



**Cludiant Cymunedol**

**Llanwrtyd Wells**

**Community Transport**



# **NEWSLETTER**

**Rhifyn/Edition 37**

**Mawrth/March 2022**

Helô bawb/hello everyone

At last I'm here to take over doing the newsletter. It's been a long hard journey I've been on, but I'm getting better and hope my hospital stays are at an end.

I'd like to offer a big 'thank you' to Laura and anyone else who've kept the newsletter ticking over in my absence. I am truly grateful for all their hard work and now hope I can relieve the extra work it has caused them. Having seen each copy I can honestly say that I think Laura and the team have done a fab job, thank you so much.

As always I hope you find our latest offering interesting, and 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

## The Month of March



The March flower is the Narcissus or Wild Daffodil, but it is also known as the Lent Lily because it blooms in early spring. It is the main daffodil species of Britain and was named after the boy in Greek mythology who was changed into a flower. In the 19<sup>th</sup> century the daffodil became a popular Welsh symbol, Lloyd George using it at the 1911 Investiture and on official publications.

The story of Narcissus in Greek mythology is that he was a hunter who was known for being incredibly handsome. He rejected all romantic advances however, and eventually fell in love with his own reflection in a pool of water. He later died, and in his place sprouted a flower bearing his name.

The character of Narcissus is a sad one and the origin of the term narcissism, a fixation with oneself. This quality, in turn, defines narcissistic personality disorder, a condition marked by grandiosity, excessive need for admiration, and an inability to empathise.

**The last three days of March were said to be borrowed from April.**

**March said to April, I see 3 hogs (hoggets, sheep) upon a hill;**

**And if you'll lend me dayes 3, I'll find a way to make them dee (die).**

**The first o' them wus wind and weet, the second o' them wus snaw and sleet,**

**The third o' them wus sic a freeze, it froze the birds nebs (noses) to the trees.**

**When the 3 days were past and gane' the 3 silly hogs came hirpling (limping) hame.**

**From the Dictionary of Phrase and Fable" by Ebenezer Cobham Brewer, published in 1905**

The March birthstones are **Aquamarine** and



**Bloodstone.** Aquamarine is blue or blue-green and comes from the Latin word aqua marinus, which means water of the sea. Bloodstone, also known as heliotrope, is dark green with red specs.



## March Festivals and Traditions

**March 1<sup>st</sup> brings St David's Day;** St David is the Patron Saint of Wales. If you're visiting the area, have you visited the beautiful 11<sup>th</sup> century St David's Church, Llanwrtyd Wells on the road out to Abergwesyn? It's well worth a visit.

Why not also visit the Coffee Morning at Victoria Hall





**Llanwrtyd & District  
Heritage and Arts Centre**

**Coffee Morning**

**Bore Coffi**

**Dydd Sadwrn / Saturday  
26.02.2022**

**Join us to celebrate  
Dydd Gwyl Dewi / St David's Day**

**o / from 10:00 – 12:00  
with a Cake stall & raffle**

**Mynediad / Admission £2  
Plant am ddim / Children free**



Ffos Road, Llanwrtyd Wells,  
Powys LD5 4RG, UK  
<http://history-arts-wales.org.uk>



**March 17<sup>th</sup>, St Patrick's Day**, Saint Patrick's Day, or the Feast of Saint Patrick, is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick, the foremost patron saint of Ireland.



**Traditional Irish blessing and ancient Celtic prayer.**

May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.

**March 27<sup>th</sup> is Mothering Sunday**; don't forget to send your mum, or someone who is like a mum to you, a card and gift. Although mostly associated with Easter, Simnel cake was actually made for Simnel Sunday which shares the same date. I love Simnel cake, hope you do too. Simnel cake is a light fruit cake, and has been eaten since medieval times as both a rich, sweet treat and a symbolic ritual. The fruit cake is topped with eleven marzipan balls to represent the eleven apostles of Christ, minus Judas.

### **Thingy-ma-bobs**

Help, I've broken my thingy-ma-bob, It's what'sit's split in two.  
I have to make some you know what's, and don't know what to do.

I think I'll see old what's his name that lives just over there  
But you know he's got what's it called, so I don't think that I dare.

I've still got my dubery furkin, although it's not quite up to spec.  
I think it's lost its thingy ma jig, but at this time, what the heck.  
Could you let me have your what's it name? but not the one that's gone.  
Then I can make those doofahs up if I can switch it on.

