



Cludiant Cymunedol

Llanwrtyd Wells

Community Transport

NEWSLETTER



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Medi / September 2023

Helô bawb / Hello everyone

Welcome to sunny September ! During August LWCT staff have attended a number of community-based events and shows. Almost of these events held competitions, exhibiting local seasonal fruit and vegetables. At almost every show, competitors, visitors and judges expressed disappointment, that it appeared to be a very poor growing season.

Many of the visitors to these shows, told us that they cannot believe that we have arrived at the beginning of Autumn, without remembering the summer of 2023 !

Data recently released by the UK Met Office, which compares data for the periods 1961-1990 and 2006-2015, appears to indicate the following :

- Fewer defined “frost days” have been recorded,
- The growing season in the warmer south has lengthened, whilst in the colder north it has shortened,
- The average growing season length is now 290 days,
- Fewer frost days and a longer growing season is indicative of global warming in the UK regions,
- A phenomenon called the “North Atlantic Oscillation”, is a natural fluctuation in the seasons, the observational effect of which is totally unpredictable, and is most likely to change all anticipated predictions.

If you are about to seriously consider, what to plant in your garden in 2024, including when and where to plant it; might a chat with the UK Met Office be an idea?

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The magazine team hope that you find our latest newsletter offerings interesting.

As always, we would love to hear your views and publicise your local event. The team would also love to receive any news items, stories of local history articles, that can be used in future newsletters. Please send them to office@lwct.org.uk, marking them for the attention of the newsletter team.

If you would like a monthly copy emailing to you personally, please also get in touch at office@lwct.org.uk.

Cofion cynnes / kindest regards – the newsletter team

Local Dates for your Diary

Beulah and District Show and Trotting Races	9 th September
Powys Archives Service – Open Door Day <i>1000 hrs to 1300 hrs, with Guided tour - 1100 hrs to 1200 hrs</i>	9 th September
Llanwrtyd Green Event's Devil's Staircase Ultra Trail	16 th September
Llanwrtyd Eisteddfod	23 rd September
Autumn Equinox	23 rd September
Race Night with 20's 30's theme, Victoria Hall	30 th September
Machynlleth MVC in Victoria Hall in aid of LDHAC	14 th October

N.B. LWCT is printing these events, dates & times obtained from 3rd parties. Every effort is made to ensure these are accurate, at the time of going to print.

Llanwrtyd Eisteddfod

The Eisteddfod will be held on September 23rd this year in Victoria Hall, Llanwrtyd.

Morning Session (Local) at 10.30am

Afternoon Session (Open) at 2.30pm

Evening Session (Adults) at 7pm

There is a full programme of competitions available on the Facebook Page: Eisteddfod Gadeiriol Llanwrtyd. Why not enter or come and listen to the people taking part.

For any further details please contact the Secretary Mrs: Susan Price on 01591 610303.

LWCT Newsletter Editor – Mrs Patricia (Pat) Dryden

The Directors have the sad responsibility to tell you all of the passing of our dear friend, colleague and director, Mrs Patricia (Pat) Dryden.

Pat and her late colleague June Parkinson, (in partnership with our General Manager - Laura), had the vision to see a successful LWCT in its current format.

Pat (always an enthusiastic supporter) joined as a director in September 2019.

During the early days of Covid-19, and when LWCT needed to re-locate operational base, this core managing group all realised that, with the challenges then facing our scheme members, there was a need more than ever, for an efficient and effective community transport service.

In those uncertain days in Wales during early 2020, Pat was a quiet, wise voice of reason, compassion and understanding, always enthusiastic for what LWCT sought to offer scheme members, and always supportive of LWCT staff and management.

Those of us who were fortunate to be able to call her our friend, soon realised that Pat had an intense and unchallengeable sense of right and wrong. She was always an enthusiastic supporter of all aspects of the services, that LWCT offered the community.

She will be greatly missed by all those who were lucky to know her as a friend and colleague. Our thoughts are with her family and friends at this sad time.

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Autumn Equinox – 23rd September 2023 at 06:50 am

The two equinoxes mark the start of spring and autumn, whilst the two solstices mark the start of summer and winter.

On the autumn equinox, day and night are of roughly equal length and the nights will become increasingly longer than the days, until the spring equinox, when the pattern is reversed.

