



**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport**

# NEWSLETTER



**Rhifyn/Edition 32**

**Hydref/October 2021**

Helô bawb/hello everyone

Where has this year gone I wonder, we are on the approach to Christmas but perhaps we might have an Indian Summer, who knows. I guess we could all do with some sunshine to set us up for the cold months ahead.

I have to say it's good to be back in the saddle, and I hope this is goodbye to my health issues for a while. On that note I would like to say a big .Thank You., especially to Laura but to the other staff both paid and voluntary who have worked on the last two newsletters in my absence, I'm sure you'll agree they did a sterling job, so sincere thanks one and all.

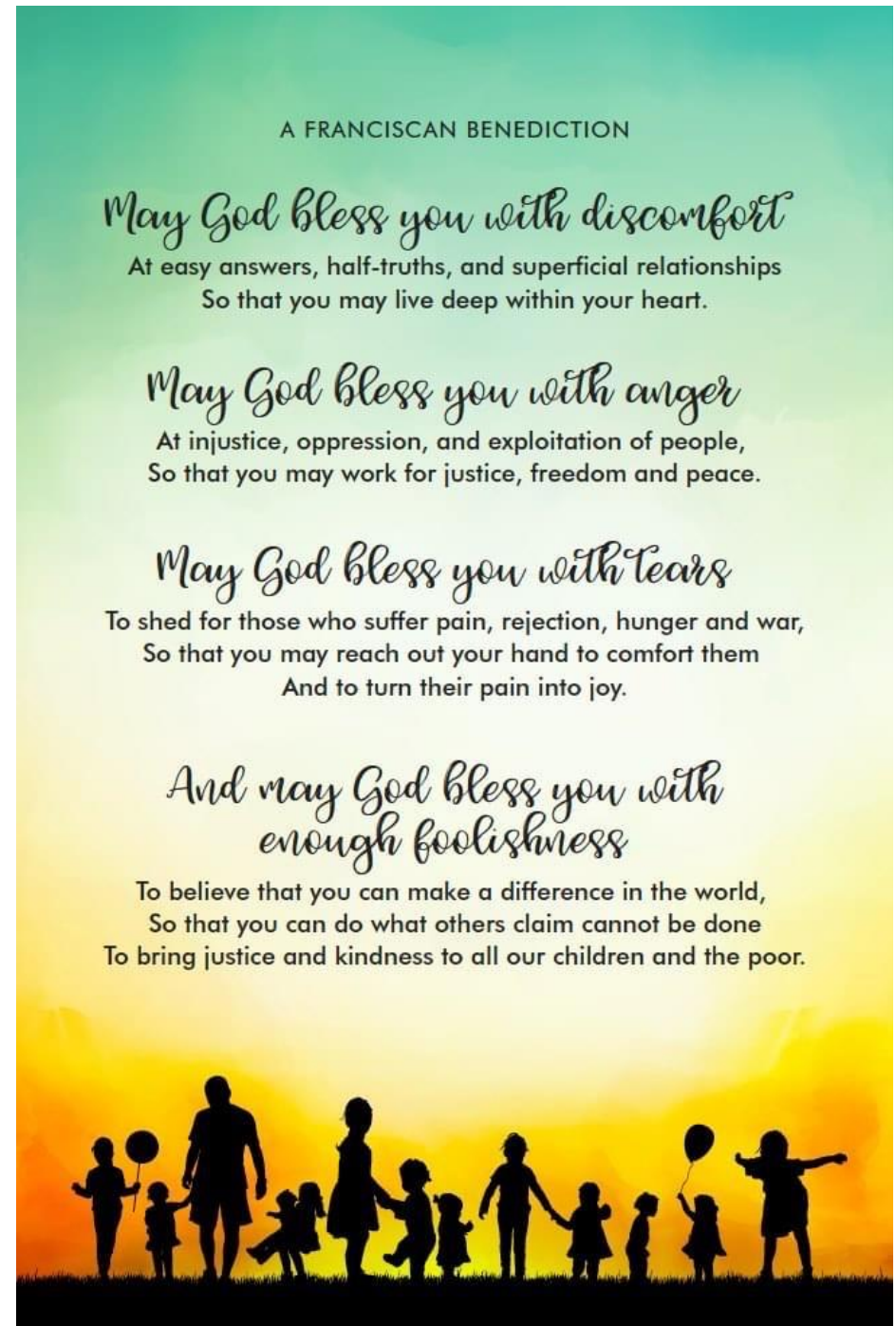
Hoping you find our latest offering interesting, and as always we would love to hear your views, publicize any local event, or if you would like a monthly copy emailing to you personally, please let me have your details on [pat@lwct.org.uk](mailto:pat@lwct.org.uk). Blessings to you all

