

Prosiect Cludiant Cymunedol Llanwrtyd



Llanwrtyd Wells Community Transport Project



NEWSLETTER

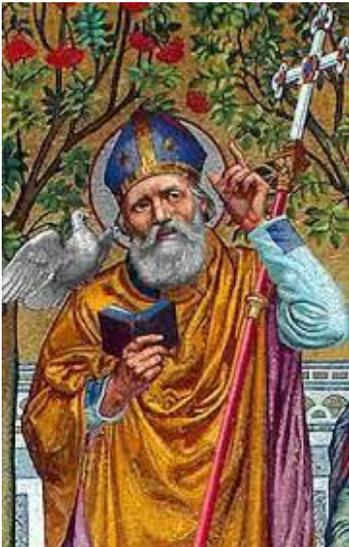
Edition 13

March 2020

Hi everyone

March 1st is Dewi Sant or St David's Day, the patron saint of Wales, and this national day has been celebrated as such since the 12th century. Apparently not much is known about St David except for a biography written by Rhygyfarch, the son of the Bishop of St David's Cathedral around 1090. As with all accounts which are so old, there are contradictions and an amount of speculation.

Although in medieval times it was thought that David was the nephew of King Arthur, his parents were descendants of Welsh Royalty, his father being Sandde, Prince of Powys, and his mother was Non, daughter of a chieftain of Menevia, now the little town of St David's. His birthplace (between 480 and 500 AD) was reputedly on a cliff top near Capel Non on the South-West coast of Wales.



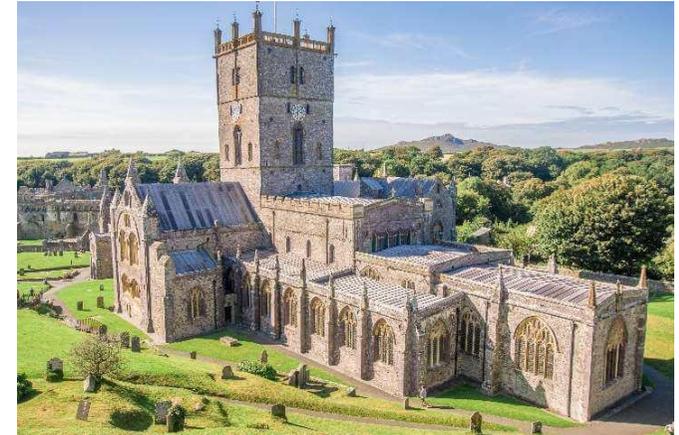
David was educated at the monastery of Hen Fynyw and became a priest. According to legend he performed several miracles during his life time, including restoring St Paulinus', his old tutor's sight. The leek is one of the emblems of Wales, and it is said that during a battle with the Saxons, David advised his army to wear leeks in their hats so as to distinguish themselves from the enemy.

David was vegetarian eating only bread, herbs and vegetables; he also only drank water and became known as Aquaticus or Dewi Ddyfrer (the water drinker). He travelled through England and Wales as a missionary and made a pilgrimage to Jerusalem where he was consecrated Bishop. It is said he founded 12 monasteries including Glastonbury. He was given the title of Archbishop of Wales at the Synod of Brevi (Llandewi Brefi), Cardiganshire in 550.

Life in the monasteries was very strict and hard. The Brothers were expected to survive on very meagre rations of bread and water, plus the physical work of cultivating the land and pulling the plough. Many crafts were undertaken, bee keeping being of particular importance as they had to provide for themselves, travellers and the poor.

David died on 1 March 589AD, at Minevia, allegedly over 100 years old. His remains were buried in a shrine in the 6th century cathedral, however this was ransacked in the 11th century by Viking invaders, who plundered the site and murdered two Welsh Bishops.

At his funeral the monastery is said to have been "filled with angels as Christ received his soul". His last words to his followers were in a sermon on the previous Sunday. The Welsh Life of St David gives these as, "Arglwydi, vrodyr, a chwioryd, Bydwch lawen a chedwch ych ffyd a'ch cret, a gwnewch y petheu bychein a glywyssawch ac a welsawch gennyf i. A mynheu a gerdaf y fford yd aeth an tadeu idi", which translates as, "Lords, brothers and sisters, Be joyful, and keep your faith and your creed, and do the little things that you have seen me do and heard about. And as for me, I will walk the path that our fathers have trod before us." "Do ye the little things in life" ("Gwnewch y pethau bychain mewn bywyd") is today a very well-known phrase in Welsh.