It also marks the time of year when the northern hemisphere begins to tilt away from the Sun, resulting in less direct sunlight and consequently the cooling temperatures.

The Rose Beyond the Wall

Near a shady wall a Rose once grew,
Budded and blossomed in God's fair light
Watered and fed by the morning dew
Shedding its sweetness day and night.



As it grew and blossomed fair and tall
Slowly rising to loftier height
It came to a crevice in the wall
Through which there shone a beam of light.

Onward it crept with added strength
With never a thought of fear or pride
It followed the light through the crevice's length
And unfolded itself on the other side.

The light, the dew, the broadening view,
Were found the same as they were before
And it lost itself in beauties new,
Breathing its fragrance more and more.

Shall fear of death cause us to grieve
And make our courage faint and fall!
Nay, let us faith and hope receive,
The Rose still grows beyond the wall.

Scattering fragrance far and wide,
Just as it did in days of yore
Just as it did on the other side,
Just as it will forever more.

By A L Frink



All About Us

LWCT was formally registered as a Company in 2012, with the aim of providing an effective community transport enterprise. There were no specific included or excluded activities in the original registration document, other than compliance with legislative obligations. In a previous service delivery model, LWCT has been registered with the Traffic Commissioners Wales to run commercial bus services, although this is no longer a current business model.

Currently, LWCT undertakes the following activities :-

- LWCT has a small fleet of minibuses which operates a number of tendered **Home 2 School Transport** routes for Powys CC. Pupils are conveyed to all categories of educational establishment.
- This education fleet is supported by a smaller number of **minibuses for hire, operating under a permit scheme**, allowing LWCT to offer vehicle hire to "local community groups", "registered charities" & "not for profit organisations". These can be hired either with or without a driver, as long as scheme conditions of hire are met by the group.
- LWCT provides a personal service to all scheme members, needing individual transport arrangement, under a **Community Car Scheme**. This takes members to medical appointments, shopping, to visit friends & relatives, etc.
- Since the early days of Covid-19 in Wales, LWCT has offered a dedicated **Community Shopping Service**, where we can shop for people who are unable to manage a trip to the shops themselves.
- LWCT continues to offer event organisers a comprehensive **Event Recycling & Waste Management Service**, which ranges from basic bin hire, right through to a total event waste management. New to Wales this year, is the requirement in the ban of non-compostable containers & utensils, seeing the end of plastic cutlery and aluminium food trays. Working with our established waste disposal contractor, LWCT is now able to offer a full waste composting service to event organisers.

For more information, or to make a booking for any of our services, please call Laura Burns (General Manager) on 01982 552727 or for shopping John McMahon (Volunteer Driver) on 07904 816 521.

Other contact details - office@lwct.org.uk and www.lwct.org.uk

LWCT Event Recycling Services

August 2023 was a very busy month for our dedicated recycling team, supporting numerous community events – carnivals, shows, etc. LWCT supported a TV company Boom Cymru, who were filming at the Royal Welsh show. Almost before the Royal Welsh Show finished, we were preparing for the Welsh Kennel Club dog show, which required our support from Monday 7th August, to the end of the show on the Sunday 20th August.

We were really excited to be able to offer our services at a brand-new event, during the first weekend in August. Cymryd Rhan were hosting “Party at Porth with Cymryd Rhan”. This proved to be a fantastic new event, hopefully this event will prove really popular, becoming an annual event in the calendar.



A quick empty and relocation of bins after the dog show, and we went straight into a young carers event! Another reshuffle of the bins and the site will be ready for the Continuity Fairs Antiques Fair on the 2nd and 3rd September! Don't worry, the break in between the carers event and the antiques will be filled by the bog snorkelling weekend in Llanwrtyd Wells on 26th and 27th August.

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 this year in particular the staff have been out in all weathers. 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!








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; partly due to the number of nautical symbols - 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.

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|---|---------------------|---|
|  | 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



Traditional Full Moon Names

The Old Farmer's Almanac famously publishes a list of Full Moon names, and we have chosen to use these as the main Full Moon names. However, it seems that a combination of Native American, Anglo-Saxon, and Germanic month names gave birth to the Full Moon names we use today.

