

Cludiant Cymunedol
Llanwrtyd
Community Transport



NEWSLETTER

Hi there everyone

I do hope this newsletter finds you all well, and managing to steer clear of Covid-19.

This month is the 54th anniversary of the Aberfan disaster. I remember it well, although I was only 17 at the time, and I remember my mum crying and all the terrible distress it must have caused, not just to families of the ones who died, but the whole community shaken to the core by this awful tragedy.

Aberfan Disaster

The Aberfan Disaster happened about 9.15am on October 21st 1966, and is considered one of the worst mining related disasters in the United Kingdom. Aberfan is a Welsh village near Merthyr Tydfil, and in that disaster 144 people lost their lives, of those 116 were children most of whom died in Pantglas Junior School.

Mining was the main industry in the Aberfan area, however, it had declined somewhat, giving way to oil, and was at the time managed by the National Coal Board.

The spoil tips were built on sandstone ridge above the village with a natural spring running beneath. There were seven spoil tips and there had previously been smaller landslips, which the NCB were reluctant to recognise, but which left the nearest just 500 feet above the village, really it was a disaster waiting to happen.

The children had gone to school full of joy as it was the last day before the half term holiday and they were to stay only until lunch time. It was then that disaster struck

after weeks of rain the spoil tips were in a very precarious state. Nearly 140,000 cubic yards of black slurry cascaded down the steep hill destroying everything in its path: landscape, buildings, and an entire schoolhouse.

When David Evans, the owner of a local pub, heard about it from a neighbour, he ran into the street. "Everything was so quiet, so quiet, all I could see was the apex of the roofs."



Rennie Williams, a teacher at Pantglas, was praised for her bravery when the colliery spoil tip engulfed the school. She had just taken class register when she heard a sudden "terrible" crashing sound. Ms Williams rescued several children who were trapped in the school hall.

Ms Williams, along with Mair Morgan, Hettie Williams and Howell Williams were the four teachers who survived the disaster. Jeff Edwards was eight years old when he was rescued from the rubble. Mr Edwards said Ms Williams was a "lovely lady, very caring and thoughtful". "She saved a lot of children. And in the years later, she always stayed in touch with them".

An official inquiry was chaired by Lord Justice Edmund Davies. The report placed the blame squarely on the NCB. The organisation's chairman, Lord Robens, was criticised for making misleading statements and for not providing clarity as to the NCB's knowledge of the presence of water springs on the hillside. Neither the NCB nor any of its employees were prosecuted and the organisation was not fined.

The Aberfan Disaster Memorial Fund (ADMF) was set up on the day of the disaster. It received nearly 88,000 contributions, totalling £1.75 million. The remaining tips were removed only after a lengthy fight by Aberfan residents, against resistance from the NCB and the government on the grounds of cost. Clearing was paid for by a government grant and a forced contribution of £150,000 taken from the memorial fund.

In 1997 the British government paid back the £150,000 to the ADMF, and in 2007 the Welsh Government donated £1.5 million to the fund and £500,000 to the Aberfan Education Charity as recompense for the money wrongly taken. Many of the village's residents suffered medical problems, and half the survivors have experienced post-traumatic stress disorder at some time in their lives.

Blessings to you all.

Stay safe people xx



'PIT PONIES'

I was four when I started my life underground,
Stabled below, choking coal dust did abound.
Brave miners my friends, they treated me well,
For one, oh so young, the face was like hell.
The dust and the gas, air putrefied,
Miners would crawl, on bellies and sides.

After pulling the journeys, for eight hours a day,
I lay in my stable, on soft and warm hay.
Fifty weeks of the year we'd work together,
Oh what I'd give for fresh air, fine weather.
Then it would come, two weeks on top,
Roaming the fields, a nice gentle trot.

The air I took in, so fresh and clean,
The weeks would fly by, then back to the seam.
Ten years I would work, with those brave men below,
But my time it did come, up top I would go.
Up in the cage, to the top of the pit,
They patted my head, 'you deserve it'.

