



Cludiant Cymunedol
Llanwrtyd Wells
Community Transport

NEWSLETTER



Rhyfyn/Edition 41 Gorffennaf/July 2022

Helô bawb/hello everyone

This year is our 20th Anniversary, so we are celebrating 20 happy years continuous service to the community. We hope to produce a special newsletter next month to celebrate our achievements. If you would like to become a member and use our services please contact Laura, whose contact details are on the back of this newsletter. There is no cost to become a member, but lots of advantages, so please think about coming and joining us.

I hope you enjoyed the elongated bank holiday and all the celebrations for HM The Queen's Platinum Jubilee. The whole of the UK was taken over with events, not least our own relatively small area where there were celebration teas, competitions, open mike, a tractor run plus of course the lighting of umpteen beacons all across the locality and wider area. We went along to the Saturday events on Manor Adventure grounds in Llanwrtyd. There we provided some free transport from the Neuadd to the events and had one of our mini bus's on show for people to look around and get more information by way of chatting to Malcolm one of our valuable volunteer drivers, or to pick up the 20th anniversary leaflet or our new event recycling leaflet.

As always we've tried to include something for everyone, so we hope you enjoy having a read. If you're receiving this as a hard copy but would like one sending to you by email, please let me have your details at pat@lwct.org.uk. Likewise if you would like us to publicise your event or you have an article you think others would like to read, please send them to me. If you wish to talk about it first, please call me on 07881 951510. Happy reading and blessings to you all

Cofion cynnes/kindest regards. Pat x

Dates for your diary

St Swithin's Day, **July 15th**

Named after a Saxon Bishop of Winchester. The following weather rhyme is well known since Elizabethan times:

**St Swithin's Day if thou dost rain, for forty days it will remain.
St Swithin's Day if thou be fair, for forty days will rain nae mair.**

Powys Pride, Llandrindod Wells

July 16th

St Christopher's Day,

July 25th.

He is the patron saint of travelling and travellers, mariners, ferrymen and also athletes. The name Christopher literally means Christ-bearer.

Summer Cider Cycle

August 13th

Rude Health Bog Triathlon

August 27th

Rude Health World Bog Snorkelling

August 28th



All About July

July, the month that seems to be dedicated to freedom, independence, and celebrations of country and culture! Named after Roman dictator Julius Caesar (100 BC–44 BC) who developed the precursor to the Gregorian calendar we use today.

- ✚ **July 1st** **Canada Day**, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.
- ✚ **July 4th** **USA Independence Day**, celebrations of the adoption of the Declaration of Independence in 1776.
- ✚ **July 11th** International Town Criers Day
- ✚ **July 14th** **Bastille Day**, commemorating the storming of the Bastille and the start of the French Revolution.
- ✚ **July 17th** World Emoji Day
- ✚ **July 29th** **Islamic New Year**, signalling the start of the Islamic Lunar Calendar and coinciding with the first sighting of the crescent Moon.

Dog Days of Summer?

The term "Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. Many consider the Dog Days to be the 40 days beginning July 3rd and ending August 11th.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat! Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the summer's peak temperatures and humidity.

***Dog Days bright and clear indicate a happy year;
But when accompanied by rain, for better times, our hopes are vain***

This period coincides with the year's heliacal (meaning "at sunrise") rising of Sirius, the Dog Star. Sirius is part of the constellation Canis Majoris—the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. With the exception of the Sun, Sirius is the brightest star in the sky.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid- to late summer contributed to the extreme weather of the season. The ancient Egyptians considered the dawn rising of Sirius, known to them as Sothis, also coincided with the River Nile's flood season.

The Super Buck Moon

July's full Moon, the full Super Buck Moon, occurs on Wednesday, July 13th 2022 rising above the horizon just after sunset. Plus, it's the biggest and brightest super moon of the year

Other Astronomy Highlights

July 4th is the time of **aphelion**, when Earth is the farthest it will get from the Sun for the entire year, specifically; we'll be 94,509,598 miles away from our bright star!

Another highlight of the July sky is the "Summer Triangle, the distinctive three-cornered pattern formed by the bright stars **Vega**, **Altair**, and **Deneb**, is prominent in the southern sky.

