

Prosiect Cludiant Cymunedol Llanwrtyd



Llanwrtyd Wells Community Transport Project

# NEWSLETTER

**Edition 8**

**October 2019**

Hi everyone

Here we are again with our monthly newsletter, this one for the month of October. Time passes so quickly and we shall soon be seeing the autumn leaves of red and gold, a truly wonderful sight to see and, in my book, something good to see before the cold of winter eats into our bones.

With the Autumn Equinox, or Mabon named after the God of Welsh Mythology, taking place towards the end of September, October brings Halloween also known as All Hallows Eve, or in the Celtic tradition, Samhain (pronounced sow-inn). Samhain (the Feast of the Dead) originated with the ancient Celts when people would light bonfires, and wear costumes to ward off ghosts. The Celts lived around 2,000 years ago in the area now known as Ireland, the United Kingdom and northern France, and celebrated their New Year on November 1<sup>st</sup>.



Lord Samhain was known as the Lord of Darkness in Ireland and the Lord of the Dead in the Druid religion. Wiccans look at Samhain as the passing of the year and in Scottish Gaelic marks the passing of the harvest season and the beginning of winter, or 'darker half' of the year. In the Pagan calendar it is a very important date, as at this time the veils between this world and others were believed to be thinnest. Traditionally it is celebrated from October 31<sup>st</sup> to November 1<sup>st</sup> as the Celtic day began and ended at sunset.



In the Tara-Skryne Valley in Co Meath, Ireland there is a Neolithic structure built around 3000BCE (BC) and named [The Mound of Hostages](#). This structure is indeed an ancient passage tomb and was used until around 1700BCE and contains estimated 250-500 bodies. This suggests

that Samhain was celebrated long before the Celts went to Ireland some 2,500

years ago. For anyone interested in finding out more, just put the name into Google there is so much fascinating information for anyone with interests on this subject.

Calon Gaeaf is the first day of winter observed in Wales on November 1<sup>st</sup>. The night before is known as Noson Galon Gaeaf or Ysbrydnos. Women and children would dance around a bonfire, writing their names on stones and placing them around the fire. When the fire began to die out, they would all run home because if they stayed, 'Yr Hwch ddu Gwta' (a bad omen taking the form of a headless woman and tailless black sow) would devour their souls. The stones were collected the following morning and any stone missing meant that the person whose name appeared on the missing stone would die within the year.



All Hallows Eve was first adopted by the Christian Church around 1550AD, however it was another couple of hundred years before it became known as Halloween. It is the eve of the Christian holy days of All Hallows' Day, also known as All Saints, or Hallowmas on November 1<sup>st</sup>, and All Soul's Day on November 2<sup>nd</sup>.

The earliest reference to Mischief Night is from 1790 when a headmaster encouraged a school play which ended in "an Ode to Fun which praises children's tricks on Mischief Night. These pranks were originally carried out as part of May Day celebrations, but shifted to later in the year, dates varying in different areas, October 30<sup>th</sup>, the night before Halloween, and on November 4<sup>th</sup>. More recently Trick or Treating has come to the fore where children visit neighbours houses playing tricks if no treats are forthcoming.

I hope you've found all this interesting, Happy Halloween.

Blessings, Pat.

## Annette Brown

I'm sure most if not all of you have heard the sad news that Anne passed away suddenly during the night of Monday September 9<sup>th</sup> and was found by our MD Dave when he went to collect her for the coffee club the following morning.



Anne will be a great loss to the organisation, having been a sterling volunteer for a number of years now. Anne was very well liked by everyone, she was extremely kind phoning around people who usually used the shoppa bus service and joined us on outings to ensure they didn't miss out. Although not in the best of health herself, she went out of her way to help others, and we will miss her very much.

Anne's cremation took place at Hereford on September 26<sup>th</sup>, where family members and close friends gathered to pay their respects. At Anne's request there were only two wreaths, one from her brother the other from LWCT.

Anne's ashes will be interned on Saturday October 5<sup>th</sup> at 11.30am at St Cadmarch's Church, Llangammarch Wells followed by refreshments in Alexandra Hall.

## Outings

The outing to Tenby scheduled for September 17<sup>th</sup> was postponed out of respect for Ann, and is unlikely to take place until spring or summer 2020.

The next outing scheduled is to Brecon on Tuesday October 8<sup>th</sup> where we plan to visit the Cathedral which is a beautiful building well worth a look around, eat in Pilgrim's Tea Rooms then go onto the Regimental Museum of the Royal Welsh Guards. The cost for transport is £10 per person, entry to the Cathedral is free but donations are much appreciated and entry to the Museum is £5 per person.