**By kind permission of the author, Clive Sanders**

## The Sugar-Plum Tree by Eugene Field - 1850-1895

Have you ever heard of the Sugar-Plum Tree?

'Tis a marvel of great renown!

It blooms on the shore of the Lollypop sea

In the garden of Shut-Eye Town;

The fruit that it bears is so wondrously sweet

(As those who have tasted it say)

That good little children have only to eat

Of that fruit to be happy next day.

When you've got to the tree, you would have a hard time

To capture the fruit which I sing;

The tree is so tall that no person could climb

To the boughs where the sugar-plums swing!

But up in that tree sits a chocolate cat,

And a gingerbread dog prowls below -

And this is the way you contrive to get at

Those sugar-plums tempting you so:

You say but the word to that gingerbread dog

And he barks with such terrible zest

That the chocolate cat is at once all agog,

As her swelling proportions attest.

And the chocolate cat goes cavorting around

From this leafy limb unto that,

And the sugar-plums tumble, of course, to the ground -

Hurrah for that chocolate cat!

There are marshmallows, gumdrops, and peppermint canes,

With stripings of scarlet or gold,

And you carry away of the treasure that rains,

As much as your apron can hold!

So come, little child, cuddle closer to me

In your dainty white nightcap and gown,

And I'll rock you away to that Sugar-Plum Tree

In the garden of Shut-Eye Town

## Volunteer Opportunities

There are many benefits for both volunteer and organisation in securing voluntary help. Some of the main advantages are to make new friends and get into company. It is good to have voluntary work on your CV if you're applying for employment, and is essential if you are planning to apply for a place at University. For organisations such as our, volunteers are essential as we would not be able to provide services to members at a reduced and affordable rate, so come along and join our happy band. To find out more with absolutely no obligation, speak to Laura on 01982 552727.

### 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.

### Admin and Social Media

We are also looking for one or two volunteers who are interested in designing and producing leaflets and posters as required, plus assistance with the monthly newsletter. We also want someone who can keep our Facebook and Twitter accounts up to date

### 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](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.

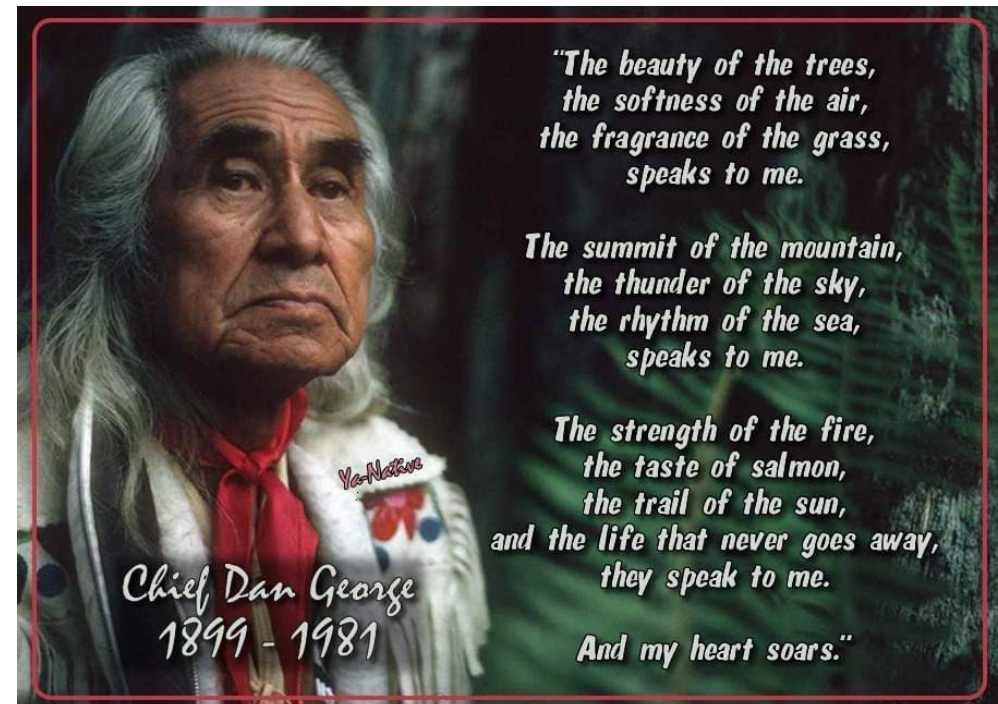
Y Golofn Gymraeg (The Welsh Column) is at the end of the newsletter. Please let us know if this is something you find useful for you and/or your friends.

