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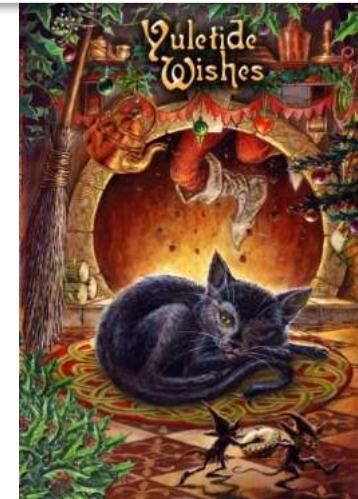
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Cludiant Cymunedol
Llanwrtyd Wells
Community Transport

NEWSLETTER



Rhifyn/Edition 34 Rhagfyr/December 2021

Helô bawb/hello everyone

And so we are in the final month of 2021! Back in January there were high hopes that the craziness of 2020 would be a distant memory, and we would be back to a more normal existence for the majority of this year just gone. Unfortunately, that did not happen! Although we are slowly returning to a new sort of normal, this pandemic is not over and is not going away any time soon. As we enter the Yuletide season, however you may or may not celebrate, this year is definitely “a time to be thankful for everything you have. You can always have more, but you could also have less.” I think it is so easy to look at others and be envious of them, but there is also someone envious of what you have, it maybe health, wealth, happiness, or anything. There are a lot of people this year with an empty seat at the table, and I am sure they would give up everything to have that seat filled once more. I am counting my blessings this Christmas and wish you all a happy, healthy and prosperous new year for the year ahead.

We are incredibly sad to hear that we may be losing the pharmacy from Llanwrtyd at the end of the month. Of course, we wish Paul and Kath a happy retirement, but also hope that something can be sorted out to ensure this very valuable service in the town is not lost!

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 office@lwct.org.uk.

Cofion cynnes/kindest regards. Laura x

The Month of December

December's traditional birthstone is **turquoise**. It is considered a symbol of good fortune and success. **Zircon** and **tanzanite** are also considered to be December birthstones. December's birth flowers are the **holly** (Ilex aquifolium) and the **paperwhite** Narcissus (Euphorbia pulcherrima)—a relative of the daffodil with lovely white blooms. Did you know, according to old Folklore, if there is a frost on the shortest day is said to indicate a severe winter.

Winter Solstice

The month of December brings the winter solstice in the Northern Hemisphere. This is the shortest day of the year (the day with the least amount of daylight). This is also the summer solstice in the Southern Hemisphere, marking the beginning of summer. In 2021, the solstice occurs on Tuesday, December 21.

Geminid Meteor Shower

Look skyward on the night of December 13 after 9 P.M. for a chance to catch a glimpse of the **Geminid meteors**. The Geminid meteor shower is the most active shower of the year. This year, the peak of the meteor shower lands just one day after the new Moon, meaning that the sky will be nice and dark—perfect for stargazing! If the sky is clear and temperatures aren't too chilly, it's worth venturing outside to try to see the Geminids.

Some typically British traditions at Christmas

The Christmas pudding - Christmas pudding is a type of fruit pudding that is served in the UK during Christmas dinner. The pudding was first eaten in the UK back in the 14th century and is normally made with raisins, currants, prunes, wines, and spices. An interesting Christmas tradition in the UK involves placing a silver coin in the pudding that is said to bring luck to the person who finds it.

This tradition is thought to have originated in the court of King Edward II where a bean or dried pea would be placed inside the pudding and whoever got a slice with it in would be crowned King or Queen for the day.

The Christmas cracker - If you've ever been to a Christmas party, lunch, or dinner in the UK, you've probably seen a Christmas cracker. These festive table decorations are pulled apart to reveal a small gift, a party hat and a riddle or a joke. When they are pulled, they make a 'snap' or 'cracking' sound which is what gave them their name.



Crackers were first created in the mid 19th century by a sweet maker called Tom Smith who tried selling sweets around Christmas time with a small motto or riddle included in the packaging. Later, he decided to add the 'crackle' element after seeing logs crackle on a fire.

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 friends

Volunteer Opportunities

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 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 and Boosters

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 or for their follow up booster.



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 immensely proud to have been able to help in the highly 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.

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.