All About July information is from the Almanac.com at this link,

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

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.

is essential if you are planning to apply for a place at University. For organisations such as ours, 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 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.

Irish House Blessing

God bless the corners of this house and be the lintel blest;
And bless the hearth, and bless the board, and bless each place of rest.
Bless each door that opens wide to stranger as to kin;
And bless each crystal windowpane that lets the sunshine in,
And bless the roof-tree overhead, and every sturdy wall.
The peace of man, the peace of God, the peace of love on all.

Event Recycling

Our dedicated teams have been very busy on the Event Recycling front. Wonderwool, Spring Antiques Fair, and the Royal Welsh Smallholding and Countryside festival have all been successfully completed. We would like to say a big thank you to everyone who has been involved in the recycling at these events, the hard work put in is very much appreciated, and without the hard work and dedication shown by staff, the events wouldn't be as successful.

Events in June included Man Vs Horse and the All Wales Scout Camp. Presteigne and Knighton Carnivals (later in the year), are in final discussions, along with plans for a 3-day Rally event, at the Sweet Lamb rally complex.

The Autumn season may also include another Antiques Fair, the South Wales Kennel Association dog show and the Royal Welsh Winter Fair. All of these events are bringing in much needed income, which is used to fund the Company's Community Car travel, so essential to Scheme Members with limited access to personal, local or social transport.

The Rose

Have you ever loved a rose and watched her softly bloom?
And as her petals would unfold you grew drunk on her perfume.

Have you ever seen her dance, her leaves all wet with dew?
And quivered with a new romance – the wind he loved her too,

Have you ever longed for her on nights that go on and on?
For now her face is all a blur like memory kept too long,

Have you ever loved a rose and bled against her thorns?
And swear by night to let her go, then love her more by dawn.



Words by New Zealand Poet Lang Leav

Charles Wesley (18/12/1707 – 29/03/1788)



Charles Wesley was the 18th child of Susanna and Samuel Wesley. He was born in Epworth, Lincolnshire where his father was Rector. At the age of 8 years old he entered Westminster School where his brother Samuel was an Usher. He was elected a King's Scholar in 1721 and attended Christ Church, Oxford where he formed a prayer group amongst his fellow students. The focus for Charles and his brother John was on studying The Bible and living a holy life. He was a younger brother of Methodist founder John Wesley and Anglican cleric Samuel Wesley the Younger, and he became the father of

musician Samuel Wesley and grandfather of musician Samuel Sebastian Wesley.

Charles was an English leader of the Methodist movement and was a prolific hymn writer who wrote over 6,500 hymns during his lifetime. His works include "And Can It Be", "Christ the Lord Is Risen Today", the carol "Hark! The Herald Angels Sing", and "Jesu Lover of my Soul".

On April 8th 1749 Charles married Sarah (Sally) Gwynne (1726 – 1822) of Garth House (now privately owned) at Llanlleonfel Church. Sarah was born in Garth, Brecknockshire, to Sarah (née Evans) and Marmaduke Gwynne. Marmaduke was a wealthy man and a committed Anglican who employed his own chaplain. A local magistrate, he went to arrest Howell Harris for stirring up sedition, but while listening to Harris' sermon was



converted to his beliefs. He brought Harris back to his house where his wife refused to see him. The only member of Gwynne's family who did listen was his daughter Sarah.

At the time of their marriage Sarah was 23 and Charles 40. The ceremony was performed by John Wesley, Charles' brother and was "a sombre affair with much prayer and hymn-singing". Afterwards the wedding party walked for half a mile across the fields to Garth House (now privately owned). It was reputedly in Garth House that Charles Wesley penned the words for the hymn 'Jesu Lover of my Soul' during a thunderstorm, as he watched a sparrow shelter from the weather on the window sill.



Jesu, lover of my soul, let me to Thy bosom fly,
While the nearer waters roll, while the tempest still is high:
Hide me, O my Saviour, hide, 'till the storm of life is past;
Safe into the haven guide, O receive my soul at last.

