



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 151

November Tachwedd 2023



REMINDER MEMBERSHIP 2023/24

The Annual Membership fee was due for renewal on 1st October.

Thank you to all those that have paid their membership, so far for 2023/24, in support of their Community Centre.

Payments can be made by cash, cheque or BACS or even set up an annual standing order as Cymuned's bank details are shown on the membership form.

BACs details are:

Sort Code: 20-18-41

Account No: 73095371

Account Name: Cymuned Pennant Community Limited

Please enter your name as the payment reference.

Membership forms can be printed from the website or are available from the Community Centre.

Join in with your Community at your Community Centre. Why not set up a group or arrange an event for everyone to join in.

WINTER/CHRISTMAS FAIR

**The Showground Builth Wells on
27th & 28th November, 2023**

After the article, in last month's newsletter about organising a coach trip to the Winter/Christmas Fair at the showground in Builth Wells on either the 27th or 28th November, 2023, there has only been one response to attend. The option, for the trip to be organised, will be left open until 12th November, 2023.

If you are interested in attending the show please let the newsletter editor know as soon as possible.

COMMUNITY CHRISTMAS DINNER

There will be a Pennant Community Dinner held on Sunday 17th December, 2023.

It will be the usual Christmas Fayre, Turkey and/or Beef with all the trimmings, Christmas pudding, mince pies and tea or coffee. Vegetarian option. Please notify of any dietary requirements when booking.

Members £15.00 and non-members £18.00

Please book your meal(s) by 3rd December.

WELCOME ABOARD

Following the recent A.G.M. we have two new members on the Management Committee. Gill Evans – Trustee/Director & Denise Yard, who remains as a co-opted member of the team.

We would like to thank them both for their continued support and commitment

ART EXHIBITION

2.00pm Saturday 4th November 2023

A Warm Invitation is extended to everyone for a Solo Show by local artist Philip Huckin at Cardigan Canfas Gallery.

Phil Huckin is a professional artist who lives in Pennant Village. Philip has shown work in galleries in England and Wales and has work in a number of Welsh national collections.

2.00 y.n. Sadwrn 4ydd Tachwedd

Gwahoddiad Cynnes

Sioe Unigol

Oriel Canfas Aberteifi

Full address for the premises is Canfas Gallery, Manchester House, Grosvenor Hill, Cardigan SA43 1HY. Tel. No. 01239 614344

NEWSLETTER EDITOR

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MacMILLAN COFFEE MORNING

The Coffee morning on Thursday 12th October raised £85.00 for the charity. Thank you everyone for your generous donations and to Denise for the excellent cakes.

FILM & FOOD

If you intend to come along to the Food & Film evenings please let the newsletter editor know.

Could you please give at least 48 hours' notice if you will require a meal and 24 hours if you intend to watch the film. Thank you

DEFIBRILLATOR TRAINING

During the Pennant Youth Club meeting, on Thursday 20th October, Pauline Betts, a First Responder Volunteer with Wales Ambulance Service Trust, attended the meeting with Rhodri Jones, to provide training on the use of the Automated External Defibrillator (AED). There were 21 persons in attendance so there will be more people aware of how to use the two AED Defibrillators in Pennant.

Site of Defibrillators are Pennant Community Centre and Pennant Garage

GWASANAETHAU CAPEL PENNANT CHAPEL SERVICES

NOVEMBER 2023

12th - 10.00am - Minister: Ifan M Davies

19th - 10.00am - Minister: Hywel Slaymaker

26th - 10.00am - Minister: Gwyn Davies

Details and dates will be available on the web site under 'Service' - 'Chapel'.

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 7.30pm on Monday 6th November, 2023, at Pennant Community Centre after A.G.M.

Everyone is welcome to come along. Why not get involved in your Community.

COMMUNITY COUNCIL

The next meeting will be at Pennant Community Centre at 8.00pm on Monday 13th November, 2023.

Meetings alternate between Aberarth Village Hall and Pennant Community Centre (the old school). The Meetings are open to the public.

If you wish to see who are your representatives on the Community Council or view past minutes please use the following link: -

<http://www.cyngor-dyffryn-arth-council.org.uk/en/index.php>

GWASANAETHAU EGLWYS/ PENNANT CHURCH SERVICES

Services at Llanbadarn Trefeglwys Church are held on the 1st Sunday of every month - 2.00pm Holy Communion (Bilingual)

Details and dates are also available on the web site under 'Services' - 'Church'.