Cofion cynnes/kindest regards. Pat x

## Libra the Scales

Libra the Scales is the Zodiac sign for October up until the 22<sup>nd</sup> of the month. Libra is an air sign, its influencing planet being Venus Their strengths are in being co-operative, diplomatic, gracious and fair minded. Their weaknesses are in being indecisive and in avoiding confrontation at all costs.

People born under the sign of Libra are peaceful, fair, and they hate being alone. Partnership is very important for them, seeking someone with the ability to be the mirror to themselves. These individuals are fascinated by balance and symmetry, they are in a constant chase for justice and equality, realizing through life that the only thing that should be truly important to themselves in their own inner core of personality. This is someone ready to do nearly anything to avoid conflict, keeping the peace whenever possible.



## Hard Up

You're not hard up when your purse is flat  
And your shirt is frayed like an old door mat.  
You're not hard up when your bills are due  
And you haven't a shilling to see you through.  
You're not hard up 'till you see the day  
That you haven't a cheerful word to say.

You're not hard up when your coin is gone  
And you sing a tune as you journey on.  
You may walk the streets while others ride  
And your pockets have nought but hands inside.  
That's not being broke you may depend  
For you're not hard up if you have a friend.

But you are hard up in a sorry way  
If you haven't a cheerful word to say.  
If nothing on earth appeals to you  
And you can't see the charm in the skies of blue.  
And you are hard up if you've reached the end  
And can say in truth that you haven't a friend.

Sent in by Sheila Lannon from her mother's book of 1921, thank you Sheila

## Aberfan Disaster

October 16<sup>th</sup> brings the anniversary of the Aberfan disaster which claimed 144 lives from this small community, mostly children from the Pantglas Junior School. It is considered one of the worst mining related incidents in the UK.

**Y Golofn Gymraeg (The Welsh Column)** is at the end of the newsletter. Please let us know if this is something you find useful for you and/or your friend

## Loss

You visit me in my dreams, I see things that long have past  
Memories that I keep safe until I breathe my last.  
I know that you were never mine, how could it ever be?  
Our paths were just too different that's why they took you from me.

As years go by so fast songs awake my inner pain  
Tormented by the memories I lose you time and time again,  
The tears have long dried up replaced with an inner ache  
Regret of all the times we lost, the memories we didn't make.

Our cards are set before us; somethings are broken from the start  
But I have you hidden there; you are deep within my heart  
And though some days may be harder, take a little more to push on through  
Just know your memory is safe and I really do love you.

Written by Donna Chapman of Homeless Hope

## Volunteer Drivers Needed Locally and in Llandrindod Wells

Over recent years, Llandrindod Wells has been without a community car scheme, and LWCT have stepped in to help 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 need 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. Like 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](mailto:office@lwct.org.uk) or speak to Laura directly on her mobile 07767 771489

You would need a full 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. 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.

### 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 for a Covid-19 Vaccination.



We are incredibly grateful to all the staff and volunteers working at the vaccine centres, they have all been so helpful and accommodating with our drivers when taking people in for vaccines. We are also very proud to have been able to help in the very successful roll out of the vaccine programme within Powys.

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.

We are incredibly grateful to all the staff and volunteers working at the vaccine centres, they have all been so helpful and accommodating with our drivers when

To book a journey or find out more, please contact us at [office@lwct.org.uk](mailto: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.