If you would like to book a place on this outing, or have any ideas for other venues to visit, please call **John on 07956 091242**.

## The Dragonfly (Author Unknown)

Once, in a little pond, in the muddy water under the lily pads, there lived a little water beetle in a community of water beetles. They lived a simple life in the pond with no disturbances or interruptions.

Once in a while sadness came to the community when one of their fellow beetles would climb up a lily pad stem and never be seen again. They knew that when this happened, their friend was dead, gone forever.

Then one day the little beetle himself had an irresistible urge to climb up that stem, however, he was determined he would not leave forever, he would come back and tell his friends what he had seen at the top.



When he reached the top and climbed out of the water onto the surface of the lily pad he was so tired and the sun was so warm that he decided he must take a nap.

As he slept his body changed, and when he awoke he had changed into a beautiful blue tailed dragonfly with a slender body and broad wings designed for flying.

So fly he did! And as he soared he saw the beauty of a whole new world, and a far superior world and life which he never before knew existed.

Then he remembered his beetle friends and thought that they would by now be thinking he was dead. He wanted to go back and explain to them that he was now more alive than he had ever been before. His life had been fulfilled rather than ended.

But, his new body wouldn't go down into the water and he couldn't go back to tell his friends the good news. Then he understood that their time would come, when they too would know what he now knew. So he raised his wings and flew off into his joyous new life.

## Annual General Meeting

The AGM took place on Friday August 30<sup>th</sup>; Dave Brown MD opened the meeting and welcomed everyone. In attendance were Catherine Ketteringham, Andrew Cook, Stephen Hawkes, Laura Burns (Operations Manager), Eifion Lloyd (Chairman of the Coffee Club), Anne Brown, Ella Mountford, and me, with apologies from June Parkinson and Sue Williams.

All finances were discussed and how the organisation is in a comfortable financial position; however there is no time to rest on our laurels as to survive and provide the services we do to the local community, we need to raise around £300,000 each year.

We need therefore to expand our recycling services, loaning out of Shiva our Indian Goddess, and we need more people to attend our coffee clubs, use the shoppa buses etc. to bring in extra revenue. We are trying to gain more interest in our Tuesday Coffee Club in particular and one of the things we are considering is a Bridge Club, so if you or anyone you know can play or would like to learn, please make contact with Sue Williams.

The other thing we need to do is sell more of our garden furniture and glass cullet. Please don't purchase from garden centres until you have had a look at what we have on offer, remember, we can only keep these services running with your support, and every penny raised by LWCT goes into providing services for the local community.

We are planning to set up an online shop, most probably through eBay where you'll be able to view what we have on offer. Glass cullet can be used in several ways from simple things like putting on the top of garden pots to suppress weeds and slugs, to using in eco paving to make stunning driveways or landscaping. There are lots of ideas [on our website at this link](#)

We are also in need of volunteers to do a variety of tasks. Volunteering isn't just a one way street; it can help to get people back into the community and make new friends. For younger people it can be very useful to put on a CV as it shows your

community spirit, and strengthens the skills you already have or gain skills you don't currently have, so why not give it a try? If you have an hour or two to spare, please make contact and we'll try and fit you up with something that brings you satisfaction. There will be absolutely NO obligation in you coming along to chat with us.

The other thing that came up at the AGM was how things are changing which could make things extremely difficult for organisation like ours. There is to be a judicial review relating to the legality of community transport, but if the review goes against the Community Transport sector it will not just cause the closure of very many smaller schemes like ours the ramifications will affect many other organisations that work with vulnerable and elderly people. The review will be held in late November when we shall know how this piece of new EU legislation will affect the services we provide.

Please don't forget that we don't do just days out with our transport, but we are there for people who cannot use public transport for one reason or another to get to work or for things like medical appointments, trips to the vet, visiting family etc. and the other non-transport related services we offer without which life would be much more difficult for some local people.

## 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 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 Pat Dryden on 07881 951510 or Sue Williams on 01591 610789 (the centre's answerphone), or email Pat on [llanwrtydcommunitycentre@gmail.com](mailto:llanwrtydcommunitycentre@gmail.com)

## Transport Statistics

Here are some figures prepared by Laura for the recent AGM. They are transport statistics for the year 2018/19; I hope you will find them impressive.

