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Cludiant Cymunedol
Llanwrtyd Wells
Community Transport

NEWSLETTER



Rhifyn/Edition 49

Mawrth/March 2023

Helô bawb / Hello Everyone

For those keen readers of our monthly newsletter, you may have noticed a “slight” change in the editorial style, quality and content ! Whilst we have asked Pat to remain in overall charge as our newsletter editor, she has recruited some “semi-skilled help” from the admin team in Lion Yard.

As you will have read in last month’s newsletter, Pat and Jonathan are moving back to Yorkshire at the end of February. As we write this article, they are in the final stages of packing. We wish them both Best Wishes for the move, and look forward to meeting up with them “online” as soon as they have settled into their new home.

We will try and persuade Pat to write a Yorkshire news page, for later in the year !!

Meanwhile, we hope you always find our latest offering interesting and we would love to hear your views, find out about any local event, or publish an interesting articles.

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 – the admin team.

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 19th 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.

Saint David's Day / Dydd Gŵyl Dewi Sant / Dydd Gŵyl Dewi

St David was born in the year 500, the grandson of Ceredig ap Cunedda, King of Ceredigion. According to legend, his mother St Non gave birth to him on a Pembrokeshire clifftop during a fierce storm. The spot is marked by the ruins of Non’s Chapel, and a nearby holy well is said to have healing powers.



He became a renowned preacher, founding monastic settlements and churches in Wales, Brittany and southwest England. He reputedly made a pilgrimage to Jerusalem, from which he brought back a stone that now sits in an altar at St David’s Cathedral, built on the site of his original monastery.

He and his monks followed a simple, austere life, ploughing the fields by hand, rather than using oxen, and refrained from eating meat or drinking beer.

The most famous miracle associated with St David took place when he was preaching to a large crowd in Llanddewi Brefi. When people complained that they could not hear him, the ground on which he stood rose up forming a hill and a white dove, sent by God, settled on his shoulder.

St David died on 1 March – St David’s Day - in 589. He was buried at the site of St David’s Cathedral, where his shrine has become a popular place of pilgrimage.

Reputedly his last words to his followers were “Be joyful, keep the faith, and do the little things that you have heard and seen me do.” The phrase ‘Gwnewch y pethau bychain mewn bywyd’ - ‘Do the little things in life’ - is still a well-known maxim in Wales.



Birthstone for March

The aquamarine derives from the mineral beryl, like emeralds. Its colour varies from pale blue or turquoise to deep blue, depending on the amount of iron present in the crystal.



Aquamarine is the birthstone for March. It is said to encourage understanding between people, giving its wearer courage, and to inspire creativity. Traditionally aquamarine is gifted on the 19th wedding anniversary. Its clear colour makes it a very desirable and popular gift.

Flower for March

The March birth flowers are daffodils and jonquils.

As March is the month where spring officially begins it makes sense that the daffodil is the primary birth month flower for March. These little buds of sunshine are such happy flowers that they're seen as a sign of good luck and celebrated in Wales as the national flower.



Daffodils have been around in the UK since the 17th century. Even Shakespeare was a big fan of them! And the wild blooms would be sold in the streets of London by flower girls. While they are most commonly yellow, you can also find white and orange daffodils too.

Symbolising rebirth, luck, vanity and prosperity, we generally see the people who are born in March to be happy, cheerful and optimistic folks who can easily brighten someone's day.

Laverbread & Cockles

Laverbread (bara lafwr or bara lawr), is a food product made from laver, an edible seaweed, consumed mainly in Wales as part of local traditional cuisine. The principal variety is *Porphyra umbilicalis* (laver seaweed) is classified as red algae, although it tends to be a brownish colour, and boils down to a dark green pulp when prepared.

Laver seaweed has a high content of dietary minerals, particularly iodine and iron. The high iodine content gives the seaweed a distinctive flavour. Laver seaweed has been cultivated as a food in Wales since at least the 17th century, and it is typically associated with Pembrokeshire and Carmarthenshire.