### She Lay in the Hospice

She lay in her bed in her hospice surrounded by care and of love.  
She believed in the life everlasting that she'd shared with her husband above.  
She'd been loved for so long as a daughter then loved as a beautiful wife.  
Later loved as a deep caring mother with a love lasting longer than life.

She was barely aware of them standing around as she lay in her bed.  
The drugs made her sleep so much better as her children looked down at her head.  
Her face bore no sign of her suffering, but it did show the love she had known,  
Her brow bore the lined of her aging; her eyes showed the years she had grown.  
Her dreams were of husband and family; her thoughts were content with her life,  
She remembered each kiss she was given, especially ones as his wife.  
She knew he was awaiting her up there; it was time that she left life behind,  
She longed to be back with her husband and thanked God that her life had been  
kind.

By kind permission of the author, Clive Sanders

### Shopping bus

Over the next couple of months, we would love to see our old shopping bus return. We understand that some people may still be wary of going to the shops themselves, so we will continue to do shopping for those people, but if you would be interested in using our shopping bus, we will be looking to get them back up and running in the very near future and will put up our planned trips on facebook, other social media and in the newsletter.



## Llangammarch Horse Fair

Traditionally, October 15th was the day of the Llangammarch Horse Fair which by the 1890s was the biggest pony fair in Wales and well known throughout Britain.

Llangammarch lies in the foothills of Mynydd Epynt, where local farmers had the grazing rights of over 34,000 acres of mountain upland. The Epynt has been associated with horse-breeding for centuries with the name probably derived from the name of the Celtic goddess Epona, the protector of horses, and the leader of souls to the underworld in the afterlife.

In the weeks before the Fair, farmers would gather their ponies and early on the day of the Fair, hundreds of horses would be driven off the Epynt down to Llangammarch, where the village's long street was soon packed with ponies and horses, carthorses and cobs. As horses and ponies were the main form of transport at the time, as well as being vital for farm work, driving livestock and for use as pit ponies, dealers would come from all over Wales, Ireland and the midlands and southern counties of England. Some of the horses were also destined for the culinary markets of Belgium and France. There were no auctioneers and deals were struck by the clap of hands and payment in cash. Ponies and horses sold at the Fair were then driven to Garth railway station where special trains were laid on for their onward transportation. There would also be various stalls selling clothes and anything and everything connected with horses. Local residents sold refreshments to the fairgoers and there would be much celebration in Llangammarch's pubs and hotels.

The purchase of several thousand acres of Mynydd Epynt by the Ministry of Defence in 1939, for use as a training area, resulted in the removal of the ponies, which combined with the introduction of more efficient tractors used for farm work saw a rapid decline for Llangammarch's Horse Fair and by the last years of the 1940s, it had disappeared.

<https://www.llangammarchhistory.co.uk/horse-fairs.html>



*This photograph courtesy of Llanwrtyd & District Heritage & Arts Centre*

## Medusa

*'Medusa once had charms; to gain her love  
A rival crowd of envious lovers strove.  
They, who have seen her, own, they ne'er did trace  
More moving features in a sweeter face.  
Yet above all, her length of hair, they own,  
In golden ringlets waved, and graceful shone.'  
– Ovid, Metamorphoses*

*Medusa teaches us that we have the right to defend ourselves. She shows us that we need to stand our ground when someone would do us harm.*

*We are not here to quietly accept the attention of others. We have the right to be safe. She asks too that we hold up the mirrored shield towards those that would wish us ill and reflect back upon them what they have created.*

*We are not here to be the plaything of others. We are Sacred Priestesses of the Divine, and we will not back down.*

*Ara*

*Write up and photograph from  
[www.the-goddess-circle\\_ara](http://www.the-goddess-circle_ara)*



## Halloween/Calan Gaeaf

Halloween is a celebration observed in several countries on 31<sup>st</sup> October, the eve of the Western Christian feast of All Hallows' Day. It begins the three-day observance of Allhallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed. It is widely believed that many Halloween traditions originated from ancient Celtic harvest festivals, particularly the Gaelic festival Samhain. [Tai Chi Foundation]

