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Llanwrtyd Wells Community Transport Project

NEWSLETTER

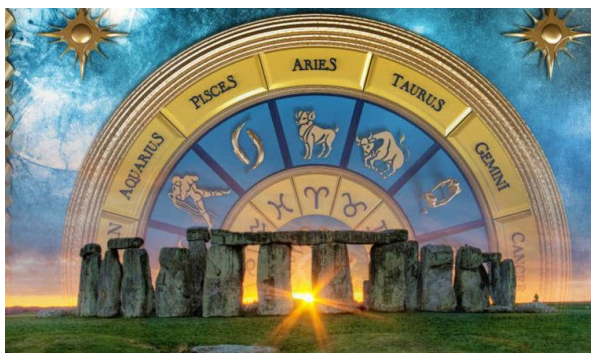
Edition 4

June 2019

Hi everyone

Well here we are in June, so the summer must be here do you think? After a May which threw up all kinds of weather, even a sprinkling of snow, I'm sure we are now all hoping for some warm weather and sunshine.

Friday June 21st sees the Summer Solstice here in the Northern Hemisphere, and is for us the longest day of the year. The term Summer Solstice is derived from Latin and means 'the sun stands still'. It has been and still is of great significance in many cultures, and is celebrated with rituals and festivals. The Summer Solstice happens in the Southern Hemisphere in December, and happens for all locations between the Tropic of Cancer and Tropic of Capricorn. It is often referred to as Midsummer, but some consider it to be the beginning of summer.



June is also the month when our longest running event takes place in Llanwrtyd, the Man versus Horse Marathon, which is this year taking place on Saturday June 8th. The event first took place in 1980, when Gordon Green, the



then proprietor of the Neuadd Arms Hotel, overheard a discussion between two men in his bar about whether a man could run faster than a horse over a significant distance. Gordon decided to try this out over 22 miles of rough terrain and this has now become a yearly event with visitors coming from all

over the world to compete.

The first woman to run the race was Ann King in 1981, and in 1985 cyclists were allowed to compete too. In that year U.S. ladies' champion cyclist Jacquie

Phelan narrowly lost to the first horse. In 1989, British cyclist Tim Gould beat the first horse by three minutes - the first time that a horse had been beaten by a human in the race.

In 2004, the 25th anniversary of the race, it was won on foot by Huw Lobb in just over 2 hours. It was the first time that a man racing on foot had won the race, thereby winning the accrued prize fund of £25,000. That year's race also saw the highest ever number of competitors to date; 500 runners and 40 horses. The feat was repeated in 2007, when human competitors outpaced the first equine competitor by up to 11 minutes. The 2013 race attracted entries of 65 horses, with 44 completing the course, enabling it to lay claim to being "the world's largest horse race".

We hope you are enjoying reading our newsletter and find it interesting and enjoyable. If you have an email address, 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.

Outings

May 29th was the outing to Myddfai Farmers Market and Ystrad Nurseries. Eleven people took opportunity to travel with us, the weather wasn't good, but that didn't spoil the outing.



Sue and Ella enjoying a cuppa at Myddfai.



Some of our party deciding what to buy at Ystrad Nurseries.

Our next outing is scheduled for Wednesday June 12th when we will be visiting [Fostings Farm at Kinnerton, Presteigne](#) where there will be 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 cost of the visit will be £26 in total, which is £11 for the transport and £15 entry to the farm.

The visit for July will take place on Wednesday July 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 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 one of the outings, or have any ideas for venues to visit, please call **Ann Brown on 01591 620786**.

LCT Heart of Wales Coffee Club

On May 16th we had a couple of visitors to the coffee club, Lize from the Welsh Assembly for Wales and Myffanwy who is Kirsty Williams AM secretary. Lize and her colleagues were visiting several venues over Wales asking about the impact of bank closures on individuals and communities. Myffanwy took notes so that Kirsty could get a feeling for people's concerns so she can speak up for local people.

Lize asked all of us present for our opinions, and there were many expressions of concern about the safety of internet banking plus many older people don't have computers. Mobile banking vehicles were touched on; however privacy and accessibility issues were of concern. There was also concern stated for people who may have speech impediments or mental health issues trying to conduct their business over the phone to a call centre, where the worker on the other end might not have the knowledge or experience of staff at the bank, and how much easier it is to do business on a face to face basis. It was generally felt that banks are not providing the service needed by the public in general, most especially in rural areas such as ours.

There was concern shown for the general erosion of services and businesses locally, and examples were given of when the post office closed in Llanwrtyd, the threat of the medical practice closing, closed shops in Builth Wells etc, and the extra mileage to visit a bank in Brecon rather than one nearer home. If a customer doesn't drive then they have to pay someone to take them to the bank. Even if they drive, in a larger town they might not be able to park outside the bank and may be unable to walk from the car park to the bank. Lize was very pleased with the responses she received and is to keep the coffee club abreast of discussions and decisions that take place.

Have you visited the coffee club yet? Please pop down and see us and give details of the club to any friends you might have who could do with getting out into company for an hour or two. We are open every Tuesday and Thursday

between 10.30am and 1pm, 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 Llanwrtyd Community Centre 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**

Cambrian Mountain Tour

On Sunday May 19th, the Epynt Motor Club celebrated its 50th Anniversary with a 150 miles Cambrian Mountain Tour, beginning at the Station in Llanwrtyd and



travelling up to Tal-y-Llyn Lake near Tywyn in North Wales and back. Around 50 cars took part in the tour, modern,

classic, and the odd vintage variety; it was an excellent turn out and tour through spectacular scenery with beautiful weather.

