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Cludiant Cymunedol
Llanwrtyd Wells
Community Transport

NEWSLETTER

2022

Rhifyn/Edition 35 Ionawr/January 2022

Helô bawb/hello everyone

Happy New Year everyone! Welcome to the first newsletter of 2022. We hope you all had a lovely Christmas, and unlike last year, were able to spend some quality time with friends and family. Here is hoping 2022 brings peace, health and happiness to you all from all of us here at Llanwrtyd Wells Community Transport.

Once again this year, we made little hampers for our staff and volunteers as a small gesture of thanks for all they have done for us. This year the hampers contained homemade jam or chutney made in Llanafan Fawr, smoked cheese made in Builth Wells, chocolates made near Newtown, homemade fudge from Llanwrtyd and Drizzles very kindly donated some homemade cakes. Thank You all for keeping the transport services running so efficiently, school runs, shopping, prescription collections, medical appointments etc. we really couldn't help as many people without the support of our wonderful volunteers and staff!

Since our last newsletter went out, we have heard the wonderful news that the pharmacy in Llanwrtyd has been secured and will continue to trade. This is wonderful news and such a great resource for the community!

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 January

In the Roman calendar only 10 months had formal names. Winter (January and February) was simply known as the "dead period".



This is because the government and military weren't active in the coldest, darkest months. January, what we now consider the first month of the year, was actually the final month added to the 12-month calendar.

It is the two-faced God Janus who represents the month of January. Janus in mythology is often depicted as a two-sided face that looks forwards and backwards at the same time.

Much like today, the Ancient Romans saw the start of January as a bridge between the past and the future. January, in the depths of winter, was seen as a reflective period to take stock of the previous year and to plan on what the new year could bring.

Brrr, it's cold out here

In the northern hemisphere January is usually the coldest month. The lowest temperature ever recorded in the United States was minus 80 degrees Fahrenheit (minus 62.2 degree Celsius). This was recorded by a weather observer at Prospect Creek Camp in Alaska on January 23, 1971.

It was so cold that a person's eyeballs would begin to freeze after only seconds of being outside. That sounds far too cold for us!

In the UK, the coldest recorded temperature on record was minus 17 degrees Fahrenheit (minus 27.2 degree Celsius) which was recorded at Braemar weather station in East Scotland on 10th January 1982.

Congratulations!

Before Christmas, one of our volunteer drivers was nominated to win a hamper in a competition run by Calon Wen. We were thrilled to learn that John was picked as the winner. John, like all our volunteers do so much supporting the running of the scheme, so we are thrilled that he has been rewarded for all his efforts. Congratulations John, we hope you enjoy your treats.



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.

Event recycling

Over the Christmas break we had the weights back from the Winter Fair. It appeared to be a very successful show, and we were extremely busy on the Monday, and thankfully a bit quieter on the Tuesday. The weights of the skips confirmed what we were expecting, although quieter than previous years due to the covid restrictions, we still moved 10.5 tonnes of waste and recycling during the show period! A big thank you to the staff who all worked extremely hard in the preshow set up, post show clearance and the show days! We had some new members of staff, and they were great, and got stuck straight in, guided by the staff who have worked with us previously! It isn't an easy job to do, and having a good crew makes it work efficiently and smoothly. Our next event is April, we will be at Wonderwool Wales.



!!COUNCIL TAX SCAM ALERT !!

Scam callers have been ringing some Powys residents and advising them that they have a credit on their council tax.

The person being contacted is then asked to confirm their

name and address. And is told they will get another call from a bank to arrange a refund to their nominated account.

These calls are not being made by Powys County Council staff!

If anyone needs to check if such a call is genuine, they should contact us:

Phone: 01597 827463 (office opening hours 9am - 1pm Monday - Friday)

Email: revenues@powys.gov.uk

If you receive a cold call:

- Don't give out any of your personal details
- Don't give out any of your bank details
- Don't let on that you live alone

You can report fraud or cybercrime to Action Fraud online, at any time:

<https://www.actionfraud.police.uk/reporting-fraud-and...>

Or call Action Fraud on 0300 123 2040, Monday to Friday, 8am – 8pm.

If you, or someone else, is in immediate danger or risk of harm dial 999.



THE BRACKEN TRUST CANCER SUPPORT CENTRE is a registered charity based in Llandrindod Wells, with hubs in Knighton, Llanwrtyd Wells & Llanidloes

The Trust supports anyone affected by cancer (including those who have experienced a bereavement) in the Mid Wales and border areas. It provides information, advice, complementary therapies, counselling, and a range of activities which encourage people to manage their condition and maintain an excellent quality of life (free of charge). It also provides nurse support to anyone waiting test results.