MEETING FOR NEW GROUPS & EVENTS

No one attended the meeting on Wednesday 23rd September to discuss the setting up of other community/social groups or events.

Facilities are available for you to make use of. Contact the newsletter editor if you require any further information or details as to what amenities offered.

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ROTARY CLUB OF ABERAERON A'R CYLCH

**'Rotary Working In the Community, With the
Community and For the Community'**
'Serving Local Communities Since 2003'

Future meetings of the Club are now to be held at
The Castle Hotel, Market Street, Aberaeron, at
7.30pm on 1st and 3rd Thursday of the month.

Dates for November

02/11/2023 - Business Meeting
9/11/2023 - Fellowship & Social Evening
16/11/2023 - Speaker Evening
23/11/2023 - Fellowship & Social Evening
30/11/2023 - Fellowship & Social Evening

If you would like to join the Rotary Club, now
meeting in the heart of and serving the Aberaeron
& District, why not come and join us. We meet
face to face, with no impersonal technology,
please contact Malcolm 07967-116632 or John
07971-101493. We are a Club with a proud
history.

Email: aberaeronrotaryclub@btinternet.com

Facebook:

<https://www.facebook.com/people/Ciwb-Rotari-Aberaeron-Rotary-Club-Ar-Cylch/100083901214969/>

Website: www.aberaeronrotary.com

**OUR 20th YEAR DEDICATED TO
'COMMUNITY FIRST'**

'SERVICE ABOVE SELF'

VOLUNTEERING AT YOUR COMMUNITY CENTRE

Unfortunately no works have been carried out at
the Centre in August. There is still cleaning, minor
repairs and painting to be done. Also the roof of
the extension needs coating with a resin/paint mix
before winter, weather permitting.

If you have some spare time and feel that you can
help in any way please contact Malcolm Sumner
on 07967-116632 or email

ABERAERON & DISTRICT DEMENTIA FORUM

The inaugural meeting of the Aberaeron & District
Dementia Forum took place on Thursday 12th
October at the Memorial Hall in Aberaeron.

There were representatives from Ray Ceredigion,
Aberaeron Friendship Group, Ceredigion County
Council, Dyfed Powys Police, Wales Ambulance
Service Trust and Ceredigion Association of
Voluntary Organisations (CAVO).

Presentations were made concerning the present
state of Dementia based initiatives for clients and
carers, followed by a questions and answers
session. Further meetings will follow to build up a
network of resources and support.

SCAM WATCH

Take care if you're shopping on online
marketplaces like Facebook.

There has been a 75% increase in people getting
scammed when shopping for things like cars,
tickets and clothes on Facebook Marketplace.

Here are some things to look out for:

- Always remember the simple test. 'Is it too good to be true?'
- It's not a bargain if it never turns up.
- Do you have to pay right away?
- A genuine seller won't pressure you into a quick sale.
- Can you meet the seller in person?
- Look for things nearby so you can check the item before you pay.
- Will they let you pay by card?
- Never pay by bank transfer.
- Pay by debit or credit card to protect your money.

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 11th November, 2023 / 7.30pm Dydd Sadwrn 11 Tachwedd, 2023

‘AGATHA AND THE TRUTH OF MURDER’ (15)

**Starring: Fay Ripley, Helen Baxendale, Lyndsey Marshal, Ruth Bradley
& Bronagh Waugh**

Three great feature-length dramas for lovers of great stories of murder and mystery starring the queen of detective drama, Agatha Christie. (ONLY ONE OF THE FILMS BEING SHOWN)

In 'Agatha and the Truth of Murder' set in 1926, with her personal life in tatters and her writing in crisis, so a young Agatha Christie decides to solve a real-life murder. In 'Agatha and the Curse of Ishtar', Agatha Christie travels to the Middle East and is caught in a web of murder, intrigue and love. Two years following the public drama caused by her highly publicised 11-day disappearance. In 'Agatha and The Midnight Murders', as bombs fall on London, writer Agatha Christie considers selling a manuscript that will kill off her most famous creation.

7.45pm Saturday 25th November, 2023 / 7.30pm Dydd Sadwrn 25 Tachwedd, 2023

“Laugh Out Loud Funny”

‘WHAT’S LOVE GOT TO DO WITH IT?’ (12)

**Starring: Lily James, Shazad Latif, Shabana Azmi, Sajal Aly
and Emma Thompson**

For documentary-maker and dating app addict Zoe, swiping right has only delivered an endless stream of Mr Wrongs, to her eccentric mother Cath's dismay. For Zoe's childhood friend and neighbour Kaz, the answer is to follow his parents' example and opt for an arranged (or "assisted") marriage to a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a profoundly different approach to finding love.

