



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport



NEWSLETTER

Rhifyn/Edition 26

Ebrill/April 2021

Helô bawb/hello everyone

Hoping this newsletter finds you all fit and well and looking forward to the Easter break. What a mixture of weather we have had this month, however the better weather will hopefully soon be on its way with all the spring flowers and baby lambs, and with any luck we'll be able to get out into the garden and tidy up after winter.

I thought this month I'd do a piece on the history of our town, no doubt lots of you will know much of this information already, but visitors and new comers might not, so here goes.

Hoping you find our latest offering interesting, and as always we would love to hear your views, publicize any local event, or if you would like a monthly copy emailing to you personally, please let me have your details on pat@lwct.org.uk. Blessings to you all

Cofion cynnes/kindest regards. Pat x

Covid-19 Vaccinations

Just to remind you we are able to supply transport free of charge for anyone in our local area with an appointment at the GP Practice or Royal Welsh Showground for a Covid-19 Vaccination.



This is a busy part of our service and there is much demand for it, so please contact us as soon as you are able if you would like us to help you. Incidentally we do have a wheelchair friendly vehicle for those who cannot access an ordinary car. This service is for our own local community, however please contact us and if you are out of our catchment area we will try and point you in the right direction for other transport services.

To book a journey or find out more, please contact us at office@lwct.org.uk or on 01982 552727. If there is no answer, please leave your name and contact number and we will get back to you.

Volunteer Drivers Needed Locally and in Llandrindod Wells



Over the last 18 months, and certainly more recently with the role out of the Covid-19 vaccine program, we have seen a big increase of requests for transport covering the Llandrindod Wells area.

Over recent years, Llandrindod Wells has been without a community car scheme, and LWCT have stepped in to help out with transport where we can. With these recent requests becoming more frequent, we have decided to "adopt" Llandrindod Wells into LWCT. While we are doing this on a relatively small scale, we would like to recruit a few volunteer drivers in the Llandrindod area to make this a more affordable and sustainable project and may look to expand this over the coming months if it proves popular.

Having a dedicated team of volunteer drivers in the area that will be supported by our existing volunteers and office staff, will enable us to have a bespoke service which we hope will become as popular as our current services in the Llanwrtyd Wells areas. Similar to the scheme in Llanwrtyd Wells, the Llandrindod Wells division will be offering one to one car journeys for those needing to access medical appointments, shopping and any other essential and social journeys.

If you, or anyone you know, would be interested in joining our team as a volunteer driver, in either Llandrindod Wells, Llanwrtyd Wells or any of the surrounding areas, please get in touch! We can be contacted on the landline 01982 552727, email office@lwct.org.uk or speak to Laura directly on her mobile 07767 771489

You would need a clean driving licence which we would need to see, and if you are willing to use your own vehicle, we would need sight of your insurance cover. We would provide all PPE like masks, gloves, sanitiser for you and your passengers, and you could bring your vehicle to the Lion Garage each week where we could use the fogging machine, which only takes about 15 minutes, so you can feel confident that your vehicle is safe for family use too. We do have a couple of company cars that you may be able to use if you prefer not to use your own vehicle. If you are interested in becoming a part of the team, please get in touch, even if you can only offer 1 hour a month, every minute of time is appreciated and means so much to those people that you help. Volunteer drivers get a mileage reimbursement in line with government guidelines.

There's a Skeleton in our Chimney

We've just had some work done by builders to make our home warmer and dry.
They replaced lots of bricks in the chimney, to permit a new heating supply.
I watched as they took out the fireplace, and a thought kind of burst in my head.
There was quite a large space in the chimney into which I'd put something instead.

I quickly drove down to the junk shop, for I'd noticed they still had for sale,
A large skeleton made out of plastic, that made passers-by go quite pale.
The builders at first were just speechless when I told them of what I had planned,
They thought it would scare future owners, but soon they could both understand.

So we bricked up the bones in the chimney, and I put plastic eyes in the skull.
We all waved goodbye at the last brick, then ensured it was sound to the pull.
Oh how I wish I could be there, oh how I wish I could see
The next person to look in that chimney and see poor Yorick put there by me.