*The seaweed *Porphyra umbilicalis* which is used to make laverbread*

It is prepared by repeated washings and then boiling until it becomes the soft purée-like product known as laverbread. The gelatinous paste that results can then be sold as it is or rolled in oatmeal. It is sometimes also coated with oatmeal prior to frying, and then eaten fried with bacon and cockles (as part of a Welsh breakfast), or it could be eaten cold, as a salad with lamb or mutton,

A cockle is an edible marine bivalve mollusc. Although many small edible bivalves are loosely called cockles, true cockles are species in the family *Cardiidae*.

True cockles live in sandy, sheltered beaches, particularly Penclawdd on the Burry Estuary in Carmarthen. The distinctive rounded shells are bilaterally symmetrical, and are heart-shaped when viewed from the end. The shell of a cockle is able to close completely (i.e., there is no "gap" at any point around the edge).

As a rule, cockles usually live buried in sediment feed by filtering plankton from the surrounding water

After cleaning, cockles are cooked by adding to boiling water with a splash of lemon juice and covering the pan with a lid. They will cook in a couple of minutes, by which time their shells should be fully open. Discard any Cockles that have any unopened shells. Enjoy with white pepper and vinegar.

Volunteer Drivers Needed Locally and in Llandrindod Wells

Over the last few years, Llandrindod Wells has been without a regular Community Car Scheme, for the vulnerable and elderly residents of the town. LWCT has recently been assisting the Town's Community Connector, with requests for transport for shopping and medical appointments. Last month, company directors approved a Project which might offer Llandrindod Wells a more regular Community Car Scheme.



With these requests becoming more frequent, we launched a recruitment drive, with the help of PAVO, and we are pleased to welcome Tomo, Janine and Peter to our small group of volunteer drivers, without whose help and dedication LWCT would not be able to offer this vital service to the community.

Community Car services to Llandrindod and surrounding communities is a significant expansion to our community car activities, as currently we are still operating in the LD1 postcode at a modest level.

Having a dedicated team of volunteer drivers, 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 LD4 and LD5 postcode areas.

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 by landline phone 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 will provide all PPE - masks, gloves, sanitiser, etc 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 our valuable volunteer 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 programmes within Powys – Covid-19 top-ups, seasonal flu vaccinations, and shingles vaccinations.

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 don't live in our area, and we will try and put you in touch with other transport services.

Outings

The Powys countryside is starting to show the signs of Spring, with snowdrops and crocuses putting in an appearance, in gardens and the hedgerows.

LWCT staff are now dreaming of warmer days, and being able to offer outings and days out to scheme members. Current venues for 2023 being considered include - Brecon Canal, Maesmynis Lavender Fields, Myddfai Farmers Market, National Botanic Gardens, and Brecon Mountain Railway.

Please keep an eye in next month's magazine for more details.

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 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.

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. Could this be you?

Apple Flummery (Olde English Recipe)

Take 6 apples with the pippes out and leaving on the skin, cut in verrie thin slivers and lay in the bottum of a dish.

Cover well with black sugar, and sum fat chopt verrie small.

Cover all with bred crumbs well soaked with brandy, then more apple slivers and chopt fat, and sugar, then more crumbs well soaked with the brandy; then break 3 egges in a bowl and beat up with a spoon until frothie, with a measure of brandy, and pour all over, then cook in the bake oven for 30 minutes by the clock.

When it is verrie cold, take a measure of cream and beat it up till it be verrie stiff, but not butterie, and pour on the toppe in lumps.

This be verrie daintie dish and good eating.

A Friend Like You

A friend like you
is a wonderful thing
the very best gift
this life can bring
a soul who sparks with another
so deep
a partner in crime
to laugh with
to weep

A friend like you
is a mystical force
brought from
an otherworldly source
a sister not born
or chosen but gifted
a safe place to go
where vibrations are lifted

A friend like you
is a magical spell
there's no limit to
the secrets we tell
a space with no judgement
no envy, no greed
more friends like you
is what this world needs.

