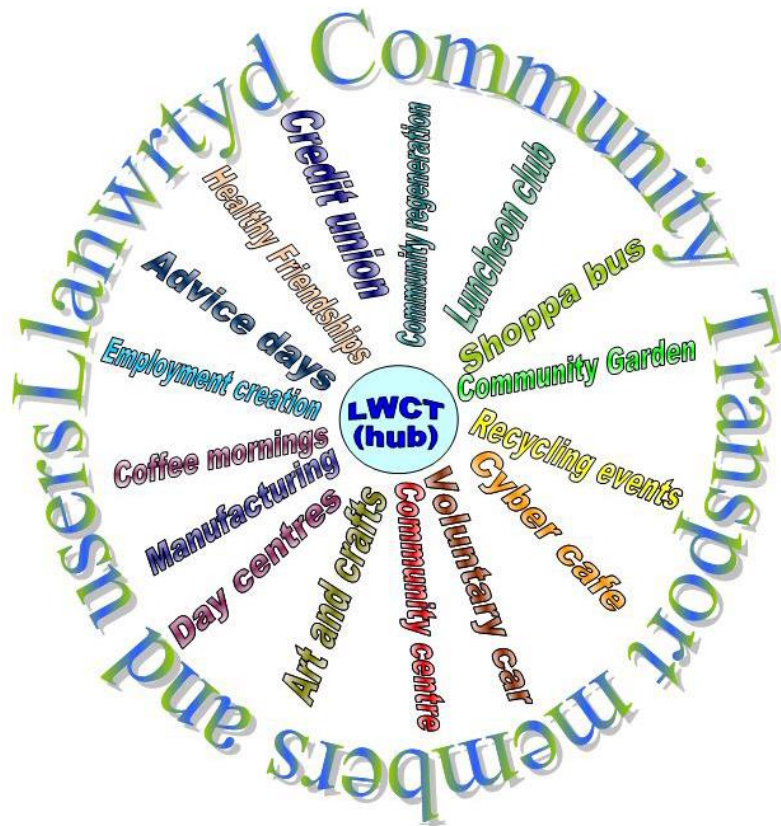
Transport

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, 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.**



Just thinking back to Laura's presentation in London, one lovely comment received was *'the most impressive thing about your work is your pragmatic, can-do attitude towards providing a transport service in the most challenging (albeit beautiful!) geography'*, and I think the following poem is quite apt.

It Couldn't Be Done

Somebody said that it couldn't be done,
But he with a chuckle replied,
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin on his face.
If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