Poem by courtesy of the author Clive Sanders

Census 2021

As I'm sure you are aware a census of the entire UK population is taken every ten years. Census Day, here in Wales, is 21 March 2021. You can complete your questionnaire earlier or later than the actual day so if you haven't done it, you still can.

The first inclusive census of Great Britain's population was in 1801; with a couple of exceptions (1941, during the Second World War, and Ireland in 1921) it has taken place every ten years (decennially). It was decided Census 2021 would go ahead despite the COVID-19 pandemic, except in Scotland which is delaying for one year, and the information obtained will assist in understanding the pandemic's impact.

Census 2021 is the first time most data is to be collected online via the internet. You can complete it using any device, including a smartphone or tablet.

The census in 2011 was the first UK census which could be completed online, before that it was always on paper forms. The first formal census which covered parts of Wales was when the Domesday Book was compiled in 1086 under William the Conqueror. Nowadays, the census is organised by the Office for National Statistics (ONS) with its head office in the city of Newport, Wales.

If you have any doubts or difficulties doing Census 2021 online you can easily get a paper form instead, or get help with doing it online. It is OK for family and friends to help. Every census completed online saves paper and taxpayer's money. It should take around 10 minutes per person to fill in. After Census Day any household for which a completed census form hasn't been registered will be visited to encourage people to complete the census or access help if needed. To start your census visit <https://census.gov.uk/>

The data from the census is used to understand what society needs now and in the future. It's used by the government to plan and allocate funding for regional and local services, such as hospitals, schools, trains and buses. Other organisations that use census data include local authorities, healthcare organisations, community groups, researchers and businesses. Most countries of the world take censuses, and the United Nations recommends that countries take a census at least once every ten years. People's personal information, filled in on the questionnaires, is kept confidential for 100 years after which it is available as an important source of information for historical or genealogical research.

For help with the census see <https://census.gov.uk/help> or in Wales you can telephone free: 0800 169 2021.

History of Llanwrtyd Wells.

Until 1732 Llanwrtyd was a small hamlet built around the area of the 11th century Church of St David, or Llanddewi wrth y rhyd, (St David's by the ford), nestling amidst the beautiful Cambrian Mountains and Mynydd Epynt in the secret heart of Wales. Driving played an essential



role in the Welsh way of life, and the Welsh Woollen Industry and droving reached their peak during the 18th and 19th centuries. Drovers would take their sheep, cattle and geese across the mountains to the markets of Wales and England. The drovers made little leather shoes for the feet of the geese to prevent them from damage. People from the town and surrounding areas were employed in one way or another in the Woollen Industry, the Cambrian Woollen Mill is closed now but the building can be seen on the outskirts of the town.



A local preacher, Theophilus Evans (1693 – 1767), discovered the healing waters of a spring in the grounds of Dol y Coed House quite by accident. Theophilus suffered from scurvy, and noticed a frog jumping in and out of the smelly water without any adverse effects, he thought he would try it too and amazingly was cured. As this wonderful discovery was

publicised, people were attracted to the area to 'take the waters', and it soon became known as the place to be if you wanted to become and stay fit and healthy. Theophilus' great, great grandson still lives in town.

Dol y Coed House became a guest house and then a hotel to cope with the huge influx of visitors to the wells. The springs were sulphur and chalybeate, and were called Ffynnon Ddrewllyd or the Stinking Wells by local people. Richard Fenton wrote about the area in one of his books written around 1804, and mentioned the nearby hamlet of Pont Rhyd y Fferau, translated as Bridge Over the Fetlock (or

Ankle) Deep Ford with its rickety wooden bridge over the River Irfon, this was of course what we now know as Llanwrtyd Wells. The bridge was notorious for being unsafe, and had been repaired on many occasions. At that time the hamlet



HENFRON WELLS, LLANWRTYD WELLS

consisted of just a handful of houses with clay walls and roofs made of straw and rushes. The stone bridge we see today was built in 1853, and the New Inn was built around the same time. To add to the wells at Dol y Coed, local landowner Major Penry Lloyd discovered springs on his land too, and the Victoria Wells were opened in 1897 to commemorate the Diamond Jubilee of Queen Victoria. Much later, in 1922, Henfron Wells were opened, however these were destroyed by fire around 1950.