**“Then the Grinch thought of something he hadn't before!
What if Christmas, he thought,
doesn't come from a store. What
if Christmas...perhaps...means a
little bit more!”**
– Dr. Seuss, [How the Grinch Stole Christmas!](#)



Event recycling

After a long break on the events scene due to the coronavirus pandemic, we were eased back into it gently in September with the Antiques fair, and then we won the contract for the Winter Fair. The Royal Welsh Winter Fair is probably the biggest and busiest event we do recycling for, and this year was no exception! The crowds on the Monday made for a really busy day, despite the weather not being great, the attendance appeared really good. Traders were recording bumper sales, with one informing us he had sold all his stock for the 2 days by mid afternoon on the Monday! Lots of visitors and buyers meant our staff were kept busy with emptying the bins and making sure the site was kept clean and tidy. I am very grateful for the staff as it is a very thankless job, but the crew put in a great effort, and it was remarked by powers that be what a great job they do!

Behind the scenes, we start sorting the bins out on the Thursday, deliver some to the site on Friday, usually we would start putting bins in position on the Saturday, but with storm Arwen forecast, we held off until the Sunday. We do sweeps (collections) of the site on Saturday and Sunday afternoon, collecting any rubbish that is created during the set up of the event. Monday and Tuesday we do rubbish sweeps prior to the show opening and again once it has closed. During the time the show is open we do foot patrols to ensure the bins don't get too full and no litter is dropped on the floor. Wednesday and Thursday we pick up and rubbish left and the rubbish that is created by the take down of the stalls etc. Friday, we brought nearly all the bins back off the site and put them back into storage, ready for the next event!

Some of the “staff” you see with us pre and post show are not always that helpful but take their role as “van security” very seriously! They also like to make sure they keep a watchful eye over everyone and ensure there are no slackers in the crew! Left to right – Mylo, Roo and Nico in the recycling van “on guard”



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



During the initial stages of Covid-19 in Wales, LWCT was fortunate in being successful, in a number of funding bids from PAVO, to operate our Community Cars, during the worst of the early pandemic.

During 2020/21, our community & volunteer cars travelled over 23,000 miles and 700 individual journeys. 60% of those journeys were for medical appointments; whilst of the remainder were supporting scheme members with food shopping.

So far during the first 8 months of 2021/22, the same vehicles have travelled over 26,000 miles and completed nearly 800 journeys, with 70% of the journeys being medical appointments and 15% for shopping journeys.

This Autumn and Winter, LWCT has been supported with sponsorship from Aneurin Bevan University Health Board and Gwent Association of Voluntary Organisations, to provide free transport to patients living in south Powys, who have scheduled appointments at Aneurin Bevan Hospital premises.

LWCT has also been supported with funding to operate Community and Volunteer Cars, proving transport for LWCT scheme members, to medical appointments, shopping, and other approved transport journeys. This scheme is sponsored by the Welsh Council for Voluntary Action (WCVA) and Community Transport Association Wales (CTA) and operates in support the Welsh Government's Winter Pressures Strategy.

As with all LWCT transport services, these are pre-bookable by ringing LWCT's Lion Yard number, shown on the back of this Newsletter. For registered Scheme Members, these journeys are free, so long as the journey requests meet the eligibility criteria, and project sponsorship funding is still available. LWCT continues to be very grateful to all our wonderful staff & volunteers, who give so selflessly of their time, and to our sponsors, without whose generosity these transport services would be greatly limited in number.

Do you know someone who needs help with benefits, budgeting, debt or fuel costs?

The COVID-19 pandemic has affected all our lives in many ways – and that includes our finances too.

So, if you know someone who is struggling because of a loss of benefits income, redundancy, the end of furlough, rising fuel costs or debt problems – send them our way!

Powys County Council's Money Advice Service offers free and confidential support to anyone in financial difficulty. During the last tax year (2020/21) it helped 529 Powys residents gain benefits worth an extra £2,046,118.65 and would like to help many more.

Our trained and accredited advisors can:

- Offer advice over the phone
- Offer advice face-to-face in a client's own home or local council office
- Deliver advice sessions in the community

If anyone needs our help, they can visit the Powys County Council website and search 'money advice'. Here they will find a range of free tools to help them manage their money better, and an online form that will allow them to 'request money advice'.

Alternatively, they can call 01874 612153 or email wrtteam@powys.gov.uk and ask for help.

This pack contains a variety of resources which can either be printed out or be presented in a digital format on a display screen. We hope you will make use of them to promote our service, so that we can help even more people in Powys obtain financial peace of mind.

Powys County Council's Money Advice Service

Said the Frown to the Smile

Said the Frown to the Smile, "come walk with me today"
"Very well" said the Smile, "since you're going my way"
They journeyed on slowly for perhaps half a mile,
And each person they met said "Good morning, Dear Smile"
Till at last cried the Frown "This will never do"
"There is no greeting for me, though I'm bigger than you!"
"That is true" was the answer, "but, remember the while,
Even you, as a companion, selected the Smile"

Sent in by Sheila Lannon, taken from her mother's book of 1921. Thank you, Sheila, for sharing this with us.