The site of Llanlleonfel church was built on an ancient sacred site and dates back to early Roman times when a branch of the Roman road connecting Neath and Chester ran past the church. A late Roman gravestone (6th/7th century) inscribed in ancient Latin is now situated in the church by the lectern. The church described in **Kilvert's Diary**: "the ruined church tottered lone upon a hill in desolate silence." Rebuilt in 1876 due to its Wesley associations.

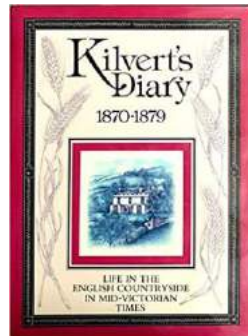
It has been suggested by Theophilus Jones, in a "History of Brecknock", that the name of the church was originally "Llan Lleon Voel" which translates as "church upon the bare moor". The church is situated on a rise and would have been an obvious meeting place for worship as well as having the added attraction of an adjacent sulphur spring known as Billy Wern. A thatched roofed rough shelter was

likely to have been the original place of worship before a more substantial building was erected in the 16th century.

The church has strong connections with the Gwynne family. The first member of the family to live at Garth was Judge Gwynne, who bought the Manor of Garth towards the end of the 17th century. In 1716 Marmaduke Gwynne, the judge's son, presented a bell which can now be seen beside the font and in 1730, he also gave a distinctive silver chalice and paten to the church. Three memorial tablets dedicated to the Gwynne family can be seen on the west wall.

The fortunes of the Gwynnes and the state of the church deteriorated in the following years and in 1873 the Rev. Francis Kilvert noted in his diaries "the ruined church tottered lone upon a hill in desolate silence. The only occupants being several white owls". The church was rebuilt in 1876 with the bell tower positioned in the centre of the church, but this was later rebuilt on the west wall.

Kilvert's Diary - Robert Francis Kilvert was born at Hardenhuish, near Chippenham, in Wiltshire on December 3rd 1840. He became vicar of Bredwardine in Herefordshire in 1877. In 1879 he married Elizabeth Rowland, whom he had met during a visit to Paris, but after little more than a month of marriage, Kilvert died suddenly of peritonitis, aged only thirty-nine.



Five Funny Jokes for Nerds

1. I'm reading a book on anti-gravity. I can't put it down.
2. The past, the present and the future all walk into a bar at the same time. It was tense
3. A neutron walks into a bar and orders a drink. When the barman gives it to him, he asks, 'How much?' the barman replies, 'For you – no charge'.
4. I have a new theory on inertia but it doesn't seem to be gaining momentum
5. Argon walks into a bar. The bartender says, 'We don't serve noble gasses here!' Argon doesn't react.

On the **Ning Nang Nong**, where the Cows go **Bong**
And the monkeys all say **BOO!**

There's a **Nong Nang Ning** where the trees go **Ping!**
And the tea pots jibber jabber joo.

On the **Nong Ning Nang** all the mice go **Clang**
And you just can't catch 'em when they do
Nang the mice go **Clang**

So it's **Ning Nang Nong**, Cows go **Bong**
Nong Nang Ning Trees go **Ping**
Nong Ning Nang mice go **Clang**
What a noisy place to belong in the **Ning Nang Ning Nang Nong!!**

Spike Milligan

TRUE STORY!!!!

Walking along the street today I found a little pound,
I bent right down, I scooped it up, so lonely on the ground,
I walked a while; I held it tight, in the palm of my left hand,
A pound these days means so little to us; I thought I'd make a plan,



I decided I'd put a pound to it and then it became two,
I walked a while longer then decided what to do,
Instead of getting the bus today I'll put my fare to it,
Buses are expensive so it increased it quite a bit,

I now held tight a fiver; I walked with head held high,
A man who sat there begging, as I was walking by,
I stopped and chatted for a while, a sad, sad tale he told,
Sitting here day after day, feeling hungry and cold.



I offered him the fiver, it was the best that I could do,
He looked at me with a tear in his eye, and said aloud "I thank you"
To us a fiver is nothing, in this world that we live,
To him he could not believe that I was willing to give.

He shook my hand, thanked me again, as I rose to walk away,
I felt quite proud, I smiled a lot, and this sure made my day.