Checked by the vet, then down to the field,
Where for two weeks a year, always spring heeled.
A pit pony's life was hard, and so tough.
I made many friends, took the smooth with the rough,
Life in the field, is the way it should be,
For ponies who started out young, just like me.

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Arthur is a poet and has written books which you can find on the [Amazon website](#) at this link. You can also read more of Arthur's poems on Facebook at the link below

[#arthurspoemsandaneecdotes](#) [#pitponies](#) [#underground](#) [#springheeled](#)

The Welsh Dragon

Beware the Welsh dragon, he huffs and he puffs,
And he scares all the children at night.
For the tales of his antics they trip off the tongue,
Of the elders who have to be right.

He rattles and roars, and wants to come in,
And sit by the fire with your Ma.
He shrieks and he squeals, makes a terrible din,
'til you shake in your slippers with fright.



But then comes the morning so sunny and gay,
And the terrors have passed with the light.
And whatever will happen today or the next,
The elders have always it right.

They say come on Joey, or Megan or Ruth,
He only comes out when it's dark.
So as long as you're snug in your beds fast asleep,
The dragon can't hurt you - that's truth.

Poem by Rosi Caswell

Homeless Hope

My name is Donna and I am a Community Staff Nurse and Nurse Prescriber in Powys. I am also a Palliative Link Nurse to our Macmillan Team, and I am currently studying a postgraduate certificate in palliative care. I am a Queens Nurse and have recently been awarded the Powys Stars Award within my employment for the NHS for the work that I do with the homeless.

I am also a finalist in this year's RCNi awards where the homeless group takes a central role. However, my journey to the nurse I am today was not without issues. As a child I ran away from abuse and lived rough in London for many years. I became embroiled in street life and lived within volatile relationships and environments until one day everything changed. I took myself back to school and worked hard to change everything.

I am now the lead nurse and founder of my voluntary organisation "Homeless Hope". We are a voluntary nurse led group who visits Cardiff, Newport and Swansea once every 4 weeks to perform foot care to our homeless at street level.

In the twenty-nine years that I have been off the street, very sadly the only thing that has changed is the volume of homelessness. They are still invisible, and people walk past them without acknowledgment. They are looked down on and given very little opportunities to access what they need to address the issues that haunt them daily.

When you look at the facts the average life expectancy of a homeless person is between 43 - 47 years of age. They are 9 times more likely to commit suicide. They are 4 times more likely to have a mental health problem. 41% of homeless people use drugs/alcohol to cope with mental health problems and childhood trauma. 78% of homeless people complain of a physical illness compared to 37% of the general public. 40% of people who are homeless have been assaulted and 21% of homeless women have been raped on the streets.

Our groups, that turn out on a regular basis, do so because they care; they give up their time and give back to society for free. We rely heavily on donations and people

volunteering to help. I have felt that invisibility; I have felt the pain from the cold and torment from those that abused me. I refuse to close my eyes to the pain and suffering around our homeless community. I stand with every group of volunteers that refuse to ignore this problem also.

If you know of any organisations that we can apply to for grants, we would be very appreciative of you making contact with the details via our Facebook page or by letting Pat know and she will inform us. I thank you all in anticipation of any support you can offer to us.

Whisper in the Breeze

On a cold October morning trudging through the fallen leaves.
As I contemplate life's mysteries I hear your whisper in the breeze.
Momentarily my mind flits to memories of a loved one past,
How life passes in the blink of an eye but how those memories last.



They visit when you least expect it and the warmth is felt with ease,
My mind is taken back to happy times as I hear your whisper in the breeze.
The reds and golds that blend in harmony bring warmth on this cold October day,
In my mind you walk beside me, like you never went away.

My heartbeat quickens at the thought of you I feel a weakness in my knees
And I hold on to every second of you as I hear your whisper in the breeze.