Total miles travelled in the year 95.365 miles  
Average journey length 38 miles

### ***Purpose of passenger journey (number of passengers carried)***

Social inclusion	2,652
Day centre	1,209
Education or training	20,509
Employment	283
Out of county hospitals	42
Hospitals in England	30
County hospitals	20
Local primary health care	171

Volunteer hours 5,624

## 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.**

## Community Transport Awards 2019

I'm very pleased to tell you that Llanwrtyd Wells Community Transport has been shortlisted in 2 categories, Serving Rural Communities and Doing Things Differently. We find out the results in Manchester on November 12<sup>th</sup>, so watch this space.

## Rural Business Awards

As I mentioned in the August Newsletter, we are finalists in the Rural Business Awards - Wales and Northern Ireland Region, and will have the result of that on November 8<sup>th</sup>, so fingers and everything crossed please for our success.



## Events Recycling

We covered the Antiques Fair on September 7<sup>th</sup> and 8<sup>th</sup>, moving just under 3 tonnes of waste from the site, and we covered the NSA Ram sale on September 22<sup>nd</sup> and 23<sup>rd</sup>. We also provided some bins for the Builth Bike Bash that took place on Sunday September 15<sup>th</sup>, which allowed them to comply with their recycling policy and run the event properly.



We are waiting to hear if we will be doing the South Wales Kennel Club Dog Show, on October 12<sup>th</sup> and 13<sup>th</sup>. We also expect to be covering the Royal Welsh Winter Fair which will be held on November 25<sup>th</sup> and 26<sup>th</sup>.

Don't forget we also have Shiva, the Indian Goddess who we rent out to amaze your event attendees.

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

### *Count Your Friends*

Count your garden by the flowers,  
Never by the leaves that fall;  
Count your days by golden hours,  
Don't remember clouds at all.  
Count your night by stars, not shadows,  
Count your years with smiles, not tears,  
Count your blessings, not your troubles,  
Count your age by friends, not years.

Author unknown

## LCT Heart of Wales Coffee Club

Just a reminder that we are open each Tuesday and Thursday between 10.30am and 1pm (with the exception of Tuesday October 8<sup>th</sup> when we go on the outing to Brecon), and if you pop in you can be assured of a very warm welcome. We are still getting produce from our Community Garden, so there is often produce to purchase if you care to pop in. It's all fresh, usually picked that morning from the garden, so you cannot get fresher than that now can you?

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.

Another thing we are looking at is setting up a Bridge Club, we already have some interested parties, it may not be during coffee club hours, but might be around 6pm one evening to allow for anyone who works. If you are at all interested in playing or learning to play, please pop into the coffee club to discuss, or make contact with Sue Williams.

On Thursday October 24<sup>th</sup> we have music at the coffee club. We have Jo and Dave, who play guitar and violin coming along, and who I understand play Stéphane Grappelli type music.

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**.

## Volunteers

We are looking to recruit some volunteers to help us with our various projects. As I said earlier, it isn't just a one-way street, volunteering in the community can have very many benefits like making new friends, building confidence and lets prospective employers see that you're willing to get involved.



At this moment we are looking for someone to set up and run a Bridge Club in the station buildings in Llanwrtyd, this could become a Games Evening with people playing dominoes, draughts, whist etc.

More volunteer drivers using their own vehicles to take people to medical appointments, shopping, visiting family and friends etc. The rate for this is 55p per mile.

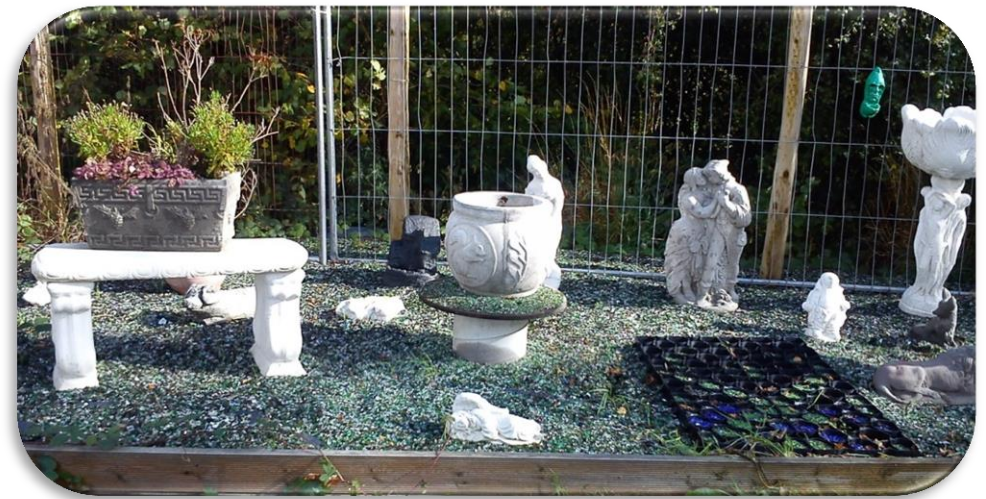
We are looking for people who may be interested in doing some cleaning, painting and decorating. Expenses would of course be paid if you have to travel on our behalf.

