



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport Ltd:

NEWSLETTER



Rhyfyn/Edition 50 Ebrill/April 2023

Helô bawb/hello everyone

I hope all is well with you and your family and that you are managing with this inclement weather, we have had a bit of a mixture haven't we? Easter is almost upon us and I hope you get your share of the yummy chocolate eggs. We mustn't however forget the meaning of Easter, and I shall be writing a bit about that further into this edition.

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 us have your details at office@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, especially if you're a Welsh speaker and would like to do a small article for our Welsh Column please send them in to us. If you wish to talk about it first, please give Laura a call

As I mentioned in the February edition, Jonathan and I are moving back Yorkshire and should have moved at the end of February. There has however been a big hiccup in as much as when we made the offer on the bungalow in Barnsley last November, the estate agent omitted to tell us that the bungalow had to go to probate, so watch this space.

I would like to thank Stephen and Laura for writing the March edition and getting that out to you, I'm very grateful to them filling the breach. I may well have to hand it back to them for a while once we have a firm date for moving, or it may be something you fancy having a go at, and if so please make contact, we'd love to have you on board. Happy reading and blessings to you all.

Cofion cynnes/kindest regards. Pat x

Aries

Aries is the first astrological sign of the Zodiac. It is a fire sign and spans March 20th to April 20th, its ruling planet is Mars. In Greek Mythology, the symbol of the ram is based on the Chrysomallus, the flying ram that rescued Phrixus and Helle, the children of the Boeotian king Athamas and provided the Golden Fleece. Aries is.



God of War, Ares. He is described as, "Murderous, bloodthirsty, the incarnate curse of mortals; and, strangely, a coward". The Roman name for Ares was Mars, which is the ruling planet of the sign.

Birth Stones and Flowers

The birth flowers for Aries are the daisy and sweet pea. The white daisy is a symbol of purity and innocence. In Norse mythology, the daisy is the sacred flower of Freyja, the goddess of love, beauty, and fertility. In turn, the daisy became a symbol of motherhood and childbirth, and of new beginnings. Daisies

are a common gift for new mothers. Daisies have been linked to the Virgin Mary, given their representation of love, innocence, and new beginnings.



Sweet peas were first discovered in southern Italy in the late 1600s by Francis Cupani, a Sicilian monk. Cupani is said to have sent seeds from the sweet pea to Dr. Casper Commelin, a botanist in Amsterdam, and Dr. Robert Uvedale, a teacher and plant enthusiast in England, which began its spread around Europe. In the 1800s, Henry Eckard, a Scottish nursery proprietor, began creating sweet pea hybrids that were larger, more beautiful, and colourful.



In the language of flowers, a bouquet of sweet peas is a way to say goodbye or thank you for a lovely time. It can also mean blissful pleasure, good wishes, kindness, gratitude, and friendship. Some English gardeners refer to them as the "Queen of the Annuals." In France, the flower has long been a traditional gift for brides, providing good luck on her wedding day and in the marriage. At one point in time, it was worn for strength or to reveal the truth. Sweet peas were also worn in pockets to provide a fragrance to clothing. In some cultures, the sweet pea was thought to have magical properties.

The primary birthstone for Aries is the Diamond, however it can also be the Blood Stone and even the Amethyst.



Cambrian Archers



Cambrian Archers is a newly formed archery club based in Llanwrtyd Wells. It is a "not for profit" club run for the community with the aim of making this empowering sport open to everyone.

Archery is one of the few sports in which the able bodied and those with additional needs can compete in a completely even manner. Those with limited or even no movement in their limbs can take part using specialist equipment as can the blind or the deaf. Similarly, wheelchair users are also not excluded nor are people with Parkinson's Disease, dementia or other mental health issues.

Neither is age a limitation. Any one from 9 years upwards can take part. Low poundage bows allow all ages and those with limited movement to enjoy this wonderfully fulfilling pastime.

Cambrian Archers are an Archery GB affiliated club with full insurance and the range at Dolwen Field has been fully approved. The club hold shoots every Sunday but will also be hosting "have a go" shoots every other week which are open to all and will provide a safe and controlled introduction to the sport.

For further information please contact Suzanne, the Club Secretary, at cambrianarchers@outlook.com





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 (pre diagnosis).