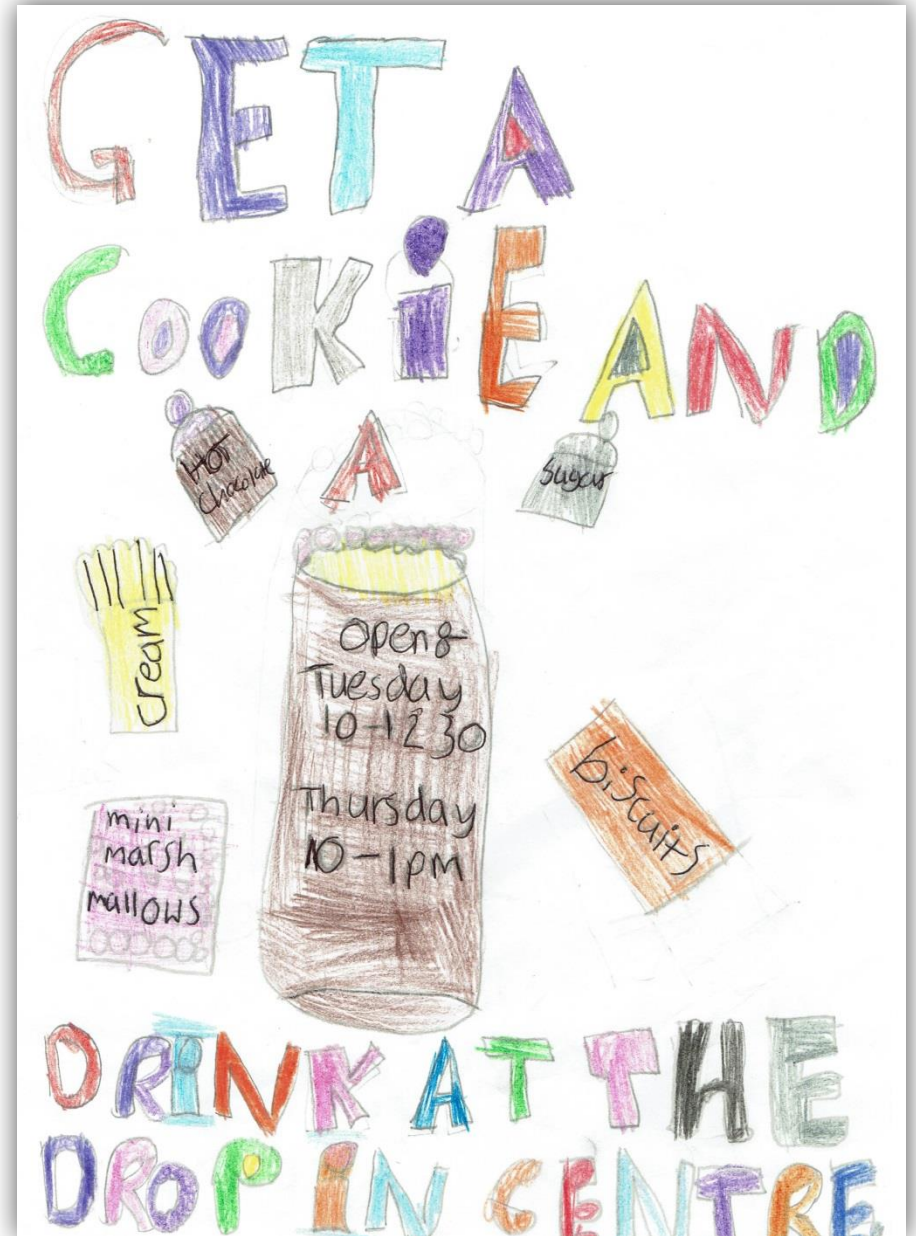
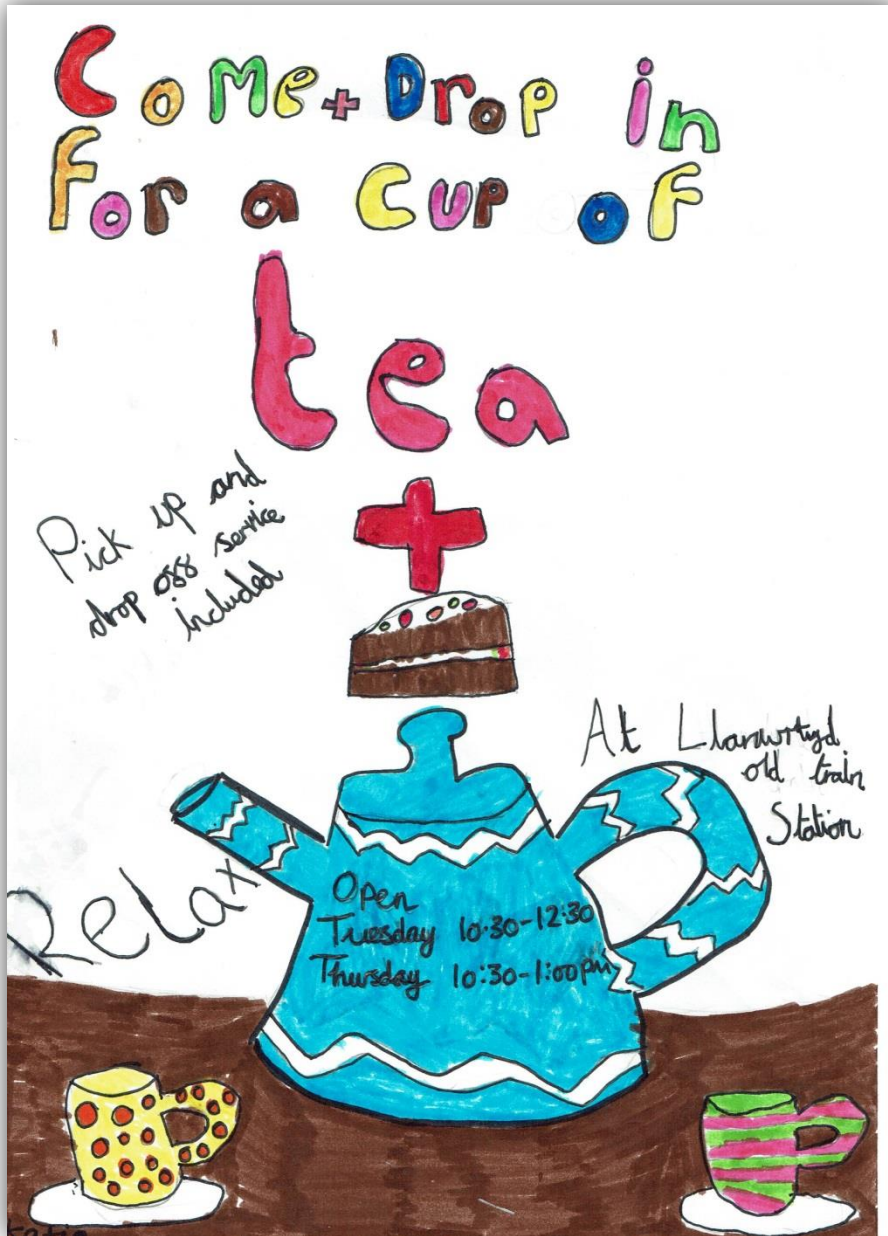
Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you one by one,
The dangers that wait to assail you.
But just buckle it in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "couldn't be done," and you'll do it.

Edgar Albert Guest.

Some of the Artwork done by the pupils of Ysgol Dôlofan.

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