Llanwrtyd Community Centre was hired as the point of registration for the vehicles; and proceeds from the event will go to Wales Air Ambulance and other local charities yet to be decided. We thank the group for using our premises and bringing in much needed revenue which supports our other services, most especially the Heart of Wales Coffee Club.



Meeting Rooms for Hire

Thinking of the Cambrian Mountain Tour, please don't forget that we have rooms to hire for meetings, seminars, training days or for family functions.

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**

Event Recycling

Event Recycling @ LWCT were at the Spring Fair the weekend of May 18th and 19th and a very successful time we had too. We will also be providing recycling and waste management services for the Man versus Horse Marathon on June 8th, and perhaps in the next issue we shall have details of the amount of waste moved and recycled.

If you or someone you know are having an event, please contact us for a quote on managing the waste produced. There is information about what we can supply on our website and here is a link to our [Events Recycling](#) leaflet.

Please call **Dave Brown on 01982 551295** for information and a quote.

Recycled Glass

Here are some ideas for using the glass bottles we collect at events. Please feel free to contact us about the products we have for sale, or to chat to us about your ideas and possible projects. As well as mixing the sharp free glass cullet with resin or concrete to make garden ornaments, the glass can be used in other ways too.



Glass cullet used in the top of planters to discourage slugs and snails and keep the soil moist



Wine glasses made from cut bottles, can be personalised and make an unusual gift.



A feature wall created with bottle bottoms, glass tiles and plaster decorations.

Transport

Our Shoppa Bus Service has once more been well used, and we've helped lots of local people to get to medical appointments and visit friends and family, journeys that might have been very difficult or even impossible without the service we provide. 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.

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

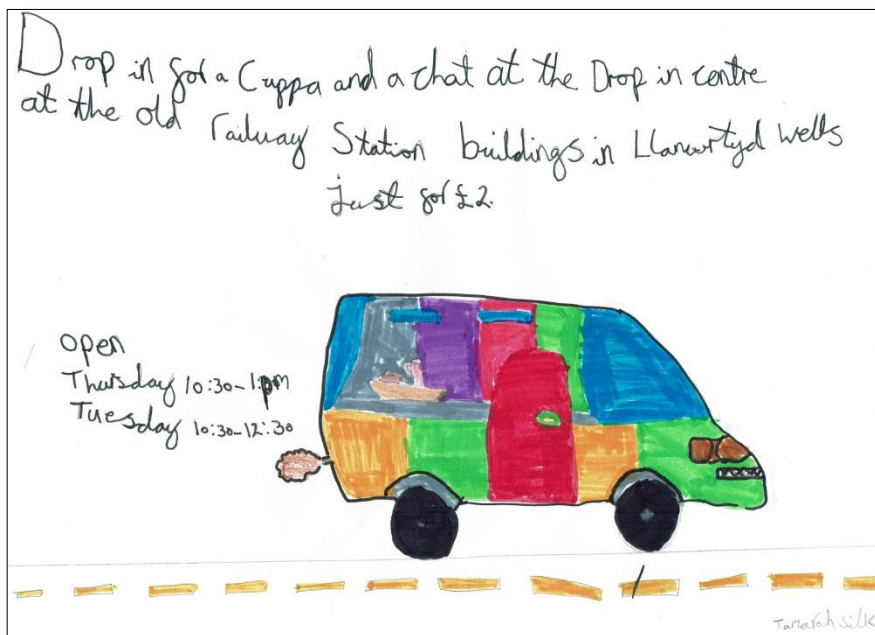
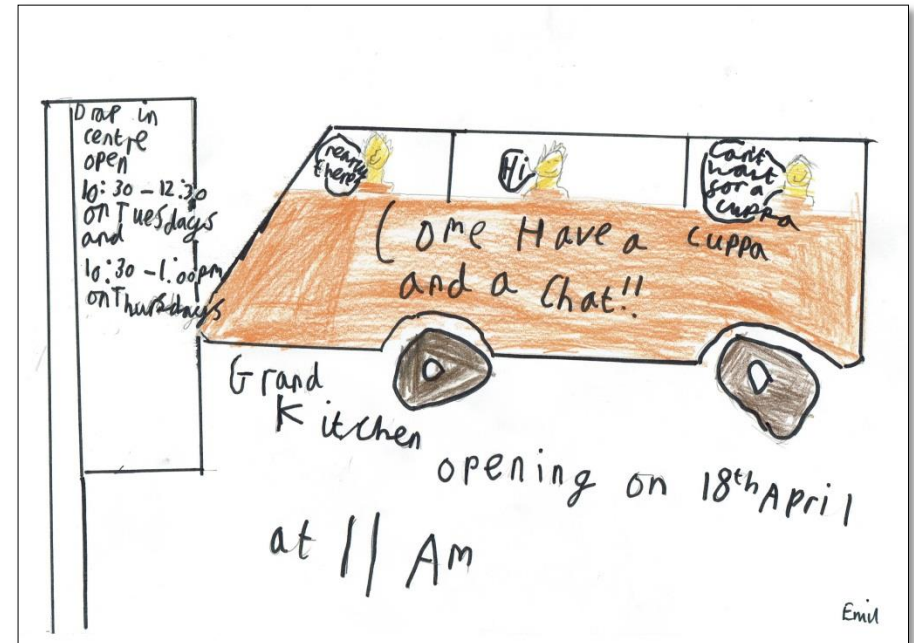
If you would like to use the Shoppa Bus service please call **Ann Brown on 01591 620786.**

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.**

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



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Managing Director:

Dave Brown

Trustees:

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Andrew Cook

Transport Manager:

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Contact Details:

Llanwrtyd Community Transport and Events Recycling

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