By Donna Ashworth from the book "Love"

Community Car Funding - 2023

Aneurin Bevan University Health Board (ABUHB) hospitals

LWCT is pleased to announce that we have still a positive balance in our account that funds transport to ABUHB hospitals. Our partners Gwent Association of Voluntary Organisations (GAVO) have indicated that Continuation Funding might be available for a publicity campaign during 2023, to promote this Grant and the travel funding details.

Hospitals included in this fund initiative include the ABUHB hospitals in Cwmbran (The Grange), Newport (The Royal Gwent), Abergavenny (Nevill Hall), and many of the old "County" hospitals which run outpatients surgeries.

If you or a relative are travelling to any ABUHB hospital, for a medical appointment, you may well be entitled to Free Patient Travel.

Please contact LWCT by any of the methods shown on the back cover of this newsletter and ask Laura for the scheme details.

Powys Teaching Health Board

Despite 3 years of writing emails and phoning PTHB, we have yet to either have a reply to our any of our emails, or receive a reply to any of our answerphone messages. Optimistically, we have raised this matter both with Powys CC and Powys Association of Voluntary Organisations (PAVO), and any help they can give us, to open a dialogue with PTHB will be gratefully received.

Funded Travel to Hospital and Medical Appointments

If any of the above is causing you concern – don't worry! LWCT has already done the "exasperated sigh" on your behalf.....!

The directors of LWCT have decided to continue to offer financially-supported partially-funded travel facilities for scheme members, to medical appointments – doctor, dentist, out-patient, in-patient appointments, and complimentary medical therapies.

In order to make scheme monies go as far as possible, with sums being provided from LWCT's commercial activities, members may be asked to make a modest financial contribution to journey costs.

Please contact LWCT by any of the methods shown on the back cover of this newsletter and ask Laura for the scheme details

Community Car Journey Statistics – April 2023 to Date

From April 2022 to January 2023, LWCT's community and volunteer cars travelled just over 26,000 miles in 1,000 journeys. This is only 4,000 fewer miles than for the same period last year.

Our Booking Diary shows the following journey information :-

Journey information		Mileages	
• Shopping	17 %	1 to 10 miles	53 %
• Vaccinations	4 %	10 to 20 miles	11 %
• Primary Care	11 %	20 to 50 miles	21 %
• Minor Injuries Unit	9 %	50+ miles	15 %
• District General Hospital	36 %		
• Community Car	18 %		
• Others	5 %		

None of this fabulous story could be told without the dedication & support of our brilliant staff and volunteers, who offer to go out at all times of the day & night, in support of our scheme members, and their individual and unique transport needs.

Event Recycling

The 2022/23 Event Recycling year was one of our busiest on record. LWCT's event recycling team has offered a full range of services to 17 event organisers, from bin-only to an extended service, which included site set-up through to a foot-plod sweep of the event field after everyone else has left.

We have been so grateful to have this service up and running again, as it brings in much needed revenue to support our full range of community services.

Our recycling services range from a supply only of bins, to a full package of supply, emptying of bins and litter picking on-site. We are delighted to already be taking bookings for recycling services in 2023, including some new events!

We have been providing bins and waste management services for events both large and small this year and were delighted to support several of the smaller community events. It has been a delight to see them return again this year, as many of these community activities suffered badly during Covid. Indeed for a few, 2023 will be the first time the community show has been held since 2019.

If we are attending a community event near you, look out for our new company trade stand – look for the sailflag with our Red Kite logo. Come over and say Hello, and find out a little about what we do.

A big thank you to all the events that have used our recycling services in 2022, we look forward to working with you again next year.

Love Food – Hate Waste 6th March to 12th March 2023

One of LWCT's commercial activity arm is Event Recycling, including waste minimalization. LWCT is therefore, particularly pleased to inform local residents of the potential to get involved in a WRAP (Waste & Resources Action Programme) strategy called "Love Food – Hate Waste", which starts this year on Monday 6th March and runs through to Sunday 12th March.