Around 1814 the Sugar Loaf road was built, and Llanwrtyd and Llanwrtyd Wells soon became the main stagecoach route between Llandrindod Wells and Swansea on what we now know as the A483. In the 1860's the railway line was built, and today the very picturesque



Heart of Wales Railway Line now runs through the town joining Shrewsbury in England with Swansea in South Wales. This railway line at its peak had up to eighteen trains a day, and brought visitors in huge numbers to Llanwrtyd Wells. The town grew, and up to the Second World War the area was famous for being a spa and holiday centre. The oldest hotel in Llanwrtyd Wells is the Belle Vue which was built in 1843, followed by part of the Neuadd Arms, which was at that time known as Castell Nancy, its completion being in 1867.

Houses and churches of all denominations sprung up to provide accommodation for the many visitors and provide for their religious needs. There were numerous shops, several golf courses, tennis courts and bakeries, so very different to the present day. The Abernant Lake Hotel was built in 1903, and this had its own well sunk to tap the waters. The hotel grounds include a 5 acre lake created in 1903 by damming an oxbow of the Irfon, this had its own



Zion Chapel, Esplanade Road, Llanwrtyd

steamer and rowing boats for visitors. This hotel was bought and refurbished in May 2007, and is now belongs to Manor Adventure.

The visitors themselves formed entertainment committees, organising nightly concerts in the Victoria Wells Pavilion, a weekly eisteddfod, and other concerts in local guest houses on Friday evenings. They ensured there was plenty for the visitors to do during their stay, tennis, golf, croquet and horse riding being popular pastimes, plus attending prayer meetings, strolling through the lovely countryside and rowing on the lake.

The development of the National Health Service changed things completely meaning that far fewer people came to use the health spas. Following the Declaration of War with Germany on September 3rd 1939, the people of Llanwrtyd Wells welcomed the pupils of Bromsgrove School in Worcestershire and their younger brothers into their community and their hearts. These boys, some as young as six years old, including a very young Michael Heseltine, were separated from their families due to the outbreak of war, and were evacuated into the safety of this tiny Mid Wales town. The boys from this 400-year-old senior school were housed and taught in the Abernant Lake Hotel, and because their parents were gravely concerned for the safety of their younger sons, at their request Bromsgrove Junior School was born.

The Junior School opened in September 1940 at Llanwrtyd Hall, and other premises used as classrooms. The children remained in Llanwrtyd Wells until 1944. The town continues to have strong associations with the school, and in October 2007 Bromsgrove School were given the Freedom of the Town. Following this the Abernant became the first free Czech School. These people too have strong associations with our town and there have been several reunions. The evacuees were given the Freedom of the town in 1985, when the Czech people very generously presented the town council with the pendant for the Mayoral Chain of Office. Llanwrtyd Wells is now twinned with Mériel, in France, and Český Krumlov in the Czech Republic.

The town and surrounding area has several claims to fame;

On December 11th 1282, Llewelyn ap Gruffydd or Llywelyn Ein Llyw Olaf (Llywelyn Our Last Leader) was killed by an English lancer. He was regarded as being one of the last leaders of a unified Wales, and it is thought his demise took place in or near the village of Cilmeri, where there is a roadside memorial to him.

Around 1402 Rhys Cethyn, Lieutenant to Owain Glyndwr hid in a cave in the Allt Wineu hillside going out past Dol y Coed. There he was able to keep watch for the troops of King Henry IV of England. The cave is well known and is called Twll Rhys Cethyn or Ogof Cethyn.

John Penry, the famous Welsh Martyr was born and raised in Llangammarch in 1563. He was captured and hanged in 1569 for trying to get the Bible translated into Welsh.

William Williams was curate to Llanwrtyd and Abergwesyn around 1740. He was one of the most famous hymn writers of his era, and wrote the words to Guide me O Thou great Jehovah set to the tune of Cwm Rhondda

It was in Llanwrtyd Wells that the famous rugby (and nonsense) song, Sosban Fach was penned in 1895 by two visitors to the town Talog Williams and the Rev D M Davies.

Llanwrtyd Wells, known as the smallest town in the UK lies on the River Irfon. It is surrounded by the most beautiful, spectacular scenery and is rich in flora and fauna. Red kites and buzzards can regularly be seen in the sky as could our last Welsh Golden Eagle up to a short while ago when she was found dead in the Abergwesyn Valley. The bird had a wingspan of 2.2 metres, and had spent almost sixteen years in the wild.