It is currently supporting approximately 280 patients.

You can self-refer/be referred by a friend or family member or alternatively by a Health professional.

We also provide a drop – in service at the Centre and our hubs in Llanwrtyd and Knighton, so if you want to pop in for a chat and/ or a cuppa, please do so. It would be lovely to see you.

Llanwrtyd Wells hub is open at The Health Centre on the 3rd Wednesday of each month from 1-4p.m. The next one will be on 19th April 2023.

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

April Traditions and Celebrations

April 1st, **April Fool's Day** is a day for playing pranks on unsuspecting people, but they must all be over by noon. The current tradition dates back to 16 century France when the beginning of the New Year was originally observed as April 1st.

Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c30AD. This year Easter Sunday falls on April 9th.

Maundy Thursday falls on April 6th this year. It is the day when Christians celebrate the washing of Jesus' feet and the last supper.

Good Friday, April 7th commemorates the crucifixion and suffering of Jesus.

April 23rd, **St George's Day**, patron Saint of England.

April 23rd, **William Shakespeare Celebrations**, Stratford Upon Avon. The most famous of all English playwrights was born in 1564 and died on St George's Day

May 1st marks the victory of spring over winter, but the night from April 30th to May 1st is also called **Walpurgis Night**. Walpurgis is the name of the woman who was born, probably in Britain around 710AD. The name suggests a Celtic, German or even Scandinavian background. She travelled to Germany and founded the Heidenheim Catholic Convent where she became Abbess. She died in 779 and was made a saint on May 1st that year. She also became associated with the pagan Viking spring fertility. It is celebrated across Europe with tolling of bells and prayers to drive out evil spirits.

Halloween and Walpurgisnacht both have their origins in pagan celebrations (known as Samhain and Beltane, respectively) that marked the changing of the seasons. These days were especially important because they were believed to be when the veil between the spirit worlds and ours was at its thinnest

Local Dates for Your Diary

Easter Scavenger Hunt, Dolwen Fields, Llanwrtyd Wells face painting, car boot refreshments etc. April 8th

Alexandra Hall, Llangammarch, raffle, prizes, refreshments or bring your own.

Proceeds to the Llangammarch Carnival 2023

April 14th

Walk & Talk, The Groe, Builth Wells every Wednesday, more info 07983 952563

Cilmery Community Hall, Zumba Dancing every Wednesday

Llanwrtyd and District Heritage & Arts Centre is open 10am to 4pm each Thursday to Sunday throughout the spring/summer and entrance is free.

Llandoverly Motorbike weekend

July 1st & 2nd

King Charles 111 Celebrations Sunday May 7th

Cilmery Community Hall, more details to follow

Grand Barbeque, children's activities, quiz, Trout Inn, Beulah 3pm onwards

Garth Village Hall, bring your own picnic, competitions and games

Llanwrtyd Wells May 6 – 8, more details to follow

Beautiful things

As we hurry along life's journey today with the joy and the sorrow it brings,
And never a thought what we pass on the way, let us look for the beautiful things.
There is music that's free, that will surely beguile 'tis the song of the bird as he sings
And the sun kissed breeze makes us linger a while just to look at the beautiful things
Let us close our eyes to the fault of a friend, drop them deep in oblivion springs
As we travel along to life's golden end we can always find beautiful things.

Lucile B Ballard

LWCT Support Opportunities

There are many benefits for both support staff and the organisation in securing help. Some of the main advantages are to make new friends and get into company. It is good to have community 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, community workers 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.

Help us Help Your Local Communities Locally and in Llandrindod Wells

Over the last few years, Llandrindod Wells has been without a regular Community Car Scheme to assist the vulnerable and elderly residents of



the town. LWCT has been liaising with the Town's Community Connector, with requests for transport for shopping and medical appointments.

With 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 community 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. We would love to expand the service in Llandrindod and the surrounding areas, but that can only be done if we can expand our pool of community drivers. So, if you have some time to spare and would like to join the team, get out and meet new people then please get in touch!

Having a dedicated team of community drivers, supported by our existing drivers 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 Community 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 community driver 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. Community Drivers get a mileage reimbursement in line with government guidelines to cover the cost of fuel and a contribution towards running costs

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?