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|----------------------------|-------------------------|
| Wolf Moon – January | Snow Moon – February |
| Worm Moon – March | Pink Moon – April |
| Flower Moon – May | Strawberry Moon – June |
| Buck Moon – July | Sturgeon Moon – August |
| Full Corn Moon – September | Hunter's Moon – October |
| Beaver Moon – November | Cold Moon – December |

Moons Named After Crops

The most common Native American names for the September Full Moon is Full Corn Moon and Barley Moon, and these names do not vary with the equinox. The October Full Moon was called Hunters Moon, Blood Moon, and Sanguine Moon by different Native tribes. However, this is not to be confused with a total lunar eclipse, also known as a Blood Moon, due to the reddish colour the Moon takes on during a total eclipse.

When the Julian calendar was introduced in 45 BCE, the Latin month names became more common. The earlier Pagan and Native American month names have since been reintroduced as Full Moon names, particularly by various Farmer's Almanacs in the United States.



Harvest Moon 2023 – 29th September 2023

The Full Moon closest to the September equinox is called the Harvest Moon. It is unique because the Moon rises close to the same time several days in a row.

Breaking News – Shopping Bus Grant Funding

LWCT is pleased to announce that we have been offered funding from Powys Association of Voluntary Organisations (PAVO), under Powys County Council's Social Value Forum Development Fund, to operate a shopping bus service.



The shopping bus will operate to registered scheme members 2 days per week (most probably on Tuesdays & Thursdays), on a dial-a-ride basis, with the option of adding an extra day in the future

if it proves popular. The service will be operated under LWCT's Section 19 Permit

LWCT appreciates that some existing bus service users are struggling to access the services, either due to the location of the stops, or the fact they can't carry their shopping back home from the bus stop. LWCT Shopping Bus will be a "door to door service", with the driver and bus buddy, being able to help passengers to get on and off the bus, and to assist (if required), with carrying shopping indoors.

LWCT is hoping to start the service as soon as possible as we have a temporary driver available initially, with a view to recruit a permanent driver as soon as possible, and also to recruit the bus buddy volunteer(s).

Promotional material is being drawn up to advertise this new service, includes :-

- posters to advertise the service locally,
- leaflet drops are also proposed in the areas where the pilot will operate,
- advertising through our own newsletter,
- information being sent to the Community Connectors scheme,
- local Town & Community Councils.

With the service being a "door to door service", it makes it accessible to people who have mobility issues and those that may have confidence issues going out on their own, hopefully allowing people to get out from their homes, even if they only want to go to a local café, meet friends and neighbours, sit with a coffee and a cake, and watch the world go by for a while.



Community Show Season 2023

LWCT is pleased to announce that we have been awarded a sum of Continuation Funding, courtesy of GAVO and the CTA, in partnership with Aneurin Bevan University Health Board (ABUHB).



The funding was granted to undertake a membership drive, informing all scheme members of the entitlement to free transport to ABUHB hospital appointments.

With the generous funding, LWCT has purchased a pop-up gazebo (to act as a sun shade?), 2 sailflags, and a table & 2 chairs.

Using our smaller Wheelchair Accessible Community Car, and beginning in early August; the plan is to attend as many Community Shows as possible during August, September and October 2023. If you see our staff at your local show, please come over and say hello, and ask for an information leaflet. We have lots of good news to tell residents in the communities we serve, and would welcome the opportunity to tell you more.



Garth Village Hall Show – 20th August 2023

The weather on the day was breezy, the sun shone and more importantly, the rain from the previous day stayed away. There was a really good attendance, with residents of all ages enjoying the displays and exhibits.



LWCT would like to thank the Village Hall Committee for their invitation to attend.

Congratulations to everyone for their hard work. It was nice to meet and chat to so many local residents, stallholders and visitors.

Volunteer Opportunities

Have you got some time, to help LWCT support your local community?

LWCT has a small group of very dedicated community car drivers, that regularly go above and beyond, in ensuring that members get to their various meetings & appointments.



LWCT offers services the following areas - the Wells towns of **Llanwrtyd, Llangammarch, Builth** and **Llandrindod**, including their associated rural and urban Communities, including :-

Cynhordy	Garth	Cilmery	Disserth
Tirabad,	Beulah	Maesmynis	Howey
Llanwrtyd rural,	Treflys	Builth Road	Llanyre
Abergwesyn	Llanafan Fawr	Llanelwedd	Crossgates
Cefn Gorwydd	Newbridge on Wye		

In the last 6 months, LWCT has noticed an increasing number of older members who have had to stop driving (for whatever reason). Whilst still socially active, they are worried about their mobility without a car, and would love to continue shopping and meeting friends.