By kind permission of the author, Yvonne Douglas Carr of 'Homeless Hope'

Tales of the Old Forest Faeries

Let me come and whisper
A little something,
That I know to be true
"Be slower as you go
Be kinder with those thoughts
Be gentle with your words
For, you are precious to me
And far more delicate
Than you would ever believe"

Poem written by Athey Thompson



Art by Jean-Baptiste Monge

**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.

From Monday 4th July 2022, our drop – in service will be reinstated at the Centre; however, the appointment system will continue for the time being at our hubs.

If you would like to book an appointment at one of our hubs; please **telephone:** 01597 823646 (between 9a.m. and 5p.m. Monday to Friday) or email nurse@brackentrust.org.uk

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

Sweet Dreams (Anon)

**Now I lay me down to rest, I pray that all the world be blessed.
Lady Moon and Sister Star watch over me from afar.**

**Mother Earth is always there and keeps me in her loving care.
The Lord of Dreams will dance and sing and happy dreams to
me he brings.**

**And when I wake to greet the day brother Sun will light my
way.**

“Faery” Tales

In Wales there were tales of humans trapped in the Faery realm who have the ability on Halloween to communicate with human forms. They are related to the tales of King Arthur and his Queen “Guinevere” – otherwise known as “White Phantom”

They say that Welsh Faeries may live in the Lakes and are associated with Moonlight dancing. In the early modern Celtic folklore the Witch was otherwise known as a wise person or they were called the cunning folk or wych which is where the term Witch has evolved from.

Today the old tales are kept alive by the Welsh speakers. There are an estimated 600,000 of them and the numbers are increasing. Traditional Welsh culture has been kept alive by the popularity of the Royal National Eisteddfod, a ceremonial gathering of musicians, poets and craftsmen.

In the late 19th century children were not encouraged to speak Welsh in school. If they did so, they were punished by having a piece of wood called a ‘Welsh Not’ hung around their neck.

Possibly the most important record of early myth, legend, folklore and language of Wales is contained within The Mabinogion . The Mabinogion is a collection of eleven stories translated from medieval Welsh manuscripts including tales of pre-Christian Celtic mythology and traditions. Although translated from medieval text, the tales record characters and events from several centuries earlier, including mention of a revolting Roman Emperor and even reference to the Arthurian legend.

Relax and do What Makes You Happy

We each have a special talent or ability, this month will ask you to go find it. Get those creative juices flowing and ideas will come thick and fast. Make sure that you get a chance to have some ‘play’ time

There is nothing more important than to be free to use your imagination. Go ahead express yourself in your own unique style. Sing, write, draw, sew, paint your heart out!

Not sure where to begin? Sit quietly in a room where you won’t be distracted or disturbed. Close your eyes, take three deep breaths, exhale. Imagine yourself strong, vibrant perceptive, aware and shining brightly.

Focus on what is true for you. When you’re ready open your eyes. Follow your whims and fancies and you will be rewarded. Play is a serious business, children learn from it and so will you, so make time for it. Find opportunities to free that creative spirit within!

“Do More Of What Makes You Happy” ~ should be your Mantra

All the above from <https://justsayins.wordpress.com/2020/02/>

Retirement of Paul Davies, Pharmacist



On behalf of the people of Llanwrtyd Wells Councillor James Davies presented Paul Davies with a plaque bearing Llanwrtyd Wells emblem and a cheque from monies donated by the communities of Llanwrtyd Wells, Llangammarch Wells and Trefllys. Cathy Davies was presented with flowers.

Paul's speech reflected on his work in the pharmacy, the challenges that Covid-19 presented plus the help and support that Cathy provided.

Paul will not be a stranger to the community. Cll Kay Coldrick, Llangammarch Wells Community

Council personally presented Paul with a beautifully scented rose.

Photograph and text by kind permission of Councillors Lynda Pace Avery and James Davies.

Man versus Horse

The race took place on Saturday June 11th and was won by a runner for the first time in 15 years and only the third time in the 42 years the 22.5 mile race has been running.