In 1120, Pope Callactus II canonised David as a Saint, following which he was declared Patron Saint of Wales. Fifty churches in South Wales alone bear his name. In 1996 bones were found in St. David's Cathedral which, it is claimed, could be those of Dewi himself.

Today the celebrations usually involve the singing of traditional songs followed by a Te Bach, a tea with bara brith (famous welsh fruited bread) and teisen bach (welsh cake). Children are encouraged to wear national costume and leeks or daffodils are worn, being the national symbols of Wales.

Of course we have the very beautiful St David's Church on the Abergwesyn Road going out of Llanwrtyd. This tiny church has a recorded history of over 1,000 years, but is no doubt much older than that. The site of the church is reputed to have been



chosen much earlier by St David, after the Synod at Llanddewi Brefi in 519. Certainly William Williams Pantycelyn, the famous hymn writer, was the curate here in 1740-42. The church is well worthy of a visit, especially as it has recently had renovation work done and been rededicated by Archbishop John Davies. Plus of course there is the wonderful wood carved statue of St David at the back of the church which is well worth having a look at.

March is a busy month; as it's also **St Patrick's Day**. The Catholic Patron Saint of Ireland's day falls on March 17th. Patrick

brought Christianity to Ireland in the 5th century.

March also brings us **Mothering Sunday** which this year falls on March 22nd, so to all you lovely mums out there 'A Very Happy Mother's Day'.

Happy reading and blessings to you all

Pat



An Irish Blessing

May God grant you always a sunbeam to warm you, a moonbeam to charm you, a sheltering Angel so nothing can harm you. Laughter to cheer you, faithful friends near you, and whenever you pray, Heaven to hear you.

Volunteer Drivers Required

We are looking for volunteer drivers to use their own vehicles to take people to medical appointments, shopping, visiting family and friends etc. You would be paid mileage from your home, and it would be an opportunity to meet new people and perhaps visit new places. If you are at all interested, have a clean driving license, and would like to get involved in helping your community, then please make contact.

For more information or to apply, please contact Laura on 01982 552727 or email laura@llanwrtydcommunitytransport.org.uk

Pamper Evening in Cilmery

Cilmery Village Hall are holding a pamper evening on Saturday March 14th between 4pm and 9pm. For more information or to book a treatment, please call Jacquie on 01982 553395.

Just a little snippet of information!

I'm sure you will all have heard of the rock band Led Zeppelin and their fabulous recording of Stairway to Heaven, an all-time favourite of mine to be honest. Well, what you might not know, but are soon to learn, is that Jimmy Page and Robert Plant wrote part of Stairway to Heaven and many other of their songs at Bron yr Aur, an 18th century cottage on the outskirts of Machynlleth. The cottage was a holiday home, but is now privately owned.

Meeting Rooms for Hire

Please don't forget that we have rooms to hire for meetings, seminars, training days or for family functions. We have a fully fitted kitchen, high speed broadband and printing facilities, plenty of free parking, a small garden area and full access to the beautiful Heart of Wales Railway Line. A buffet can be arranged at extra cost to meet your needs.

If you would like any further information, to look around or to make a booking, please call Pat Dryden on 07881 951510 or leave a message for Sue Williams on 01591 610789 (the centre's answerphone), or email Pat on llanwrtydcommunitycentre@gmail.com

Not Doing Day.

Today I'm having a 'not doing' day, leave the dishes in the sink day
Ignore the phone, turn off TV day, maybe I won't even shower
Or, God forbid, neglect my teeth, but wallow in glorious, forbidden muckiness of a
not doing day.

I think I'll graze on food not cooked, not organised on plates and dishes,
Eat out of packets that spring back open when I crush them empty.
I might just write a poem, but only if I really want to,
For nothing's needed, nothing's heeded on this my 'not doing' day.

I've left the life of 'catching up' time, afraid of being left behind time
Invasive internet reaction time, with endless march of Facebook time,
Embracing no need to hurry time, getting off the wheel of life time
Soothing sensuous 'not busy' time.

Not doing anything that jolts me out of being calm, allowed to dream.
Watching how the rain comes down, makes jewelled nets of spiders webs,
And how the clouds go drifting by
I idly sit and wonder why I don't do this every day.