It is a popular place to stay and partake in many activities including pony trekking, mountain biking, fishing, rallying and hill walking. It is famous for being associated with Screaming Lord Sutch, who performed his last gig in Llanwrtyd before his death in 1999, and its 'Green Events', like Man v Horse Marathon, Real Ale Wobble, Saturnalia, Drovers Walks, Bog Snorkelling, etc,. Visitors come from all over the UK and abroad to be involved in some of these crazy events.

The Gourmet Food Festival was held here, and attracted numerous visitors a day from far and wide. There are homely guest houses and hotels to stay in, and many lovely places to eat with excellent food to suit all pockets; it even has its own micro-brewery. It is a small town with a big heart, and visitors can be assured of a warm welcome. For more information about our history, why not visit the Llanwrtyd & District Heritage & Arts Centre when it is next able to open, it's free and it's fascinating.

Red Kite Credit Union

Unfortunately all **RKCU** service points are on hold for the foreseeable future due to Covid-19. That is not to say you cannot access the service, because although all local service points are closed, you are still able to deposit, withdraw or join the scheme via their [website at this link](#) or by making **contact via telephone 01597 824000, 01982 570287, 07979 577395 or 07419 295420** or via their email address at info@redkitecreditunion.co.uk.

Company Directors

We are looking to recruit a couple of new Company Directors to join us in decision making and planning future services. Is this something you might be interested in? At the moment all meetings are held using online zoom facilities due to Covid-19. They are held every few weeks and generally last around 90 minutes.

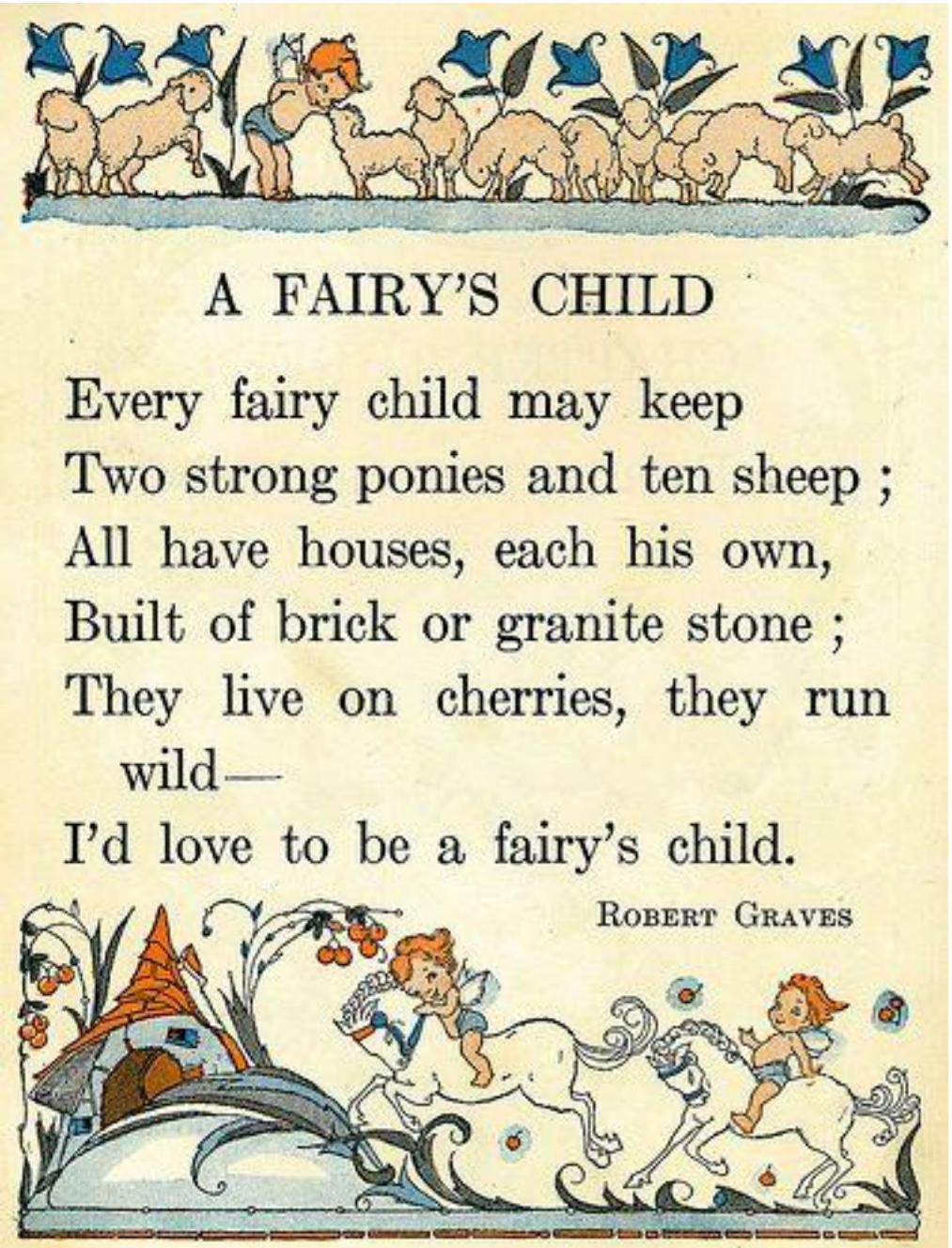
We would be looking for someone who lives preferably in our catchment area, Llanwrtyd, Llangammarch, Abergwesyn, Cefn Gorwydd, Tirabad or Beulah, and perhaps has some business skills to share with other Company Directors.