If you have any content, you think may be suitable for the newsletter, please get in touch, we love to have contributions from the community!



"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."

— **Calvin Coolidge**

Are you aged 65+ and live in Powys? Are you living in a cold, damp or poorly maintained home, struggling to pay your energy bills and stay warm?

Then you could be eligible for the Age Cymru Powys FREE 'Warm Homes' service.

Steve Cadwallader-Jones, Home Energy Officer at Age Cymru Powys, explains what help is available:

"With the current crisis in the energy sector, people are facing increases in their gas and electric bills. This could lead to older people cutting back on their heating, which we know can be dangerous as older people are more vulnerable to the impacts of living in a cold home. This winter we will also need to live with Coronavirus, which we know can have more of an impact the older we are. We're encouraging older Powys residents to make sure they're claiming all the support they are entitled to, as many older people are missing out on money that is rightfully theirs. Our Warm Homes service will help you to keep warm and well in your home this winter."

The Warm Homes service helps in two key ways:

1. FREE Income Maximisation Check

- We help older people apply for the benefits they are entitled to. Maximising income lessens the stress of paying energy bills.
- In 2020/21, Age UK identified over £51 million of unclaimed benefits within 6 months, with an average of £3,000 per year secured for each older person.

2. FREE Home Energy Check

- Our Home Energy Officer will visit or telephone to assess the energy-efficiency of the home and provide energy advice to help keep fuel bills down.

- We can fit equipment to increase the energy and thermal efficiency in the home, including free energy-saving light bulbs, draught excluders, and reflective radiator panels.

What are people saying about the Warm Homes service?

"Having the Income Check has made a huge difference to my life. With the extra money, I can put my heating on more often and buy things that make my life easier."

Meurig, 73

"The Home Energy Check has really helped, it's such a brilliant idea. None of the doors fitted properly but now that the draft excluders are on, they all shut properly..."

I'm definitely much warmer in here now, nice and cosy." Eira, 66

"My husband is disabled and needs to be warmer all the time. The Home Energy Check has helped a lot and with the extra knowledge we know how to keep warm without spending more money." Anne, 87

If you or a loved one need help to keep warm over winter, contact Age Cymru Powys now to book your FREE Warm Homes appointment.

Steve Cadwallader-Jones, Home Energy Officer - Age Cymru Powys

Call: 01597 825908

Email: enquiries@acpowys.org.uk

Website: www.agecymru.org.uk/powys

Facebook: www.facebook.com/agecymrupowys/

Twitter: <https://twitter.com/Agecymrupowys>

Instagram: <https://www.instagram.com/agecymrupowys/>

What kind of jobs do we do?

- Replacing light bulbs with energy efficient ones
 - Fitting simple draught-proofing measures around your home
 - Installing reflective panels behind radiators
 - Fitting a water cylinder insulating jacket
 - Providing cold alarms
- For a Home Energy Check you must be over 65 and:
- On low income (below £16,190 per year or in receipt of means-tested benefits) and /or
 - Living with a disability or medical condition and /or
 - Living in an older or hard to heat property.

For an appointment please call

01597 825908

or email: www.agecymru.org.uk/powys



Free Home Energy Check

Do you need help keeping warm in the winter months?

We can offer a free service

For more information, call

01597 825908

or visit www.agecymru.org.uk/powys



The service

A free advice and fitting service helping you to reduce your energy bills. Helping you remain warm and well in your home.

Contact us to book your FREE Home Energy check.



Registered charity number: 1174222
IDBBOS371 08/15

Yule Poem by Raven Willow Rune

Soft the snow falls on blackest of night
Silver the moon shines, tis a glorious sight
The fox and the bear are tucked up in bed
They sleep undisturbed they're warm and fed

Away in the distance a glint in the dark
A candle is lit to remember Sun's spark
The Holly King reigns now with cold and ice
Red bitter berries and apples with spice

Thorns are his crown, his time it is Yule
Gathering his strength for the upcoming duel
The Oak King is coming but for now he is weak
His time in the distance, like the Sun that we seek

Now is the time for Jack Frost to appear
Nipping our nose and tweaking our ear
Icicles and raindrops, the dark of the night
Keeping us warm by the fires hot light

Gifting our presents to those that we love
Giving our thanks to the Divine up above
But, remember when you are gifting and giving
To gift to yourself the blessing of living

(c) Lesley Lightbody 2012

NADOLIG DDOE

Dydd Nadolig yw'r diwrnod mawr erbyn hyn. Diwrnod pwysica'r flwyddyn oll. Ond yng nghefn gwlad sir Frycheiniog, fel ar draws Cymru gyfan, peth eitha newydd yw hynny, a dweud y gwir. Lai na chan mlynedd yn ôl trohwy o ddiwrnod oedd dydd 'dolg, sef dydd cyntaf bythefnos i dair wythnos o wyliau.