It is currently supporting approximately 350 patients. You can self-refer/ be referred by a friend or family member or alternatively by a Health professional.

Currently, access to services at the Centre and hubs is by appointment only so if you would like to book an appointment to speak to a nurse or receive a complementary therapy/ counselling, please telephone: 01597 823646 (between 9a.m. – 5p.m. Monday to Friday).

The hub in Llanwrtyd Wells is open every 3rd Wednesday of the month

Green Events Saturnalia Festival & Chariot Racing!

Saturnalia was the major annual festival of the Romans, an event of unrestrained merrymaking when slaves were temporarily released and reversed roles with their masters. Enjoy Bacchanalian frolics and a plethora of winter warmer ales, with a Saturnalia walk using part of the Roman road which passes close to Llanwrtyd. £10,000 reward for the return of the lost "Eagle of the 9th Legion".

On the Saturday the World Mountain Bike Chariot Racing Championships take place in the grounds of the Abernant Lake Hotel. Open to teams of 3 (2 riders plus one charioteer) over the age of 16. Contact us for further details.

Followed by the Annual TOGA Party at the Neaudd Arms Hotel in the evening! Everyone welcome! Bring your toga! Or kindly borrow one at the pub! Sandals optional!

St Dwynwens Day



St Dwynwen was a Welsh princess who lived in the Brecon Beacons during the fifth century. She is known today as the Welsh patron saint of lovers, making her the Welsh equivalent of St Valentine. Her story is full of both tragedy and romance. Like a lot of Welsh history, the story of St Dwynwen has been passed down through the generations via word of mouth, myths and songs. As a result of this, her story is mixed with elements of folklore and Celtic stories.

Dwynwen was one of King Brychan Brycheiniog's twenty-four daughters. Out of all of his daughters, Dwynwen was considered to be the most beautiful. One day when out walking, Dwynwen met a local man named Maelon Dafodrill. They quickly fell in love with one another and decided they wanted to get married. King Brychan, who had already promised Dwynwen's to a prince, forbade them to marry. He told Dwynwen that she could no longer see Maelon and that their relationship had to end. When the young couple heard the news, they wept and begged for King Brychan to reconsider and allow them to be together, but he refused.

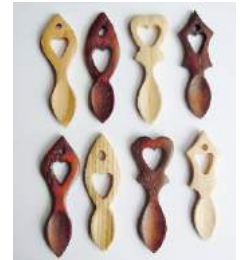
She was broken, angry and distraught about not being able to be with Maelon and fled to the local woodland to weep and pray. In her prayers, she begged God to help her forget about her love for Maelon. As she drifted off to sleep in the woods, she was visited by an angel who was carrying a sweet potion. The angel told Dwynwen that if she drank the potion, she would forget about Maelon. Reluctantly, she took a sip of the potion. Instead of having the desired effects of helping her to forget about Maelon, it turned him into a block of ice.

Once God realised his mistake, he granted Dwynwen three wishes. Firstly, she wished that Maelon would be thawed so that he could continue with his life. Secondly, she wished that God would grant the wishes and dreams of all lovers so that they would not have to experience her heartbreak. And lastly, as a sign of rebellion against her father, she wished never to marry. God granted all three wishes to Dwynwen, who, in gratitude, offered to dedicate her life to him. Dwynwen

then became a nun and opened a convent on the beautiful island of Llanddwyn, near Anglesey.

St Dwynwen's Day, or Dydd Santes Dwynwen, takes place every year on the 25th of January. Just like Valentine's Day, people celebrate St Dwynwen's Day by doing a range of things, exchanging gifts and cards, treating their loved ones to a special meal, going out for the day.

Some (very lucky) recipients may even receive a Welsh love spoon...



A Welsh love spoon is a decoratively carved wooden spoon that you gift to someone you love. The idea of carving and giving love spoons originates in Wales from hundreds of years ago. Historically, young men would gift their loved ones a love spoon, with the hope that they would accept and commence a relationship.

Nowadays, as much as love spoons are still considered romantic gifts, they're also used to commemorate events such as weddings, birthdays, anniversaries and christenings.

THE MONTHS BY SARA COLERIDGE

January brings the snow,
makes our feet and fingers glow.

February brings the rain,
Thaws the frozen lake again.

March brings breezes loud and shrill,
stirs the dancing daffodil.

April brings the primrose sweet,
Scatters daisies at our feet.

May brings flocks of pretty lambs,
Skipping by their fleecy dams.

June brings tulips, lilies, roses,
Fills the children's hand with posies.