If you would like to know more, please make contact with us for further information and a no obligation chat at pat@lwct.org.uk or on 07881 951510, or at office@lwct.org.uk or on 01982 552727, we'd love to hear from you.

New Volunteers

We are very fortunate in having three new volunteers join LWCT. They are Rae (Rachel) a new volunteer driver and Eleri and Will, who are going to be helping us to compile a Welsh Language Action Plan and other things like making bilingual leaflets etc, plus our website which is a huge piece of work.

Hopefully there will be photos and a little more information about our newcomers in the May edition, meanwhile a very warm welcome to Rae, Eleri and Will, thank you for joining our happy band and we hope you enjoy working with us.



The month of April

April is the fourth month of the year and the zodiac signs are Aries and Taurus.



Like their fellow fire signs, Leo and Sagittarius, Aries (The Ram) is a passionate, motivated, and confident leader who builds community with their cheerful disposition and relentless determination. Uncomplicated and direct in their approach, they often get frustrated by exhaustive details and unnecessary nuances. They are not ones to cross; Arians can be wonderful friends, but once crossed can turn the opposite.

Taurus (The Bull) is an Earth sign, just like Virgo and Capricorn, and has the ability to see things from a grounded, practical and realistic perspective. They find it easy to make money and stay on same projects for years, or until they are completed. What we often see as stubbornness can be interpreted as commitment, and their ability to complete tasks whatever it takes is uncanny. This makes them excellent employees, great long-term friends and partners, always being there for people they love.



The first day of April is known as **April Fool's Day**, a day when harmless pranks are played. The custom possibly goes back to a disputed association between April 1st and foolishness in Geoffrey Chaucer's *The Canterbury Tales* written in 1392.

Easter Sunday this year is on April 4th. Originally a Pagan festival named Ostara or Roster, it has to do with the Earth coming alive again and fertility, hence the bunnies, chicks and eggs. It is also called Pascha or Resurrection Sunday, as a Christian festival and holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day after his burial following his crucifixion by the Romans at Calvary c. 30 AD,

St George's day is the twenty-third of the month. Patron saint of England, legend says he was a Roman soldier who killed a dragon to save a princess.

St Mark's Eve, with its superstition that the ghosts of those who are doomed to die within the year will be seen to pass into the church, falls on the twenty-fourth.

Walpurgis Night, an abbreviation of Saint Walpurgis Night, also known as Saint Walpurga's Eve, is the eve of the Christian feast day of Saint Walpurga, an 8th-century abbess in Francia, and is celebrated on the night of 30th April and the day of 1st May. It is celebrated with dancing and lighting of bonfires to ward off evil spirits.