### Halloween October 31<sup>st</sup>



Snap-Apple Night, painted by Irish artist Daniel Maclise in 1833. It was inspired by a Halloween party he attended in Blarney, Ireland, in 1832. The caption in the first exhibit catalogue:

*There Peggy was dancing with Dan  
While Maureen the lead was melting,  
To prove how their fortunes ran  
With the Cards could Nancy dealt in;  
There was Kate, and her sweet-heart Will,  
In nuts their true-love burning,  
And poor Norah, though smiling still  
She'd missed the snap-apple turning. On the Festival of Hallow Eve.*

**Photo and text from Wikimedia Commons**





**Inscription - Gyda llawenydd byddwch yn tynnu dŵr o ffynhonnau cyfarchiad - With joy you will draw water from the wells of salvation.**

The carving above was erected by the Via Beata group at Nant yr Onnen, Llangammarch Wells in September, and an official opening will hopefully take place in the spring.

The organisers of the Via Beata walk, (which means Way of Blessing) are in the process of producing a major Christian Trail of art work across the UK from Lowestoft to St David's.

The residents of Nant yr Onnen offer profuse thanks to the carvers in Norfolk for this stunning work.

## Events Recycling

At the beginning of September, we were delighted to finally get our recycling gear out of storage after over 21 months! The Antiques Fair held at the Royal Welsh Show Ground on the 4<sup>th</sup> and 5<sup>th</sup> September is the first event we have done since the Winter Fair in November 2019. The Antiques Fair was slightly smaller than the last time we had done it in 2019 due to a smaller number of traders attending, but it still covered a large part of the show ground and we put out in excess of 150 bins.

We had 12 full recycling stations, made up of a paper and card bin, a plastics bin, a cans bins, a compostable waste bin and also a general waste bin. We use this system to sort and segregate as much waste as possible at the point of origin which enables us to achieve the best possible recycling rates and reduce the amount of waste going to landfill. Our other bins are simple 2 bin stations, recyclable and non-recyclable.

The waste from these bins has to be sorted and separated at a later date. We were delighted to see the catering providers at the antiques fair using compostable coffee cups, as a lot of the traditional disposable cups have to go to landfill due to them being plastic lined. We work closely with our waste sorting facility and adhering to the waste hierarchy are able to recycle or reuse over 90% of all the waste generated. The waste from the antiques amounted to 1900kg in total.

If anyone is attending the Mid Wales Autumn Fayre at the Royal Welsh show ground on the weekend of 2<sup>nd</sup> & 3<sup>rd</sup> October, we will be supplying a couple of recycling stations to help with the waste at the food festival. There is going to be a host of local artisan food companies there along with arts and crafts, classic cars and tractors, a jobs fayre, an education corner, a social media section and a culinary kitchen with a line-up of some of the best chefs in wales, plus more! There is free entry to the event, but a small parking charge per car. Doors open at 10am on both days and closes at 5pm. Well worth a trip out to support some wonderful local businesses!

If you are in the process of arranging a show and would like more information about our recycling services, please make contact with Laura Burns at [office@lwct.orgg.uk](mailto:office@lwct.orgg.uk) or on 01982 552727.

## Y Golofn Gymraeg (The Welsh Column)

Bannau Brycheiniog, Eryri, a Sir Benfro - rhai o'r ardaloedd sydd wedi croesawu nifer digynsail o ymwelwyr dros y misoedd diwethaf i fwynhau atyniadau naturiol eu traethau a'u mynyddoedd wrth i Covid19 rhoi'r brëcs ar hediadau awyrennau i wledydd tramor.