Covid-19 Vaccinations and Boosters

Just to remind you we are able to supply transport free of charge for anyone meeting a certain criteria in our local area with an appointment for a Covid-19 Vaccination or for their follow up booster. The spring vaccine programme is beginning to roll out in the communities so please contact as soon as possible if you need transport. Incidentally we do have a wheelchair friendly vehicle for those who cannot access an ordinary car.



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.

Event Recycling

As April gets underway, so the event recycling arm of the organisation springs back into life. We have confirmation that we will be at Wonderwool Wales on the 22nd and 23rd April and also the Antiques fair on the 29th and 30th April, both at the Royal Welsh show ground. We are awaiting confirmation about the Working and Pastoral breeds show on the 15th April. We have also been successful in winning the tender for the Royal Welsh Smallholding and Countryside Festival 2023 which will be on the 20th and 21st May.

The event calendar is booking up fast already with shows booked right through to October. As well as the big events, we are proud to support the smaller local events too, last year we provided bins to Llanwrtyd show, Beulah show and Presteigne Carnival to name just a few. We are extremely grateful to everyone who continues to support us with the event recycling as it brings in much needed revenue to support the community car journeys. It isn't always pleasant work, and the staff are out in all weathers, but behind the scenes they are a

great team and we are very thankful for the support and dedication they put in at every event. If you see any of the staff at event you attend, look out for the bright orange vests, feel free to say hello!

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. If you have any suggestions for places to visit, then please get in touch and we can see if we can fit it into the schedule.

For April we are going to do a trip to Elan Valley! Wednesday 19th April, enjoy a drive around the dams seeing all the wonderful sights of one of Mid Wales areas of outstanding natural beauty! There will be a stop off at the visitor centre for refreshments and a chance to browse the gift shop. Cost will be £10 per person (refreshments not included) there will be limited places available, so booking is essential. Wheelchair users accommodated as well as we will be using a fully accessible minibus. Please keep an eye in next month's magazine for more details.



The Four Leafed Clover



I know a place where the sun is like gold, and the cherry blossoms burst with snow
And down underneath is the loveliest nook where the four leafed clovers grow.

One leaf is for hope; one is for faith, and one for love you know,

And God put another one in for luck; if you search you will find where they grow.

But you must have hope and you must have faith, you must love and be strong and
so,

If you work, if you wait, you will find the place where the four leafed clovers grow
But you must have hope and you must have faith, you must love and be strong and
so,

If you work, if you wait you will find the place where the four leafed clovers grow.

Community Car Journey Statistics – April 2023 to Date

From April 2022 to February 2023, LWCT's community and volunteer cars travelled just short of 28,000 miles in 1,076 journeys.

Although, for the second month in a row, this cumulative journey data indicates fewer miles travelled (than for the same period last year), every single journey made, still represents an important journey for the individual concerned.

Our Booking Diary shows the following journey information:-

Journey information	Mileages		
• Shopping	18 %	1 to 10 miles	53 %
• Vaccinations	3 %	10 to 20 miles	11 %
• Primary Care	10 %	20 to 50 miles	21 %
• Minor Injuries Unit	9 %	50+ miles	15 %
• District General Hospital	36 %		
• Community Car	13 %		
• Others	11 %		

The Stories behind Community Car Funding for 2022 / 2023

LWCT was fortunate in 2022/23, in that we were generously funded by the following organisations:-

- Builth Wells Town Council
- Llandrindod Wells Town Council
- Powys Teaching Health Board
- Gwent Organisation of Voluntary Organisations
- Charcroft Electronics Ltd

As part of our undertaking to funding bodies, LWCT has offered a commitment that individual funding donations would exclusively support travel requests, from residents in their respective geographic area, unless these journeys were the subject of existing funding.

As a direct result of these generous donations, LWCT was able to complete just short of 15,000 miles, represented by 570 journeys.

Aneurin Bevan University Health Board (ABUHB) hospitals

As we move into spring, LWCT is pleased to announce that we have still a positive balance in our account that funds transport to ABUHB hospitals, including 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.