This is the 3rd annual campaign on the topic of Food Waste. WRAP have estimated that last year in the UK alone, 8 million people heard about the initiative whilst it was on, and that almost 4 ½ million people took action to reduce their personal food waste.

Key features coming from last year's campaign are shown below :-

- Food wastage in UK homes runs at 1.1 million tonnes, because of buying, preparing, cooking or serving too much food, that is not eaten, causing it to be thrown away,
- Food wastage in the UK overall runs at 6.6 million tonnes, from all food locations – suppliers, catering establishments, households, etc,
- The statistics make no comment on what is purchased and eaten, merely the food not consumed,
- A parallel campaign concentrates on helping people to safely prepare and eat "leftovers",
- This campaign concentrates on how to treat these leftovers – saving, using appropriate food containers, labelling, storing in the fridge or freezer, re-heating later, and safe consumption practices,
- WRAP's previous studies have indicated that many people say they lack the skills to put these protocols in practice,
- Wasting food is estimated to cost the average UK family more than £700 a year,
- Food that could have been eaten is estimated to be valued at £14 billion, or nearly £60 for a family with 2 children

Love Food – Hate Waste conducts an annual survey of people's habits, which highlighted that 81% of UK citizens are concerned about climate change, but only 32% see the clear link with food wastage

LWCT hopes to include some recommended "leftovers" recipes in later copies of the newsletter.

Local Dates for Your Diary

St David's Day / Dydd Dewi Sant	1 st March
St David's Day Coffee Morning <i>Llanwrtyd & District Heritage & Arts Centre – 10am to 12pm</i>	4 th March
Food Waste Action Week <i>"Love Food – Hate Waste" – Nationwide Strategy</i>	6 th to 12 th March
Llangammarch Carnival Bingo Night <i>Alexandra Hall, Llangammarch Wells – eyes down 7pm</i>	10 th March
St Patrick's Day	17 th March
Mother's Day / Mothering Sunday	19 th March
Stargazing Weekend <i>Hafren Wigwam Holiday Centre – Staylittle</i>	17 th to 19 th March
Curry and Quiz Night <i>Garth Village Hall 7:30pm £5 per person</i>	25 th March
Victoria Hall Llanwrtyd Wells (last Sunday each Month) <i>Film Night – 7:30pm</i>	26 th March

(Please note - All events listed were current, at time of going to print)

Brief history of the 6 nations rugby

Love it or hate it, weekend tv is currently dominated by rugby through February and March as it is the annual 6 Nations tournament. So here is a bit of history into the tournament.

The tournament is one of the oldest rugby tournaments in the world, it began in 1883 as the "Home Nations" tournament, and was contested by Wales, England, Ireland and Scotland. England won that very first tournament.

In 1910, France joined the tournament to make it the 5 Nations. This format was very brief as World War 1 broke out. The tournament was suspended from 1915 to 1919, restarting again in 1920. Between 1932 and 1939 it reverted back to the Home Nations, as France were eliminated from the competition for professionalism!

Once again as War gripped the nations, the tournament was suspended from 1940 to 1946. France were allowed to rejoin in 1947, after the war to once again make it a 5 Nations tournament.

Scotland were the final ever winners of the 5 Nations tournament 1999. At the turn of the millennium, Italy joined, to make it a 6 Nations tournament, which is how it still stands at present.

Since becoming the 6 Nations, Italy have been unfortunate recipients of the "wooden spoon" 17 times. The Wooden spoon, although not an actual trophy is the term given to the losing team.

Wales and France both hold the accolade of "Grand Slam" holders with each securing the title 4 times (in the 6 Nations). A Grand Slam is where a team remains unbeaten for the whole tournament. Wales won the first ever Grand Slam in 1908.

Sergio Parisse of Italy holds the record for the most appearances in 6 Nations history, representing his country 69 times between 2004 and 2019. While Ronan O'Gara of Ireland holds the record for the most individual points scored, a staggering 557 between 2000 and 2013

So, by now, you all should be ready for "Super Saturday"! which falls on 18th March this year. All three games in one day, to finish off the tournament. After that hopefully normal TV viewing can be resumed!