

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

**NEWSLETTER**

Hello everyone

I hope this newsletter finds you safe and well and still managing to avoid the Covid-19 virus. How are you faring with this lockdown period? I do hope it hasn't ground you down too much not being able to get to spend time with loved ones and friends.

I'd like to begin this month's newsletter with an acknowledgement of all our wonderful volunteers and businesses that are doing such a great job in providing services during this lockdown period.

To the businesses who may have stocked up on items perhaps they don't usually stock to help supply our needs during this difficult time. Thank you also to the shop workers for carrying on and risking their own health to provide a service for us. To all the pubs and cafes who are now doing take away food, something possibly completely new to them.

To the people who are collecting prescriptions and shopping for the more vulnerable amongst us who may be self-isolating. To the ones checking up on neighbours, especially the ones who live alone to ensure they have all they need and aren't feeling too down. To Dana's Angels who have done such a fantastic job with the scrubs etc. for the NHS.

Not to mention NHS and care home workers, truck drivers, funeral directors, police, fire service workers, supermarket and other shop and warehouse workers, posties, plumbers, electricians etc. etc. no doubt I've forgotten to mention someone so please forgive me, but our thanks go to you all.

Thank you to each and every one of you who are putting yourselves and possibly your families at risk to help others, you are complete and utter stars. Huge thank you too to our own volunteer drivers who are also delivering shopping, prescriptions, take away food and taking people to essential medical appointments. What a wonderful community we live in where there is always someone willing to help out when the chips are down.

Blessings to you all and please continue to keep safe.

## Lockdown - By Clive Sanders

He looks out of his small bedroom window, and watches the folks passing by.  
He recognizes one or two neighbours, but none see the man with one eye.  
He is nearing his ninetieth birthday, which he'll celebrate all on his own,  
Unless one of his dearly loved children remembers to call on the phone.

The lockdown for him is the normal. He rarely sets foot on the street.  
He depends on the kindly young lady, who brings him his bread and his meat.  
He listens to the news on the telly, but the picture is now hard to see,  
He hears people complain of the lockdown, but thinks that is normal for me.

Once he was the soul of the party, and delighted in playing his flute.  
Some neighbours remember him playing, and ending each tune with a toot.  
He don't want to be someone's problem, his pride keeps him tied in his home,  
He'd like to talk often to people, but hopes someone calls on the phone.

## Blackberry Port Wine

This recipe is an old and easy farmhouse way of using up a blackberry glut. For variation try using instead of blackberries, raspberries, black currents and any other soft and juicy fruits that yield their juice easily.

450g (1lb) of blackberries or other soft juicy fruit  
1.1 litres (1 quart) of cold water  
450g (1lb) sugar for each quart of liquid



Place the fruit in a bowl and cover with the water. Stir 2 or 3 times a day for 3 days. Strain off the liquid and press the remaining pulp through a straining bag.

To each quart of liquid add 450g sugar, and allow to stand for a further 3 days, stirring as before.

The liquid is now ready to be bottled ..... Enjoy!!

## Jemima Fawr (Jemima the Great)

In 1797 the French invaded Fishguard. The invasion force comprised of 1,400 troops who set sail from Camaret in Brittany on February 18<sup>th</sup>. In Napoleon Bonaparte's absence, an Irish-American septuagenarian, Colonel William Tate was put in charge; however, his army of soldiers were poorly equipped and trained, many of them being ex-convicts, the best soldiers were accompanying Bonaparte on his conquering spree in Europe.

Tate's orders were to land near Bristol, England's second largest city and destroy it, then to cross over into Wales and march north onto Chester and Liverpool. From the outset however things didn't go to plan. Wind conditions made it impossible for the four French warships to land anywhere near Bristol, so Tate set a course for Cardigan Bay in southwest Wales.

French warships sailed into Fishguard Bay on Wednesday February 22<sup>nd</sup> to be greeted by canon fire from the local fort. The canon fire was in fact used as an alarm for local townsfolk to know all was not well. The warships landed on a small sandy beach near Llanwnda and by 2am on Thursday February 23<sup>rd</sup> had unloaded their arms and supplies, and the ships returned to France with the message that the invasion had been completed.