If you should want me – try again tomorrow,
I may be ready for a 'doing day'. But then again, maybe I won't

Taken from, 'From Where I Am' by Ceredwin.

A lady who kept a budgie thought it looked lonely, so she decided to buy it a mate. This she did, but on looking into the cage the next morning she found the new bird dead and the old budgie looked very sprightly. The lady borrowed an owl from the zoo and put that in the cage, but the next morning the owl was dead and the budgie was looking very cheeky. So the lady borrowed an eagle from the zoo and put that in the cage. The next morning the eagle was lying dead. The budgie being featherless, its owner asked whatever it had done to itself. The budgie replied 'oh, I'm o'reyt bur I 'ad t' tek me jacket off t' that 'un.

Taken from the **Great Yorkshire Joke Book** by **W R Mitchell**

LCT Heart of Wales Coffee Club

We celebrated St Valentine's Day early on Thursday February 13th, where we gave everyone a little card with a chocolate heart on and a red rose. Everyone enjoyed the day with a cuppa and some cake.

On the same day we had a visit from some 9 and 10 year old pupils of Ysgol Dôlafon, along with their teacher and three representatives of Cymryd Rhan who had negotiated the session. The children are learning about WW2 and showed photographs on their iPad and talked to us about what they had learned so far.

We were fortunate enough to have a couple of our members who remember the war. One was able to share her experiences of her and her younger sister being evacuated from Birmingham, whilst the other of our members was able to briefly share some of her experiences of being a nurse during that time. The next sessions will be on March 26th and April 2nd, which will be an opportunity for different generations to get together and perhaps formulate a better understanding of each other. A big thank you to the children and all involved for making it possible.

On Thursday February 20th the coffee club chairman Eifion Lloyd gave a very interesting talk on the Zulus and the Battle of Rorke's Drift which took place in 1879. I'd like to take this opportunity to thank Eifion for giving such an interesting talk. A big thank you also to Rob Thomas for loaning the equipment and setting it up for us.

On February 26th a group from the coffee club went to the Wyeside Theatre in Builth Wells to see Breabach, a Scottish folk band who play an eclectic array of instruments and music. It was a wonderful foot stomping evening, and well worth a visit should they be here again.

The club is for all age groups and for anyone from the surrounding areas.

For further details about the centre or Red Kite Credit Union, please leave a message for **Sue Williams on 01591 610789**. To take up the offer of free transport, please call **John on 07956 091242**.

Llanwrtyd Town Council - have sent a great big Thank You to all our wonderful volunteers, very well done all of you for helping us to make a difference.

Transport

If you need to attend a medical appointment, visit the vet with a beloved pet, go on a shopping spree, or visit family and friends, why not enquire about our volunteer driver scheme? We can also provide mini bus hire if you and a party of friends/colleagues need to go somewhere. Remember, our services are for all age groups, so make contact if you think we can help and you would like a quote.

We cannot thank our drivers enough, particularly the ones who use their own vehicles, for providing such a flexible, caring and professional service, thank you one and all.

If you would like to use the services of our volunteer drivers, or enquire about mini bus hire, please contact **Laura Burns on 01982 552727 or 07767 771489.**

Shoppa Bus Timetable

Llandrindod Wells first Friday of each month

Llandovery second Friday of each month

Brecon third Friday of each month

Builth Wells fourth Friday of each month

Where there's a fifth Friday it will be allocated by LWCT.

Current scale of charges are as follows:

Destination:	Collection from Llanwrtyd:	Collection from Llangammarch:	Collection from Builth:
Llandrindod Wells	£9.50	£8.50	£7.00
Llandovery	£7.00	£8.00	£9.00
Brecon	£11.00	£10.00	£9.00
Builth Wells	£8.50	£7.50	£4.00

These new arrangements are a trial, and unfortunately for the first time in 8 years we have had to increase our prices to cover costs, so we apologise for this.

If you would like to use the Shoppa Bus service please call **John on 07956 091242.**

How to Shower Like a Woman

Take off clothes and place them sectioned in laundry basket according to lights and darks. Walk to bathroom wearing long dressing gown. If you see partner along the way, cover up any exposed areas.

Look at your womanly physique in the mirror – make mental note to do more sit-ups, leg-lifts, etc. Get in the shower. Use face cloth, arm cloth, leg cloth, long loofah, wide loofah and pumice stone.