We particularly need someone to set up and run an online shop for us. We really need to have somewhere to showcase and market our garden furniture and ornaments, plus the glass cullet and other things we have for sale.

For further information or an informal chat with absolutely NO obligation, please give us a call, **Pat on 07881 951510, Laura or Dave on 01982 552727/551295.**



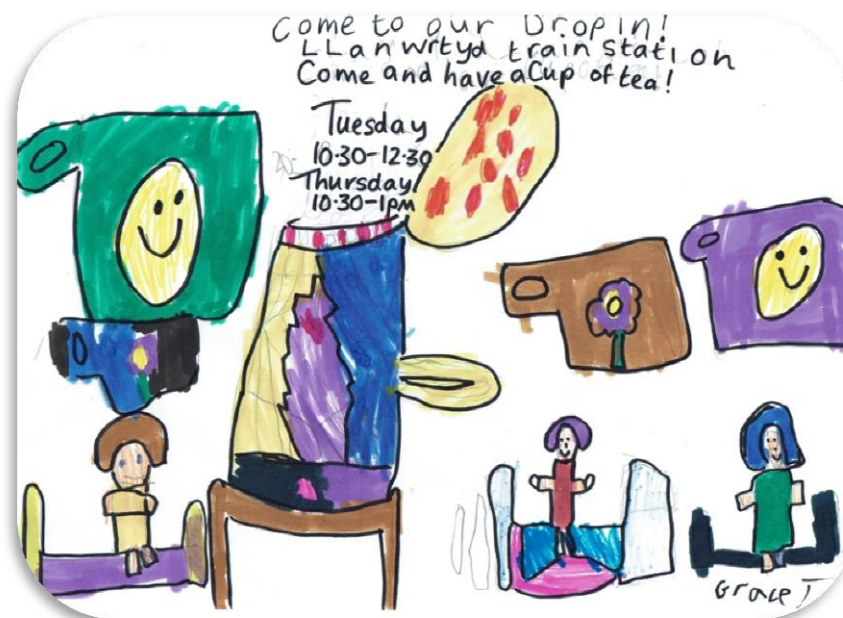
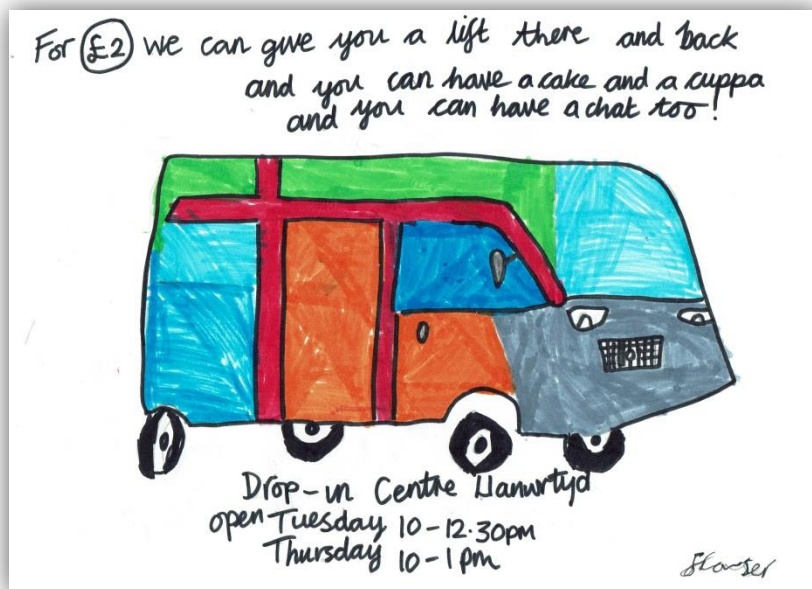
Here are a few samples of items we make and sell; the catalogue of all our items is on our website, plus lots of information about glass cullet and its uses.



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



Some of the Artwork done by the pupils of Ysgol Dôlafon



**Managing Director:**





Dave Brown

**Operations Manager:**

Laura Burns

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