Ricky Lightfoot was 2 minutes and 3 seconds in front of the first horse and rider, and is the lucky winner of £3,500 prize money. We offer hearty congratulations to everyone who took part and offer thanks to everyone involved, organisers, marshals, way markers, and the ladies of Merched y Bont for providing the refreshments to name but a few.



Y Golofn Gymraeg (The Welsh Column)

Emyn Dathlu – Eisteddfod Llanwrtyd yn drigain oed

Mewn oes gythryblus, molwn Dduw,
Am gadw'n gwerthoedd gwâr yn fyw,
Ac am fod traddodiadau'n gwlad
Yn gymeradwy gan ein Tad.

Diolch i'r rhai a ddaeth ar dro
I brofi rhin ffynhonnau'r fro,
Am feithrin yn eu henaid dân
Dros holl hyfrydwch llên a chân.

Cymanfa ac eisteddfod fu'n
Llewyrchus iawn, a mawr eu bri;
Tyrfaedd brwd yn codi'u llef
O fawl a moliant yn ein tref.

Wrth i ni'n unol ddathlu'n llon
Oroesiad yr eisteddfod hon,
Rhoi diolch wnawn am lafur gwiw
Y rhai sy'n cadw'r fflam yn fyw.

Emyn a gyfansoddwyd gan:-
JOHN MEURIG EDWARDS o Aberhonddu ar achlysur dathlu Eisteddfod Llanwrtyd
yn drigain oed.
Eisteddfod Llanwrtyd 2010
Ei ffug enw oedd 'Menna'

*A Hymn which was composed by:-
JOHN MEURIG EDWARDS, Brecon on the occasion of Llanwrtyd Eisteddfod's
sixtieth anniversary.*

*Llanwrtyd Eisteddfod 2010
'Menna' was used as John Meurig Edwards' nom de plume*

Eisteddfod Gadeiriol Llanwrtyd

24 - 09 - 2022

 **Glesni Euros**
Llundain / London

D. Eifion Thomas
Llanelli 



Sian Davies
Penybont ar Ogwr
/ Bridgend 

Gwybodaeth / Information: Susan Price 01591 610303

Ways to Support Young People who are Struggling

FREE 4 week course

for parents/carers to help you understand and support your young person's (11+) emotional wellbeing. Understand the dos and don'ts of supporting young people with poor mental health, discover helpful listening skills and learn some self-care strategies.

Starts 21st June 2022 for 4 weeks
6pm to 8pm
at Radnor YFC
(5, Ddole Road Industrial Estate,
Llandrindod Wells LD1 6DF)

BOOKING ESSENTIAL
Contact Lorna
youth@mnpmind.org.uk
or call 07947 106804

 **mind** Mid and North Powys Canolbarth a Gogledd Powys

Coffee, Company & Conversation

Life and Death Matters

Back Room Victoria Hall : Wednesday 13th July 10:30 - 12:30

Join us at our informal, drop-in coffee morning for an initial conversation about future, regular, meet ups and to discuss what would help you.

Coffee, chat, sharing, caring.
Support, information and signposting
on all and any matters relating to
death, dying and grief

The conversation is yours,
we're there to guide and facilitate

Your hosts:

Berni Benton: Funeral Celebrant, End of Life Doula
Lynda Rogers : Community Connector, PAVO
Lynne Parnall : Counsellor
Antoinette De Kleijn: Allowing Time

www.bernib.co.uk

any questions contact Berni:
bernibenton@outlook.com or 07526 928232

Welsh Proverbs

- Speak well of your friend; of your enemy say nothing.
- Starting the work is two-thirds of it.
- Let not your tongue cut your throat.
- A sword's honour is its idleness.
- The guilty flea with no one chasing them.
- Every flock has its black sheep.
- The seed of all evil is laziness.
- Better a friend in court than gold on the finger.

Some photographs from the local Jubilee celebrations



Egg rolling



Kite Flying at Manor Adventures



Tractor Run, Llanwrtyd Wells



Llangammarch Wells



Tea at Garth Hall



Company Directors:

Pat Dryden
Stephen Hawkes
David Harrison
Lee Shurey
Kathryn Brooks

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Certified Member

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