Funded Travel to Hospital and Medical Appointments

If any of the above is causing you concern – don’t worry! LWCT has already done the work “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. In order to make scheme monies go as far as possible, (and until 2023 Funding is announced), scheme members may be asked to make a modest contribution to journey costs.

LWCT Staff and Volunteers

We continue to say Thank You for your dedication and support to our brilliant staff and volunteers. Often offering to go out at all times of the day & night, in support of our scheme members.

Directors and management would like to welcome Will, who joins our recent volunteers Janine and Peter, to our group of existing volunteer drivers – John, Ellie, Andrew, Malcolm and Ray.

On behalf of all scheme members, we wish to offer our thanks to these volunteers, for never turning a travel request down, no matter the time of day or night, or the circumstances involved.

Every request is viewed as a member with an important journey they need to complete.

Information supplied by Stephen Hawkes, Director and Compliance Officer

Lynda Pace-Avery – Company Director

I am a Londoner by birth. I have lived in Llanwrtyd Wells for 14 years now. My husband and I moved here from Sheffield, where we had lived for 27 years. We knew the area as my husband was born in Rhandirmwyn and still has family here.

I am a registered Social Worker, with experience of Preventative work, Fostering and Adoption, and Emergency Social work. I was a member of the Fostering panel and a member of the South Yorkshire Consortium, which oversaw the training of Student Social Workers. I managed a Children's Centre in Doncaster I also set up Phoenix Family Unit which enabled children to remain with their parents whilst the parents' received treatment for their addiction.

Since moving to Llanwrtyd, I worked for Radnorshire Women's Aid and more recently I work at Bryn Irfon a residential Unit for adults with learning difficulties.

I am a Town Councillor here in Llanwrtyd I served as Town Mayor 2018-2021. I have volunteered for various groups in Llanwrtyd, i.e. the Beavers, Llanwrtyd Wells Heritage and Arts Centre where I recorded some of the oral histories. Dolwen: Recreation for All, I have marshalled for the various events and been involved in the registration of the Four Day Walks. I am a member of Llanwrtyd Community Association, which is subsidiary of Llandrindod Wells Foodbank, and Llanwrtyd Wells Festival Committee.

I love Llanwrtyd and am committed to enhancing our quality of life. Llanwrtyd Wells Community Transport is an asset to the town, transporting people to medical appointments and taking wheelchair bound neighbours on shopping trips. I look forward to learning more about its operations.



Janine Stanfield – Shopper Bus Driver

I have lived in the UK for 18 years and for the past 5 years in Wales, Franksbridge, in between Llandrindod Wells and Builth Wells. I use to do knitting for 6 years but 3 years ago I had a stroke and lost the love for knitting. Sitting at home made me wonder what I could do for a hobby. I saw a video on Facebook that demonstrated hand build slab construction pottery, which made me try it and 'Tah-dah!' My first mug was made. I was so pleased with the outcome.



I cannot now imagine not ever working with clay. It's not a job for me; it's a way of life. Pottery was and is a huge benefit to help stimulate your brain and that's got to be a good thing. Clay is such a unique material, it responds to your sense of touch and allows you to mould it in many different shapes. I can also say that pottery healed and helped me.

It all started as a hobby but the more I worked with the clay, the more I fell in love with ceramics. I then decided that the time were right to register it as a business. Blue Bird Pottery JPS is set in the beautiful Welsh countryside where I create unique handmade ceramics with passion in my home studio. I create my pottery for everyday use, to bring a little piece of handcrafted beauty into our homes.

Blue Bird Pottery JPS studio allows you to make your own pottery in a relaxed atmosphere with help and guidance.

Visit my YouTube channel to see how I create my items and also see my kiln opening videos. You can find me on: Instagram, Facebook, Twitter and Pinterest. Please do visit my website: www.bluebirdpotteryjps.co.uk or www.etsy.com/uk/shop/bluebirdpotteryjps

Why did I decide to work with LWCT? I had my stroke then Covid-19 happened and where I live I'm a little isolated. Basically, this is a good way to meet new people and help where I can.

Celebrating St David's Day

St David's Day was celebrated with a Coffee Morning on Saturday March 4th at the Llanwrtyd and District Heritage and Arts Centre. Town Mayor, Cllr Jim Davies, and local County Councillor



Peter James MBE attended this very successful event with some 80 people

attending and over £250 raised.