Gan mlynedd yn ôl un o'r 'staycations' mwyaf poblogaidd yng Nghymru oedd ymweld â'r ffynhonnau yn Llanwrtyd wrth i'r ffasiwn am y spa gyrraedd ei anterth fel y noda'r bardd gwlad Selby Price yn ei gerdd am y ffynhonnau:-

Daw miloedd i'r ffynhonnau, Bob blwyddyn ar eu hynt,  
Fel adar y tymhorau, Yn ôl fel byddo'r gwynt;  
Daw rhai er lloniad calon A rhai am awyr iach,  
Daw rhai i gael byw'n foneddion, Bob blwyddyn am dipyn bach.

Daw rhai am gwmni dedwydd, Ac hefyd fe ddaw rhai  
I ddangos dillad newydd, Dan weiddi 'gwelwch fi';  
Daw llawer iawn er gweled pa fodd mae cwrs y byd,  
Mae llawer un yn myned heb neges yn y byd.

Daw'r ieuencid i'r Ffynhonnau, Yn wir yn fyddin gref  
Waith dyma'r farchnad ore I garu dan y nef;  
I Siân rhyw deimlad hyfryd Yw meddwl gweled Shôn,  
Daw ambell un am iechyd l'r Ffynnon, waeth heb sôn.

(Ganwyd Selby Price yn Llanfihangel Abergwesyn ym 1772, rhyw 40 mlynedd ar ôl i'r Parch Theophilus Evans ddarganfod y ffynhonnau yn 1732).

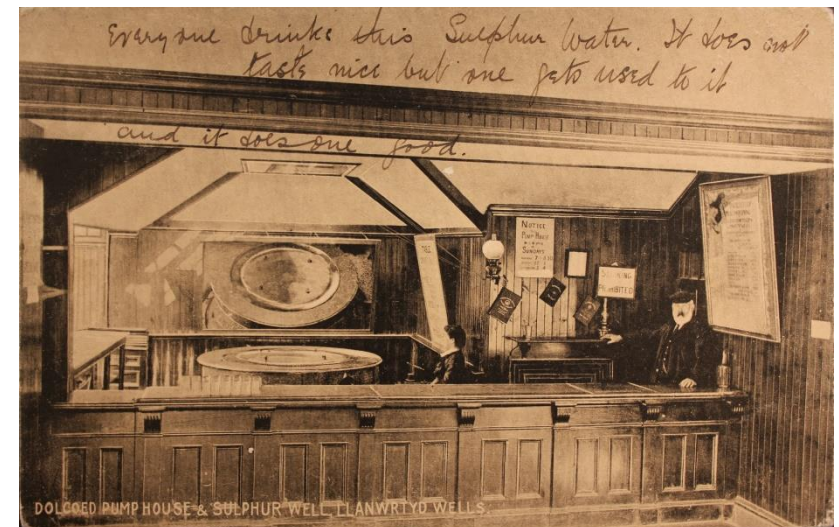
Ac felly, wrth ffarwelio â'r haf a'i ymwelwyr, gadewch i ni groesawi'r hydref yn sŵn y gwynt a llun y dail yn disgyn a ddisgrifir gan Crwys – ymwelydd cyson â Llanwrtyd o'i gartref yng Nghraig Cefn Parc - yn yn ei gerdd enwog 'Dysgub y Dail'.

Gwynt yr hydref ruai neithiwr, Crynai'r dref i'w sail  
Ac mae'r henwr wrthi'n fore'n 'Sgubo'r dail.

Yn ei blyg uwchben ei sgubell Cerdd yn grwm a blin,  
Megis deilen grin ym ymlid Deilen grin.

Pentwr arall: yna gorffwys Ennyd ar yn ail;  
Hydref eto, a bydd yntau Gyda'r dail.

*With the staycation having been the holiday of choice for many over the summer, this first piece by Selby Price of Llanfihangel Abergwesyn lists some of the reasons why the wells at Llanwrtyd were such a draw for visitors at the turn of the century. The second piece is by a famous Welsh poet known by his bardic name Crwys. Crwys was born in Craig Cefn Parc and was a frequent visitor to Llanwrtyd. This poem describes the autumn wind blowing strongly until the leaves are blown off the trees and then paints the picture of an old man sweeping the leaves up the following morning.*





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