The Didgeridoo

I love Australian music; it's so soulful, vibrant and new,
When played on my favourite instrument, the wonderful didgeridoo.
I love how it sounds as you play it, the noises it makes when it's blew,
It amplifies notes deep inside it; in fact it's what didgeris do.

I've got one in natural colours, and another that's painted light blue,
So I consider myself very lucky, for I've got a didgeri two.
So if you like Australian music, and you buy one exactly like me,
We could all make music together, and then we'd have didgeri three.

It only plays analogue music, but it could play a music that's new,
A music that's of ones and of zeros, and science makes it digitally do.



By kind permission of the author Clive Sanders

Update on LWCT

We still aren't able to operate some of our usual services like the LWCT Heart of Wales Coffee Club, shoppa shuttle buses, outings or events recycling, however 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

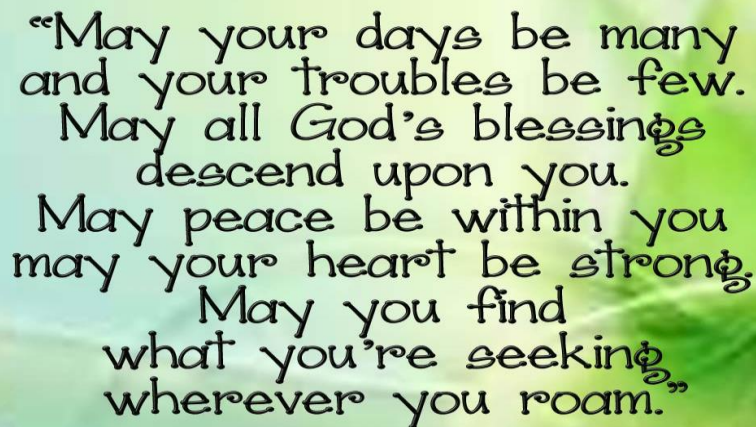
people to medical appointments, either locally or further afield like Hereford, Cardiff and other places (don't forget that we do have a wheelchair friendly vehicle for if you're unable to get into an ordinary car). At present we are able to provide some of these services free of charge due to some generous grants we have been given.

As you know, we now have a shopping bus, which will mean we can shop for several people at once. If you want to use this service please let us know and we will send you a registration form to complete along 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 new shopping bus, or think we can help in any way, please contact Laura Burns on 01982 552727 or at office@lwct.org.uk.



“May your days be many
and your troubles be few.
May all God's blessings
descend upon you.
May peace be within you
may your heart be strong.
May you find
what you're seeking
wherever you roam.”

~~ Irish Blessings

jinjersam

Passion Cake

Take 2 ripe bananas and mash them in a bowl, add 2 ounce chopped walnuts or pecans, 6 ounce soft brown sugar and 3 large beaten eggs. Mix this all together with some vanilla extract.

In another bowl sieve together 10 ounce plain flour, one teaspoon each of salt and bicarbonate of soda and two teaspoons baking powder. Measure out 6 fluid ounce of vegetable oil (I use organic rapeseed but have used corn oil too).

Fold in 6 ounce of grated raw carrot.

Finally fold the flour mix and oil into the banana mix alternately and mix thoroughly.

Once all this is incorporated, place the mixture in a greased and lined 9 inch round cake tin, a spring clip one is best, and bake in the centre of a moderately hot oven, 180C, 350F or gas mark 4 for an hour. The cake is done when it begins to slightly leave the side of the tin, but I always stick a skewer in the middle and check it comes out clean.

Place the cake still in the tin onto a trivet and allow to cool slightly before removing.

Once cold make a topping using 4 ounce unsalted butter and 4 ounce mascarpone cheese. Beat together with some vanilla extract until pale in colour. Add to this 8 ounce of sieved icing sugar a little at a time and beat well.

Cut the cake in half and spread about a third of the mixture to sandwich the cake together. Put the remainder of the topping on top of the cake and decorate with walnuts if liked.

Tips - You can add more nuts to the cake mix if you prefer, either walnuts, pecans or any other kind of nuts you like. You could add lemon, lime or orange zest (or better still essential oil) to the topping, this takes away some of the sweetness and is yummy. This cake makes about 16 portions, so good for a dinner party. It freezes well, and I usually cut it into usable portions first.

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