### Event Recycling

We have been busy on the event recycling front and hope to have some up and coming events. Wonderwool is booked for the end of April and we hope to be successful in applying for the Smallholding and Countryside Festival, the Dog Show and the Antiques Fair. It's essential for us to apply and be successful for these shows as it raises much needed income, which has been missing due to lockdowns etc.

### Outing

We are arranging our first outing for ages, the venues being Myddfai Farmers Market followed by a visit to Ystrad Nurseries. Both these places are well worth a visit. The food is good at both places, plus some lovely crafts at Myddfai and the Alpacas at Ystrad. The outing is planned for Sunday March 27<sup>th</sup> and is £10 per person. The outing is for members only, so if you would like to join our happy band, please contact us at [office@lwct.org.uk](mailto:office@lwct.org.uk) or on 01982 552727. Hope to see you there.



**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 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 awaiting 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 3<sup>rd</sup> Wednesday of the month. The organisation are collecting used stamps and crisp packets to raise vital funds.

### **HM The Queen's Platinum Jubilee**

HRH The Queen has been on the throne for 70 years, and has ruled for longer than any other Monarch in British history, becoming a much loved and respected figure across the globe.

She was born: Elizabeth, Alexandra Mary, on 21 April 1926, at Mayfair, London, and is of the House of Windsor. She is the daughter of King George VI and became queen when her father died in February 1952.

Most towns and villages have or are arranging celebrations, and locally there are plans afoot for a celebration. The events will take place at the beginning of June and the next steering committee meeting is on February 28<sup>th</sup>. Councillor Lynda Pace Avery is taking the lead and anyone wanting to get involved should make contact with her.



For our part, LWCT will provide free transport to the event for member, so if you think you might like to use this service, please contact Laura to register.

### **Tree Planting**

Llanwrtyd Wells has been chosen as one of the 80 sites where the Association of Jewish Refugees will be planting oak trees to mark its 80th anniversary.

"80 Trees for 80 years"

However due to the restrictions which were in place in January, Llanwrtyd Wells Town Council planted the trees, but a ceremony to mark the occasion will take place at 11.30am 28 April which is Holocaust Remembrance Day. A small number of dignitaries will attend the dedication for not one but TWO trees which will be followed by a light buffet.



## Contradictions

Where am I going, where have I been?  
Is this real life, or is it a dream?  
Sometimes it's a nightmare filled with despair  
When I'm trapped in the darkness too dense to bear.  
Sometimes I'm euphoric, my head. in the clouds.  
Dancing on air with my feet on the ground.

I've felt love blossom and passion ignite,  
Felt grief so deep that my day became night.  
I've seen life begin and I've watched a last breath,  
The bitter sweet miracle of life and death.  
Where am I going, where have I been?  
Is this real life or is it a dream?

By kind permission of Demelza Chapman of Homeless Hope – 03/05/2020

## Green Events

Devil's Staircase Ultra Trail takes place on April 2<sup>nd</sup> and is a 31 mile event. Sponsors are Trail Head Fine Foods Ltd. More information on the Green Events site.

## Terrible 'One Liners'

I'm afraid for the calendar. Its days are numbered.

My wife said I should do lunges to stay in shape. That would be a big step forward.

Why do fathers take an extra pair of socks when they go golfing? In case they get a hole in one!

Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera.

What do a tick and the Eiffel Tower have in common? They're both Paris sites.

What do you call a fish wearing a bowtie? Sofishticated.

How do you follow Will Smith in the snow? You follow the fresh prints.

If April showers bring May flowers, what do May flowers bring? Pilgrims.

I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along.

## Support for people with arthritis and related conditions

Cymru Versus Arthritis wants to ensure that people in Wales with arthritis, a musculoskeletal or related condition (e.g. fibromyalgia, gout, lupus) have the support and information they need to live well with their condition.

**CYMRU  
VERSUS  
ARTHRITIS**

Currently, we run face-to-face support groups in Llandrindod Wells and Brecon, which meet monthly. These aim to give people an opportunity to speak with others, who understand what it's like to live with a long-term condition. To share information and have a chance to take part in courses and activities e.g. self-management and exercise. The groups are free to attend and are open to anyone in the area.

On Monday, March 14<sup>th</sup> (10am-12pm), as well as our afternoon support group in Llandrindod Wells, we will also have a drop-in session at The Hive on South Crescent, where you can learn more about the support available and chat to Zoe Thomas (South Powys Coordinator).