Hot July brings cooling showers,
Apricots and gillyflowers.

August brings the sheaves of corn,
Then the harvest home is borne.

Warm September brings the fruit,
Sportsmen then begin to shoot.

Fresh October brings the pheasant,
Then to gather nuts is pleasant.

Dull November brings the blast,
Then the leaves are whirling fast.

Chill December brings the sleet,
Blazing fire, and Christmas treat.

A poem about life as it was

We met and married a long time ago.
We worked long hours when wages were low.
No telly, no bath, for times were hard.
Just a cold water tap and a walk in the yard.
No holiday abroad, no carpets on floors.
We'd coal on the fire and didn't lock doors.
Our children arrived (no pill in those days)
We brought them up without any state aid.
They were safe going out to play in the park.
And old folk could go for a walk in the dark.
No Valium, drugs and LSD.
We cured most of our ill with a good cup of tea.
No vandals, no muggings (not much to rob)
We felt we were rich with a couple of bob.
People seemed happier in those far off days.
Kinder and caring in so many ways.
Milkmen and paperboys would whistle and sing.
A night at the pictures was quite a mad fling.
We got our share of troubles and strife.
But we had to face it – the Pattern of Life.

'The Great Fire of Builth'

Almost every building in Builth was destroyed by a fire that ravaged the town on 27th December 1690. The town was largely rebuilt the following year. It is thought that 13-15 High Street is the only building to survive the 1690 fire.



The site of current day Builth was identified as being strategically important as it is situated not only at a fording point of the River Wye but also at the junction of Wales' main north-to-south route with an important south-west-east route. The Normans constructed a wooden motte and bailey castle around which the town of Buellt (later called Builth) developed. As a result of Henry VIII's Laws in Wales Acts in 1535, Buellt became part of the new county of Brecknockshire and Builth became a hundred and thriving market town. Mineral water springs were discovered at Park Wells and Glannau Wells in the mid 18th century which subsequently led to the town's growth as a spa resort during the 19th century. The popularity of the wells led to Builth becoming known as Builth Wells



"If we had no winter,
the spring would not
be so pleasant; if we
did not sometimes
taste adversity,
prosperity would not
be so welcome."
~Anne Bradstreet

Farmer Jim's Accident:

Farmer Jim decided to take the trucking company responsible for his accident to court because of the severity of his injuries.

Needless to say, the trucking company hired a fancy lawyer and whilst questioning Farmer Jim in the court room he enquired, *"Is it not true that at the scene of the accident you said specifically, in front of witnesses, 'I'm fine'?"*

Farmer Jim responded, *"Sir, let me tell you what happened. I had just loaded my best mule Bessie into the....."*

"I didn't ask you for any details sir," the lawyer interrupted, *"Answer the question. Did you not say, at the scene of the accident, 'I'm fine!' Yes, or No?"*

Farmer Jim said, *"Well, I'd just got Bessie into the trailer, and I was driving down the road...."*

Once again, the lawyer was quick to interrupt Farmer Jim mid-sentence.

Looking at the Judge the lawyer said, *"Your Honour, I am trying to establish the fact that, at the scene of the accident, this man told the Highway Patrolman at the scene that he was just fine. Now several weeks after the accident he is trying to sue my client. I believe he is a fraud. Please tell him to simply answer the question. "*

Well as luck would have it, the judge was interested in what Farmer Jim had to say, so he said to the lawyer, *"I'm sorry sir but I'd like to hear what this man has to say. So, I would ask him to continue with his story."*

Jim thanked the Judge and continued.

"Well," he said, *"I had just loaded Bessie into the trailer, and I was driving her down the highway when this huge truck with a trailer ran the stop sign and T-boned my truck."*

"And then what happened?" The Judge enquired.

"Well, I was thrown into one ditch and Bessie was thrown into the other." Jim responded.

"And were you hurt?" The Judge asked.

"Yes," said Jim. *"I was hurting real bad and I didn't want to move. However, I could hear ole Bessie moaning and groaning. I knew she was in terrible shape just by her groans."*

"And then what happened?" the Judge asked.

"Well, shortly after the accident the Highway Patrolman appeared at the scene." Jim said.

"And what did he do?" the Judge responded.

"Well, Your Honour, he could hear Bessie moaning and groaning so he went over to her. After he looked at her momentarily, he then took out his gun and shot her between the eyes." said Jim.

"And did you say to the Highway Patrolman that you were fine?" The Judge asked.

"Well," said Jim. *"After he shot Bessie, he came across the road with his gun in his hand and looked at me and said, 'Your mule was in such bad shape I had no choice but to shoot her. How are you feeling?'"*

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit -
Rest if you must, but don't you quit.
Success is failure turned inside out -
The silver tint of the clouds of doubt,
And when you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst,
You must not quit.