Wash your hair once with cucumber and sage shampoo with 43 added vitamins... Wash your hair again to make sure it's clean. Condition your hair with grapefruit mint conditioner.

Wash your face with crushed apricot facial scrub for 10 minutes until red... Wash entire rest of body with ginger nut and jaffa cake body wash. Rinse conditioner off hair. Shave armpits and legs. Turn off shower.

Squeegee off all wet surfaces in shower. Spray mould spots with tile cleaner. Dry with towel the size of a small country. Wrap hair in super absorbent towel. Return to bedroom wearing long dressing gown and towel on head. If you see partner along the way, cover up any exposed areas. Spend an hour and a half getting dressed.

How to Shower Like a Man

Take off clothes while sitting on the edge of the bed and leave them in a pile. Walk naked to the bathroom. If you see partner along the way, make the 'woo-woo' sound.

Look at your manly physique in the mirror. Admire the size of your manhood and scratch your bum.

Get in the shower. Wash your face. Wash your armpits. Spend majority of time washing certain areas of your anatomy. Wash your hair. Make a Shampoo Mohican. Rinse off and get out of shower.

Partially dry off. Fail to notice water on floor because curtain was hanging out of bath the whole time. Admire manhood size in mirror again. Leave shower curtain open, wet mat on floor, light and fan on.

Return to bedroom with towel around waist. If you pass partner, pull off towel, and make the 'woo-woo' sound again. Throw wet towel on bed and get dressed in two minutes flat.

Llanwrtyd Volunteer Centre

The Bracken Trust are looking for 'meet and greet' volunteers for their new hub to be held at the Medical Centre in Llanwrtyd the third Wednesday of each month between 12noon and 4pm. Volunteers will greet users of the service, have a chat and make them a cuppa. If you think you might be interested please make contact.

I went to the launch on February 5th and am amazed at all the things they provide for cancer sufferers and their families. They also have their own singers who are wonderful and sang a range of songs with gusto.

Home Start Cymru is seeking voluntary Home Visitors to help and support families with young children.

If you enjoy working with children, offering advice and sharing your own experience and you think this is something that would interest you, why not make contact with them or us. They are looking to recruit Powys wide and there are opportunities in our area.

Age Concern Cymru is asking for volunteers for their nail cutting service to older people. As you can see from the poster, full training would be given plus support and expenses.

If you would welcome the opportunity to help an older person feel more comfortable and safe walking, why not get in touch.

Once you've done the training and got some experience, who knows, it might lead to paid employment

Change an older person's life - by cutting their toenails!

Painful feet = Difficult to put shoes on and walk

Problems walking = Increased risk of falling

Falls for elderly people = Dangerous for physical and mental health

Reduced mobility = Major cause of social isolation

VOLUNTEER WITH US & HELP OLDER PEOPLE IN POWYS

FULL TRAINING, FRIENDLY SUPPORT AND EXPENSES PAID

Please call 01597 825908 to find out more

www.ageuk.org.uk/cymru/powys

Registered charity 1174222



NEW FOOTCARE TRAINING EVENT

Help prevent social isolation by supporting older people to stay active on their toes!



Thurs. 25 June 2020 - 10am-1pm - in Builth Wells.
Only 3 hours per month volunteer toenail-cutting required. We offer friendly support, expenses and fun!

VOLUNTEER WITH US & HELP OLDER PEOPLE IN POWYS

For more info: 01597 825908

enquiries@acpowys.org.uk

www.agecymru.org.uk/powys

Registered charity 1174222



Managing Director:

Dave Brown

Directors:

Pat Dryden

June Parkinson

Operations Manager:

Laura Burns

Contact Details:

Llanwrtyd Community Transport and Events Recycling

The Tunnel Site

Cilmerly

Builth Wells

LD2 3FL

: 01982 552727/551295

: comtrans@btconnect.com

: laura@Llanwrtydcommunitytransport.org.uk

: www.llanwrtydcommunitytransport.org.uk

Llanwrtyd Community Centre

The Old Station Buildings

Station Road

Llanwrtyd Wells

LD5 4RP

: 01591 610789

: llanwrtydcommunitycentre@gmail.com

VAT Registration Number: 132160853

Company Registration Number: 7924691



Social Enterprise UK
Certified Member