After going on a looting spree of a recently grounded Portuguese ship, many of the 'soldiers' were too drunk to put up a great deal of resistance and the planned invasion collapsed.

When Jemima Nicholas, the 47 year old wife of a Fishguard cobbler heard of the invasion, she marched to Llanwnda, pitchfork in hand, and single handedly rounded up twelve French soldiers and marched them back into town where she locked them inside St Mary's Church then went to look for more. She became known as Jemima Fawr and was certainly a force to be reckoned with (girl power).



The French surrendered to a local militia force

led by Lord Cawdor, affectionately known to the people of Pembrokeshire as Squire Campbell, on February 25<sup>th</sup>. Interestingly the soldiers reported that there were thousands of well-armed British redcoats surrounding the harbour, when there was nothing but a handful of Welsh villagers in traditional scarlet dress (so it would seem that the drink had definitely gone to their heads).

(Ben Johnson – [www.historic-uk.com](http://www.historic-uk.com))



The battle of Fishguard has been memorialized in [The Last Invasion Tapestry](#), the work of more than 70 women, who stitched for over 2 years to complete the project

### Women of Fishguard

The Emperor Napoleon he sent his ships of war  
With spreading sails to conquer Wales and land on Fishguard shore.  
But Jemima, she was waiting with her broomstick in her hand  
And all the other women, too, to guard their native land.  
For the Russians and the Prussians he did not give a damn  
But he took on more than he bargained for when he tried it on with Mam.

Their cloaks were good red flannel, their hats were black and tall  
They looked just like brave soldiers, and were braver than them all.  
The Frenchmen took one look at them and in panic they did flee,  
Cried oo-la-la, and then ta-ta and jumped into the sea,  
And said to one another as back to France they swam  
We'd have stayed at home if we'd only known we'd have to take on Mam.

The Emperor Napoleon he was a man of note,  
His hat was sideways on his head, his hand inside his coat,  
When he heard the news from Fishguard his sorrow was complete,  
Oh Josephine, What can it mean? My soldiers all are beat!  
I'll make this proclamation, though a conqueror I am  
You can conquer all creation but you'll never conquer Mam!

### A poem from 'Rampage and Revel' by Welsh poet Harri Webb – 1920 - 1994

If you're receiving this newsletter via email, you might want to follow the link to hear the legendary late Ryan Davies reciting this poem. [Napoleon versus Mam](#).

### Update on LWCT

We are well and truly installed in our new headquarters at the Lion Garage in Builth Wells. We've had a good old clear out, and much of the stuff that had accumulated on the Cilmerly site has gone, giving us a fresh start. We can't wait for this pandemic to be over so we can begin providing our twice weekly coffee clubs at the Llanwrtyd Community Centre based at the station, plus our shoppa buses, outings etc, so fingers crossed it may soon be over.

Don't forget that our new contact details are 01982 552727 and [Laura@llanwrtydcommunitytransport.org.uk](mailto:Laura@llanwrtydcommunitytransport.org.uk), so if you think we can help in any way, please give us a call. We are still able to provide a service using our wonderful volunteer drivers, and can collect and deliver prescriptions, shopping and pre-ordered take away food, which can currently 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 (don't forget that we do have a wheelchair friendly vehicle for if you're unable to get into a car), and the good news is that although there is usually a charge for this service we can provide the service **FREE OF CHARGE** too at the moment due to generous donations from, Friends of Healthcare in Builth & District, Community Connectors, Prince's Trust, C-SERT, and our latest grant from the National Lottery Community Fund.

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.**





**Our new home, the Lion Garage, Bult Wells**



**Look out for more photos in the next Newsletter**

## Interesting information about the month of July

Originally July was the fifth month of the year in the ancient Roman calendar, and was called Quintilius which means fifth. It is the seventh month of the year in the Gregorian calendar, and was renamed by the Roman Senate to Julius in honour of Julius Ceasar whose birthdate is July 12<sup>th</sup>. The Anglo-Saxon names for the month are Heymonath and Maed, referring respectively to haymaking and the flowering of the meadows.

July birthstone, the Ruby, associated with devotion, integrity, courage and happiness.