By kind permission of the author Donna Thomas, 'Homeless Hope'
Donna is contemplating publishing her poems in a book to raise much needed funds for her voluntary charity, more details to follow once this is achieved.

Update on LWCT

We are now fully installed in the Lion Garage, Builth Wells, but are still working to Covid-19 guidelines, so some of us are still working from home; however our telephone line and email is operational as is our website where you can view our monthly newsletters and other information and updates.

Please note we have changed our email address to office@lwct.org.uk and will soon be changing our website in light of our new management structure and focus, so watch this space.

Our shoppa buses and the LWCT Heart of Wales Coffee Clubs are still on hold and unlikely to resume before 2021. We are extremely sorry about this, as we know that there are many people who really need to meet up regularly for a cuppa and a chat, but hope you can all understand this is the safest action in the long run.

We are still able to collect and deliver prescriptions, shopping and pre-ordered take away food, courtesy of our wonderful volunteer drivers, and 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 these services, at the present time it's all **FREE OF CHARGE**.

Now for some exciting news. We are very pleased to say we have now received a grant of £5,000 from the Social Value Development – Moving Forward Fund to provide a shopping bus, which will mean we can shop for several people at once.

The idea will be that members phone or email their order to us, we get the lists together and send them to Tesco or the Co-op, they pick the goods and we sort and deliver them to you. There would be no charge (other than for the groceries) for this service until March 2021 when it will be reviewed. The service will be primarily for the elderly and infirm, self isolating, people on the government's list of high risk conditions, however we will help as many people and age groups as possible.

To use this new service people will need to be registered with us, so if you or someone you know might be interested in being included, please let us know and we will send out an application form with a pre paid return envelope.

We have purchased a Fogging Machine, which is a machine you put in the vehicles and it emits a sanitizer which kills 99.9% of all viruses, bacteria etc. within about 15 minutes thereby making our vehicles safer for drivers and passengers alike.

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, or think we can help in any way, please contact Laura Burns on 01982 55272 or at office@lwct.org.uk.



Fogging Machine in action

The truth about women our age



We've seen it all. We've done it all. We've been around the block. We're living large. We're so in charge. Old ladies? What a crock!

We've just begun to have our fun! We've earned each little wrinkle. Say it loud! We're downright proud, and when we laugh, we tinkle.

Real women feel it's no big deal to add another candle-- We're old! We're bold! We're solid gold... There's nothing we can't handle!

Looking very good now at the Lion Garage. Once this virus is done with, pop in for a first hand view.

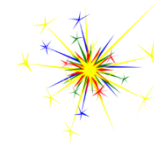


You are Alive

You are alive this extraordinary day,
So do something special, don't throw it away.
You are unique, there is no other you
So use all your talents to make something new.



The moment is now, this won't happen again
So celebrate life, sing and dance in the rain.
This brief moment in time is now all yours to choose,
So make it your own, not a second to lose.



You are alive this extraordinary day,
It's your one chance to shine so don't throw it away.

By kind permission of the author, Clive Sanders

Clive has written two books of poems and a book called Chapel Cave, all of which can be found [at this link](#)

Puppy Prep School and Further Education for Dogs

Laura organised a memorial tea party for member of the above, in memory of June Parkinson, who had been involved with the groups for many years. The group has raised £172 which has been donated to the Donkey Sanctuary, June's favourite charity.

Anyone who knew June will know how much she loved Donkeys and had many of them in Dol y Coed Park until recently, she was even there when one of her donkeys gave birth what a very special moment that was for her when Bella arrived.

Sincere thanks to everyone who contributed to the event. June was much loved and is very sadly missed by us all.

October

The name October comes from the Latin octo, meaning “eight,” because this was the eighth month of the old Roman calendar. When the Romans added January and February to the calendar, the name October remained, even though it's now the 10th month!