If you can't attend a face-to-face group, we also hold online sessions or can provide support over the phone, by email or post. Our website: [www.versusarthritis.org](http://www.versusarthritis.org) has a wide variety of information, including free booklets, which you can order or download. Our free **Helpline** is open Monday-Friday, 9am-6pm on **0800 5200 520** / [helpline@versusarthritis.org](mailto:helpline@versusarthritis.org)

If you would like to know more about local support, contact Zoe Thomas on [z.thomas@versusarthritis.org](mailto:z.thomas@versusarthritis.org) / 01792 962784. For general info, including volunteering opportunities please contact: [walessupport@versusarthritis.org](mailto:walessupport@versusarthritis.org) / **0800 756 3970**.

## Y Golofn Gymraeg (The Welsh Column)

### Dydd Gŵyl Dewi

Ry' ni'r Cymry wrth ein bodd yn dathlu Dydd Gŵyl Dewi. Yn ein pentre ni, ry' ni'n mwynhau dod at ein gilydd i fwyta basned o gawl cennin (a digon o gaws) a chlo'r noson gyda chân neu ddwy. Ac ry' ni'n falch iawn bod y cawl yn mynd yn ei flaen eleni am y tro cyntaf ers dwy flynedd.

I'r plant wrth gwrs, mae cael mynd i'r ysgol yn eu gwisgoedd traddodiadol a'u cennin pedr yn dipyn o hwyl.

Traddodiad cymharol newydd yw'r Parêd Dydd Gŵyl Dewi - dathliad llawn lliw a dychymyg o dreftadaeth a diwylliant Cymru. Cynhaliwyd yr un gyntaf yng Nghaerdydd yn 2004 ond erbyn hyn mae gorymdeithiau'n digwydd ar draws Cymru gan gynnwys Aberystwyth, Wrecsam, Caerfyrddin, Llanbed a Bae Colwyn.

Cafodd Dewi lawer o ddylanwad yn Ne Cymru a sefydlwyd llawer o eglwysi gan ei ddisgyblion. Dengys mai yn Sir Benfro (wrth gwrs), de Ceredigion, gogledd sir Gâr a'r hen sir Frycheiniog y mae crynswth y llannau a gyflwynwyd i'w enw. Testun balchder i ni yma, yn Llanwrtyd, yw mai'r hen eglwys – eglwys Dewi Sant – yw'r eglwys hynaf o'r adeiladau eglwysig yn ardal y Weinidogaeth. Heddiw mae'n eistedd mewn llecyn tawel yn edrych dros yr afon Irfon yn mwynhau heddwch a llonyddwch y byd natur o'i chwmpas. Ond nid felly y bu erioed. Rhyw 200 mlynedd yn ôl byddai'r eglwys wedi bod yn ganolbwynt i'r fro - wedi ei hamgylchynu gan fythynnod a ffermydd a chymdogaeth frysus.

Ynghyd â'r Parêd mae Baner Dewi Sant wedi dod fwyfwy i'r amlwg yn ein dathliadau yn ystod yr 20fed ganrif, er bod rhai yn honni y gellir ei olrhain mor bell yn ôl â'r seithfed ganrif.

Croes aur ar gefndir du yw'r faner. Mabwysiadwyd ei lliwiau gan Goleg Dewi Sant, Llanbedr Pont Steffan ym 1888 ac fe'i defnyddiwyd i gynrychioli'r 38ain Adran Gymreig yn yr Ail Ryfel Byd. Yn 2002 roedd y faner hefyd yn rhan o logo Clwb Pêl-droed Dinas Caerdydd sef tarian â chroes aur ar ddu, ac aderyn glas yn ei chanol.

Er nad yw baner Dewi'n cael ei gweld mor aml â'r Ddraig Goch mae'n chwarae rhan ganolog yn y dathliadau erbyn hyn ac yn gynrychiolaeth o Gymru yn yr un modd ag y mae baneri Sant Siôr yn Lloegr, Andrew yn Yr Alban a Padrig yn Iwerddon.

Chwifir baner Dewi Sant yn yr Alban bob tro mae Cymru'n chwarae rygbi yng Nghaeredin.

Ta beth yw eich dewis o dathliad ar Fawrth y 1af – cawl, canu, gorymdeithio neu chwifio'r faner – cofiwch "...wneud y pethau bychain" nid yn unig ar ddydd ein nawddsant ond am weddill y flwyddyn hefyd!

*(This article looks at some of the oldest and newest traditions celebrating St. David's Day and to remember his famous last words .... "do the little things"..... not only on March the 1<sup>st</sup> but every day).*





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