July flowers, the Larkspur and Water Lily

(Information above and below the poem from All Year Round Folklore Calendar)

*The farmers grind and whet their scythes,  
While hay-stacks in the meadows rise:  
Green fields and shady groves appear,  
And rip'ning harvest crowns the year.*

—The 1793 [Old] Farmer's Almanac

**Henley Royal Regatta** began in 1839 with a single afternoon of rowing races and now lasts five days

**Swan Upping.** Census of swans taken during July. Swans are counted and marked on a 70 miles five day journey up the River Thames.

**Bastille Day** July 14<sup>th</sup>. Commemorates the storming of the Bastille and the beginning of the French Revolution.

**St Swithin's Day** July 15<sup>th</sup> - **St Swithin's Day**, if thou dost rain, for 40 days it will remain. **St Swithin's Day** if thou be fair, for 40 days 'twill rain nae mair.

**Honiton Fair** in Devon. This 3 day fair begins on the first Tuesday after July 19<sup>th</sup>. The Town Crier opens the fair by parading down the High Street with a golden glove at the end of a long pole decorated with garlands of flowers and announcing

Oyez, oyez, oyez! The glove is up!

The fair has begun!

No man shall be arrested until the glove is down.

God save the Queen!

After this ceremony hot pennies are thrown to the onlookers from the windows of various pubs and scrambled for by local children. The custom dates back many years to the days long gone when the wealthy of the town would aid the poor.

**Whitstable Oyster Festival** July 25<sup>th</sup> Whitstable Bay in Kent is famous for its oysters and has been associated with them for hundreds of years. An old Kentish tradition says that Julius Caesar was drawn to Britain by the oysters

**St James Day, also known as Grotto Day**, July 25<sup>th</sup>. Children used to make caves and grottoes and decorate them with shells because the scallop shell is supposed to be the emblem of St James. The grottoes were placed outside and children used to sit by them and say: Please remember the grotto. It's only once a year, Father's gone to sea. Mother's gone to bring him back, so please remember me.



#### Did you know that:

- Every day more money is printed for Monopoly than for the US Treasury.
- The Hawaiian alphabet has 12 letters.
- Men can read smaller print than women; women can hear better.
- City with the most Rolls Royce's per capita: Hong Kong
- Engineer Al Fielding and Swiss inventor Marc Chavannes invented bubble wrap in 1957 while trying to create textured wallpaper by sealing two shower curtains together to trap air bubbles.

- Frank Duryea reached a top speed of 7mph when he raced the second car he had ever built with his brother, Charles, on November 27<sup>th</sup> 1895.
- Researchers at Heidelberg University Hospital found that just six minutes after consuming alcohol, changes are already taking place in the brain.
- For 3000 years, until 1883, hemp was the world's largest agricultural crop, from which the majority of fabric, soap, paper, medicines, and oils were produced.

#### WARNING!!

Words women use.....

**FINE** - This is the word women use to end an argument when they are right and you need to shut up.

**FIVE MINUTES** - If she is getting dressed, this is half an hour. Five minutes is only five minutes if you have just been given 5 more minutes to watch the game before helping around the house.

**NOTHING** - This is the calm before the storm. This means "something," and you should be on your toes. Arguments that begin with 'Nothing' usually end in "Fine."

**GO AHEAD** - This is a dare, not permission. Don't do it.

**LOUD SIGH** - This is not actually a word, but is a non-verbal statement often misunderstood by men. A "Loud Sigh" means she thinks you are an idiot and wonders why she is wasting her time standing here and arguing with you over "Nothing."

**THAT'S OKAY** - This is one of the most dangerous statements that a woman can make to a man. "That's Okay" means that she wants to think long and hard before deciding how and when you will pay for your mistake.

**THANKS** - A woman is thanking you. Do not question it or faint. Just say you're welcome.

**If you have been affected by cancer The Bracken Trust based in Llandrindod Wells is here to help.**



Wherever you live, access to support from registered nurses and counsellors is available free of charge at Bracken Trust. During the Covid 19 pandemic information and support is being provided by telephone and information technology methods. This support is available Monday – Friday 9am – 5pm. Our telephone number and email address are detailed below:

The emotional, psychological and practical support provided by the Bracken Trust aims to help people manage some of the anxieties associated with a cancer diagnosis by providing a listening ear; maintaining telephone or email contact at whatever frequency is required; suggesting coping strategies; giving information and referring to other agencies such as Powys County Council Money Advice and Support team.