Susan Price welcomed everyone to the event and introduced the local children, supported by Heather Davis and Enfys Davies, who entertained the audience with some

traditional Welsh songs.

Raffle prizes were won by Audrey Davies, Natalie Davies, Virginia Evans, Margaret Watkins, Connie Austin, Eifion Lloyd, Jackie Caswell, Jim Davies, Caethan Gibson, Vera Lea. Barney the 4ft bear was won by Ellis Austin!

Thank you to everyone who attended the event and to those who contributed in any way to the success of this lovely community event.

Information and photographs by kind permission of Elin Mabbutt

Swansea Jack

Swansea Jack was a black retriever from the North Docks area of Swansea, who regularly responded to cries for help for anyone in difficulty in the water. It is documented that his first rescue was in June 1931 where he saved the life of a young boy, and a few weeks later, in front of a crowd of people, saved the life of a swimmer. Over his lifetime he saved over 2000 people and was named the Dog of the Century. He died in October 1937 after eating rat poison.

Man-flu

I was quite ill over Christmas, over Christmas iller I became.
I suffered a horrid affliction; the dreaded Man-flu was its name.
It hit like a dose of Ebola, in hours I was sat at death's door.
My limbs and my head were all aching; I couldn't have suffered no more.

I've often had terminal Man-flu, and barely have sometimes survived.
I take lots of doses of whisky, and repeat it until I'm revived.
Women don't know how we suffer; it's a man thing to never complain.
We silently suffer the Man-flu while our lives slowly run down the drain.

The next time I suffer Man-flu just let me go up to my bed,
Then just when the suffering crescendos pour whisky all over my head.

By kind permission of the author Clive Sanders

2023 LUNAR CALENDAR



Wolf Moon
January 6th



Snow Moon
February 5th



Worm Moon
March 7th



Pink Moon
April 6th



Flower Moon
May 5th



Strawberry Moon
June 3rd



Buck Moon
July 3rd



Sturgeon Moon
August 1st



Blue Moon
August 30th



Harvest Moon
September 29th



Hunter's Moon
October 28th



Beaver Moon
November 27th



Cold Moon
December 26th

Courtesy of Pinternet

Welsh Love Spoons

The Welsh love spoon dates back to the 17th century, the earliest example being dated 1667 which can be seen in the National Folk Museum or Wales, St Fagans. Some believe that sailors used to carve love spoons; this is in part due to the amount of nautical symbols, including anchors, ships wheels and ships being carved into early designs.

Whilst similar customs to the Welsh love spoon exist in different parts of the world the true love spoon is Welsh in its origin. Only Wales lays claim to the love spoon tradition, and early love spoons do not usually display much in the way of Celtic influence. However more recent developments within the love spoon tradition have witnessed a successful fusion of both traditional love spoon and Celtic design.

Love spoon symbols are another area of the tradition that has received much attention. Numerous lists have been produced over the last fifty years from a variety of sources for various purposes. Whilst some symbols are obvious in their meaning, it is often the case that a symbol can have a variety of meanings depending on individual interpretation. For example an anchor is widely regarded as representing stability but it could also be used to simply portray a love of the sea.



BALL IN CAGE

Love held safe or the number of children one wishes to have.



BIRDS

Love birds or let's go away together. Stork represents a new birth.



CHAIN

Signifies loyalty and faithfulness. A wish to be together forever. Can also signify the number of children one wishes.



CROSS

A wish to have faith in Jesus Christ or a wish for God to bless.



DIAMOND

Wealth or Good fortune.



HEART

This is one of the most common patterns. One heart signifies that the girl/boy has taken hold of

the young man/woman's heart, and two hearts on the same spoon means that love is reciprocated.



HORSESHOE

A symbol of Good luck and Good fortune.



KEY/ KEYHOLE

Security or I shall look after you. The partner holds the key to his/her heart or home.



KNOT / CELTIC KNOTWORK

Eternal love or together forever or everlasting.



LOCK

Security or, I shall look after you



TWISTED STEM

Two lives become as one, or, togetherness.



DRAGON

Protection or Symbol of Wales.



BELL

Wedding, anniversary or together in harmony



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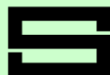
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