Edgar Guest 1921

Enwi stormydd

Fis Tachwedd y llynedd daeth 'Arwen' yn enw cyfarwydd i ni - nid yn unig yma yng Nghymru ond i bawb ar draws y DU. Pam? Oherwydd dyna oedd yr enw a roddodd y Swyddfa Dywydd ar storm gyntaf y gaeaf am y flwyddyn 2021-22.

Yn ystod y blynyddoedd diwethaf, mewn partneriaeth â Met Éireann a KNMI o'r Iseldiroedd mae'r Swyddfa Dywydd wedi bod yn enwi stormydd fel ffordd o godi ymwybyddiaeth ymysg y cyhoedd am effeithiau digwyddiadau tywydd garw ac i rybuddio am y peryglon posib yn sgil tywydd eithafol.

Eleni, wnaeth y Swyddfa Dywydd estyn gwahoddiad i bobl yn y DU gyflwyno awgrymiadau gan ofyn iddynt ychwanegu rheswm dros yr awgrym i'w helpu yn y broses o ddewis. Wel am syniad ac arweinodd hyn i fi feddwl pwy fyddwn i'n ei enwebu a pham?

Beth am fy ngŵr, Euros? Pam? Am nad yw byth yn llonydd ac yn hedfan o gwmpas y lle yn mynd o un peth i'r llall? Gwyddno, fy ŵyr bach – am ei fod yn gadael ei ôl yn dilyn pob ymweliad yn degannau yn ddiwad a chewynnau! Neu beth am fy mab Rhodri – wel 'falle y'n ni'n son am fath gwahanol o wynt yn ei achos e ond eto un y dylid osgoi ar bob cyfri'!!

Ar y 12fed a'r 13eg o Fawrth 2019 Gareth oedd y storm a ddaeth a hyrddiadau o 60 mya ar draws Gogledd Iwerddon yn ogystal â rhywfaint o law trwm i rannau o'r DU.

Chwarae teg, bu Gareth yn weddol garedig i Gymru y tro hwnnw a thrwy lwc ni gyraheddodd stormydd Idris na Wyn y flwyddyn honno.

Mae'r enwau a ddewisir yn rhai sy'n gynhenid i'r dair wlad o fewn y bartneriaeth ac eleni'n cynnwys Barra, Corrie, Dudley, Eunice, Franklin, Herman, Imani, Jack, Kim, Logan, Méabh, Nasim, Pól, Ruby, Seán, Tineke, Vergil and Willemien. Ac Arwen, Gladys ac Olwen o Gymru.



Arweiniodd hyn ymhellach i fi edrych ar rai enwau sy'n tarddu o ddigwyddiadau tywydd. Mae ambell un o'r rhai mwyaf poblogaidd yn cynnwys Talia (*glaw o'r nefoedd*); Cyrus a Samson (*yr haul*); Niall a Neil (cwmwl); ac wrth gwrs yr enwau cyfatebol amlwg megis Haf a Summer; Eira a Neve ac Iris ac Enfys . Er nad yn enw poblogaidd efallai, mae Barak erbyn hyn yn enw cyfarwydd a'i ystyr – melt!

Mae'r enw 'Storm' ei hunan yn boblogaidd iawn erbyn hyn. Yn 2021 enwyd 1659 o fabis yn Storm – 51 yn fwy na'r flwyddyn flaenorol!

Wel yn dilyn storm Arwen a Barra (ac efallai Corrie a Dudley erbyn i chi ddarllen hwn) dwi wir yn gobeitho na chyraeddwn ni Olwen yn ystod 2022. Ond os byddwn ni, mi fydd yn rhaid i'r boi 'na sy' byth yn llonydd fynd ati i godi'r ffens 'na yn yr ardd unwaith eto!

(This article is a light-hearted look at the naming of storms by the Met Office and its partners Met Éireann (Ireland) and KNMI (The Netherlands).

Tywydd Cymru

Weithiau mae'r awyr yn las.

Weithiau mae'r cymylau yn y ffordd,

ond does dim gwahaniaeth,

oherwydd dwi'n hoffi Cymru fel pawb arall.

Mae'r haul yn felyn ac yn disgeilrio yn yr awyr las.

Mae glaw yn disgyn allan o'r cymylau mawr

ac yn bwydo y planhigion gwrydd.

Mae'r dwr yn llifio o'r mynyddoedd i'r mor.

Ac mae'r glaw a'r haul yn gwneud enfys