Have you got some time, to help residents in your local community?

From now and into 2024, LWCT aims to make this a more affordable and sustainable project. Having a dedicated “local” team of volunteer drivers in these areas (supported by our existing volunteers and office staff), LWCT hopes that this will enable us to offer a more bespoke service to members, helping them to remain community active.

An example of the kind of local community support that LWCT is seeking to offer, is the existing service of Cilmery to Builth Wells, to enjoy the luncheon club.

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

The Month of September

September gets its name from the Latin word “sept” meaning seven. It used to be the seventh month in the calendar before January and February were added at the beginning of the year, pushing September to the ninth month.

Did you know, September 1st is always on the same day as December 1st, but it never ends on the same day of the week as any other month in the year?

September 13 is Roald Dahl day. This day celebrates the world’s number 1 storytellers’ birthday. He was born in Llandaff in Cardiff on this day in 1916, meaning he would have been 105 this year.

September 21 is International Day of Peace. On this day every year, there is a call for a full day of peace and ceasefire throughout the world. The General Assembly of the United Nations declared that the day be observed as a day of global ceasefire and non-violence, an invitation to all nations and people to honour a cessation of hostilities for a day.

Did you know?

Nothing whatsoever happened in British history between 3 and 13 September 1752. The British Calendar Act of 1751 proclaimed that in Britain (and American Colonies) Thursday 3 September 1752 should become Thursday 14 September 1752.

The Julian Calendar

Up until 1753, the calendar we used in Britain was the Julian Calendar. It was 365.25 days long, which was fractionally too long, and the calendar over time fell out of line with the seasons and thus was less accurate than the Gregorian Calendar.

The Gregorian Calendar

The Gregorian calendar is the one most used nowadays. It is named after Pope Gregory XIII who introduced it in 1582. There is a leap year every four years (or more precisely, 97 leap years every 400 years). This means that the year corresponds closely with the astronomical year (365.24219 days) so that it is just one day out every 3,300 years.

All change

In 1752 Britain decided to abandon the Julian calendar in favour of the Gregorian. By doing so, **3 September instantly became 14 September** and as a result, nothing whatsoever happened in British history between 3 and 13 September 1752.

Virgo – Virgo is the star sign from August 23 to September 22 and is one of the earth signs. The constellation Virgo has different origins depending on which mythology is being studied. Most myths generally view Virgo as a maiden with heavy association with wheat. In Greek and Roman mythology, they relate the constellation to Demeter, mother of Persephone, and Greek goddess of the harvest, or Proserpina, the Roman goddess of the harvest. Another association is with the myth of Parthenos (meaning virgin in Greek), which explains how the actual constellation Virgo came to be.



In the legend, Parthenos is the daughter of Staphylus and Chrysothemis, and sister to Rhoeo and Molpadia. Rhoeo had been impregnated by Apollo, but when her father discovered her pregnancy, he assumed it was by a random suitor and was greatly ashamed. As punishment, he locked her in a box and threw her in a river. After the terrible fate of their sister, Parthenos and Molpadia lived in fear of their father's terrible wrath. One evening, Staphylus left his daughters in charge of a very valuable bottle of wine. When they both accidentally fell asleep, one of their swine broke the bottle. Terrified of their father, the sisters fled to a nearby cliff and threw themselves off. But because of his previous relations with Rhoeo, Apollo saved his two sisters and delivered them to the safety of nearby cities in Cherronseos. Molpadia ended up in Castabus where she changed her name to Hemithea and was worshipped as a local goddess for many years. Parthenos settled in Bubastus where she was also worshipped as a local goddess. According to another story, Parthenos was a daughter of Apollo who made the constellation to commemorate her death at a young age.

While this is only one myth of the origin of Virgo, she is seen throughout all manner of myths. In Egyptian mythology, the time when the Sun was in the constellation Virgo marked the beginning of the wheat harvest, thus connecting Virgo back to the wheat grain. In Christianity, Jesus was born to a virgin in the town of Bethlehem ("bread"); the ancient Zodiac ended in the constellation Leo and began with Virgo. Virgo has the equivalent sign in Indian astrology as the Kanya (which also means "maiden"), and has even been connected with the Virgin Mary.

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