Ar y dydd hwn mi fyddai'r arad yn cael ei chario i'r tŷ ei hunan a'i rhoi i gadw dan ford hir y gegin. A dyna hi! Â'r dydd ar ei fyrraf a'r nos ar ei hiraf dyna ddiwedd ar y gwaith llafurus o drin y tir am ryw sbelen fach.

Ond os mai cael ei chaethiwo i'r tŷ oedd hanes yr arad mynd o dŷ i dŷ, o aelwyd groesawgar i aelwyd groesawgar, a wna'i'r bobol – yn enwedig y dynion gan fwynhau nid diwrnod neu ddau o wleda ac yfed a chanu a storïa ond pythefnos neu ragor.

Ond ni fyddai'r rhialtwch mawr yn dechrau nes byddai defod holl bwysig wedi'i chyflawni – defod a fyddai'n fodd i atgoffa hen ac ifanc o wir arwyddocâd y Nadolig. Yn nhywyllwch dudew oriau mân y bore mi fyddai teuluoedd y ffermydd a'r bythynod fel ei gilydd, â help canhwylau neu lamp stabal, yn teithio tuag at fan o addoliad ar gyfer gwasanaeth y Plygain – gwasanaeth fyddai'n cwpla wrth i'r dydd wawrio gan gyflwyno i'r byd, o ganol ei thywyllwch, oleuni a gobaith o'r newydd.

O ran y plant, diwrnod pwysicaf y gwyliau yn ddi-os oedd dydd Calan – diwrnod a fyddai'n dechrau'r eiliad gyntaf wedi i hen gloc y parlwr daro hanner nos. Yr eiliad honno mi fyddde nhw'n rhuthro ar eu taith - yn crwydro o fferm i fferm dan ganu eu dymuniadau da ac yn llenwi eu pocedi â'r arian a'r rhoddion fyddde nhw'n derbyn yn galennig.

Mi fyddai'r penillion yn amrwyio o ardal i ardal. Yn rhannau o Geredigion a gogledd sir Benfro fel hyn byddde'r plant yn canu...

Mi godais yn fore, mi gerddais yn ffyrnig,

At dŷ Mr. Jones i mofyn am g'lennig.

Os clywch ar eich calon roi swllt neu chwecheiniog,

Blwyddyn newydd dda am ddimau neu geiniog

Ond y pennill mwyaf adnabyddus, wrtn gwrs, yw...

Blwyddyn Newydd Dda i chi

Ac i bawb sydd yn y tŷ,

Dyna yw'n dymuniad ni

Blwyddyn Newydd Dda i chi.

Yn rhannau o sir Frycheiniog roedd yna un diwrnod arall yn sefyll mas hefyd, sef Ionawr y 6ed, Nos Ystwyll. Ar y noson hon tro'r dynion oedd hi i grwydro'r ardal yn canu penillion. Ac mi fyddde nhw'n gwneud hynny dan arweiniad neb llai na'r Fari Lwyd, sef penglog ceffyl wedi'i gorchuddio â lliain a rhubanau. Wrth i Fari a'i chyfeillion gnoco ar eich drws mi fyddde'n canu pennill yn gofyn amfyndiad. Eich gwaith chi wedyn oedd ateb her y penillion cyn penderfynu rhoi mynediad ai peidio – heb anghofio, mae'n siwr, yr ofergoel ei bod hi'n anlwcus gwrthod mynediad i'r hen Fari. Yn Llanwrtyd wrth gwrs, mae'r Fari Lwyd i'w gweld yn crwydro ar ddiwrnod ola'r flwyddyn! Tybed a ddaw hi allan 'leni?

Erbyn heddi mae nifer o'r hen arferion, a'u coelion a'u hofergoelion wedi diflannu, ond, mae Sion Corn yn parhau i alw heibio (chwarae teg iddo).

Ac os digwydd i chi'n dawel bach ei weld yn dod o'r shimne fawr, peidiwch synnu os gwelwch chi e'n taro golwg fach sydyn dan ford y gegin.

Nadolig Llawen a Blwyddyn Newydd wrth eich bodd i chi gyd!

(This article recounts some of the old traditions celebrating Christmas and New Year, from the parking of the plough under the kitchen table to signify the beginning of the holiday to the early morning carol service known as Plygain which still continues in some parts of Wales today).