New referrals continue to be accepted and you can self-refer by telephone or email, or you can be referred by your GP or another Health Professional.

Family and friends who are caring for a loved one who has a cancer diagnosis can also access support. This support gives carers the opportunity to discuss some of their concerns and staff offer practical advice, helping them to cope with the challenges they face more easily.

The Bracken Trust also offers help to anyone over the age of 18 who has experienced a cancer related bereavement with the aim of supporting them to work through their grief.

**If you are affected by cancer in any way and would like to discuss your needs with one of our nurse team please contact 01597 823646 or email [nurse@brackentrust.org.uk](mailto:nurse@brackentrust.org.uk)**

**Alternatively, please see our website for more information [www.brackentrust.org.uk](http://www.brackentrust.org.uk)**

## **Peace and Love**

My soul is lying in your hands, small, fragile and beautifully still.  
Each moment, each turn, each shift, leaves a mark upon my innermost being.  
Your kindness and your charm, the gentle way you touch me;  
Each changes the essence of myself and leaves your fingerprints on My Soul.

She walks in beauty like the night of cloudless climes and starry skies;  
And all that's best of dark and bright meet in her aspect and her eyes:  
Thus mellowed to that tender light which heaven to gaudy day denies.

One shade the more one ray the less had half impaired the nameless grace  
Which waves in every raven tress or softly lightens o'er her face;  
Where thoughts serenely sweet express, how pure - how dear their dwelling-place.  
And on that cheek and o'er that brow so soft so calm yet eloquent:

The smiles that win, the tints that glow but tell of days in goodness spent,  
A mind at peace with all below, a heart whose love is innocent!  
May Peace and Love Be With You Always.

## **Apple Flummery (Olde English)**

Take 6 apples with the pips out and leaving on the skin, cut in verrie thin slivers and lay in the bottum of a dish.

Cover well with black sugar, and sum fat chopt verrie small.

Cover all with bred crumbs well soaked with brandy, then more apple slivers and chopt fat, and sugar, then more crumbs well soaked with the brandy; then break 3 egges in a bowl and beat up with a spoon until frothie, with a measure of brandy, and pour all over, then cook in the bake oven for 30 minutes by the clock.

When it is verrie cold, take a measure of cream and beat it up till it be verrie stiff, but not butterie, and pour on the toppe in lumps.

This be verrie daintie dish and good eating.



## Lockdown Activities Calendar 2021

Go on, treat yourself or a friend and help a good cause... RAISING MONEY FOR BDD FOUNDATION.



Bernice Benton, Aka Lady Lily the Pink of the Monster Raving Loony Party, has organised a fundraiser to help mental health charity BDD Foundation (Body Dysmorphic Disorder). Together with 23 other amazingly brave individuals, she is in the process of producing a Lockdown Activities Calendar for 2021. In the style of 'Calendar Girls' the 24 images are fun and light-hearted, tasteful 'nudes', 2 per month, of individuals going about their activities whilst isolated at home. Women and Men, aged 23 to 75, challenging themselves in order to celebrate body positivity, self-esteem and mental wellbeing.

All profits will go to the charity. Calendars are £10 plus postage, to reserve a calendar make your donation of £10 plus via: <https://www.paypal.me/bernicerdynvilla>

To make a donation without a calendar please donate via <https://www.gofundme.com/f/BDD-lockdown-calendar-fundraiser>

Two of our calendar girls/boy models x



This is our new Management Team, just so you can put a face to a name.



Laura Burns – General Manager



Pat Dryden – Company Director



June Parkinson – Company Director



Stephen Hawkes – Company Director and Compliance Officer

Look out for more photos next month of our wonderful volunteers and staff



**Directors:**


Pat Dryden  
June Parkinson  
Stephen Hawkes

**General Manager:**

Laura Burns

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