*October glows on every cheek,
October shines in every eye,
While up the hill and down the dale
Her crimson banners fly.
Elaine Goodale Eastman (1863–1953)*



October means that autumn is officially here, and October 1st brings the first full moon, the Harvest Moon whilst on the 31st, All Hallows Eve brings the second full moon, the Hunter's Moon, which this year is special for two reasons, because it is a Blue Moon and a rare Halloween full Moon.

Two meteors showers are due to take place this month, the Draconid Meteor Shower peaking around the 7th or 8th and the Orionid Meteor Shower peaking around the 20th and 21st.

We shall soon be celebrating Halloween, All Hallows Eve or Samhain, so watch out for the trick or treaters rattling the door and have some goodies ready for them.

Have a giggle!!

A woman from New York was driving through a remote part of Arizona when her car broke down. An American Indian on horseback came along and offered her a ride to a nearby town. She climbed up behind him on the horse and they rode off. The ride was uneventful, except that every few minutes the Indian would let out a Ye-e-e-h-a-a-a-a!" so loud that it echoed from the surrounding hills and canyon walls. When they arrived in town, he let her off at the local service station, yelled one final 'Ye-e-e-h-a-a-a-a!' and rode off.

"What did you do to get that Indian so excited?" asked the service-station attendant. "Nothing," the woman answered "I merely sat behind him on the horse, put my arms around his waist, and held onto the saddle horn so I wouldn't fall off." "Lady," the attendant said, "Indians don't use saddles."

'The Last Welsh Golden Eagle'

As you all may have heard, our last Welsh Golden Eagle was recently found dead in the Abergwesyn Valley. The bird had a wingspan of 2.2 metres, and had spent almost sixteen years in the wild. A very sad demise indeed. The bird entertained thousands of visitors who walked the hills of the Cambrian Mountains.

You were a Tregaron Golden Eagle,
Ruling the skies, so sublime, so regal.
Survival, was not easy, alone in the wild,
For fifteen years, all prey, were beguiled.

You circled upon high, eyes keen, soaring,
On thermals gliding, swooping without warning.
Riding the currents, dominating the sky,
An apex predator sadly destined to die.

One of a kind, valleys you ascended,
When in full flight, visions transcended.
An optical beauty, to the distant past linked,
However now sadly, lamented, extinct.

Pleasure you gave, magnificent displays,
Majestically circling, for all to survey.
Our Cambrian Mountains, now sadly forlorn,
No more Golden Eagle, craggy rocks to adorn.

Many hearts broken, you were one of a kind,
Not just an eagle, who filled us with pride.
A character unique, proud, and courageous,
Never forgotten, you were a true inspiration.

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WHAT IS A CWTCH?

Although it is welsh it's not owned, a cwtch is for sharing
humble and powerful, heartfelt and caring
much more than a cuddle it comes from the heart
it's what we're all needing while families apart
There is nothing else like it
But for now put it on hold it doesn't cost a penny
and is worth more than gold

What is a cwtch?

Well there's no other feeling
Humanity is waiting for the power of it's healing.
So we patiently wait and for now must stay strong
As nothing last forever, it's what makes us belong

Lisa Pearce



Hugging Mum

When an adult child hugs their mum, it's so much more to her,
It opens up a memory box to times of yesteryear.
It takes her back to your childhood when you sat upon her lap,
When she'd settle you after the scariest dream, or put you down for a nap.

If she holds you a little tighter she's keeping those days alive
Remembering how she hugged you when you were only four or five.
So when you hug your mother don't be quick to break her embrace
Let her hold you a little longer and relive those days she'll never replace.



Eifion Lloyd
Chairman of the Heart of Wales
Coffee Club



Catherine Ketteringham
Will help out with driving
when she can



Kit Cuthbertson
General Labourer



Sally Lindsay-Jones
School Contract Driver

Directors:

Pat Dryden
Stephen Hawkes

General Manager:

Laura Burns

Compliance Officer:

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