There are conditions attached to the licence, in that, anyone attending must be a member of Cymuned and any payment made cannot be for viewing the film. We are also restricted as to the maximum number of people who can view at any one time. A raffle ticket will be sold, £2.00 per ticket, on entry. The film shown will be the raffle prize. Ice Cream and refreshments will be available for purchase. You are welcome to bring your own snacks and drink along. If there are sufficient numbers there will be food available at 6.00pm, before the films. The meal will be a main course, dessert and coffee. Cost is £6.00 for members and £7.50 to none members. Meals are to be booked at least 48 hours in advance. You can have the meal without any obligation to see the films.

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PENNANT COMMUNITY SERVICES GWASANAETHAU CYMUNEDOL PENNANT

POSTAGE STAMPS

2nd Class – self-adhesive sold in books of 12 – SUSPENDED at present so as to exchange stock for new stamps.

OIL ORDER

If anyone needs to order oil or has any queries please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

Terms and Conditions for the Pennant Oil Syndicate are on the website and were published in the March 2016 Cymuned Newsletter. Please remember to provide the following information: -

Your Name; Full Address - including post code; Telephone number; Quantity of oil required; and any special requirements or access issues (small lorry only, etc).

There will be a minimum order of 500 litres.

LOCAL SERVICES

FFLECSI BWCABUS SERVICE - North Carmarthenshire & South Ceredigion - Book by calling us on 0300 234 0300 Mon-Sat: 7am – 7pm; Sunday: 9am – 6pm. For apps download from Apple App Store or Google Play. Website link <https://www.fflecsi.cymru/locations/fflecsi-bwcabus/>

YOUR LOCAL MILKMAN – Caerwyn Evans -07410-451924. Milk to your door. In the future may be the option of other items being delivered.

LOCAL MOBILE HAIRDRESSER - Anwen Lewis is mobile hairdresser who lives in Pennant. She is available for all of your hairdressing needs from a dry cut to hair styling for your special occasions. For bookings and more information please call 07903-116643.

TINA AND CHRIS MCCAFFREY. Retired Electrician. Qualified to 18th edition – current Regulations. Qualified Portable appliance (PAT) testers. Ring Tina or Chris on 01570-471264 or 07531-458398. Email: tinamccaffrey@hotmail.co.uk

LOCAL GROCERY DELIVERY SERVICE - Robby & Sharon Sweet at Glanarthen Stores & Post Office, in Cross Inn, have started a grocery delivery service. Contact telephone numbers 01974-272505 or 07966-398705. Email rsweet@tesco.net. Please ring if you require any further information or have any queries.

R. RANDALL SERVICES – Mower, strimmer, chainsaw and appliance repair/sales. Tool and equipment sales, Blaenlluest, Llanon, SY23 5LZ. Contact tel. no. 01974-202265. View their page on facebook for further information.

RHIDIAN HARRIES – Plymwaith a Gwresogi Plumbing & Heating 01545-571356 or 07814-483454 – Plumbing services along with Servicing and Repair of central heating boilers/systems.

TIM EVANS (Pennant) – Plumbing Services 07854501349

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GROUPS & EVENT CONTACTS

COMMUNITY GROUPS & EVENTS

Ladies Group – Tuesdays fortnightly - 7.00pm to 9.00pm. Contact/Cyswllt Gill Evans 07817-099275 or email gill@evanspennant.co.uk

'Welcome Spaces' - Thursdays – 9.30am to 12.30pm
Contact/Cyswllt: 07967-116632
Email: cympencom@gmail.com

Bore Coffee Morning - Thursdays - 10.00am to 11.30am - £1.00 y pen/per head – coffee or tea and biscuits, coffi neu te a bisgedi.

Art Group/Grwp Celf - Thursdays - 2.00pm to 4.00pm - Contact/Cyswllt – Phil Huckin on/ar 01545-574756

'Busy Fingers/BySedd Prysur' - Thursdays – 2.00pm to 4.00pm - Contact/Cyswllt – Carrieanne Wilks on/ar 07707-577989

Pennant Youth Club - Every Friday 6.00pm to 8.00pm. - Cyswllt/Contact Gill Evans gill@evanspennant.co.uk or 07817-099275

Food & Film Nights - Saturdays- 6.00pm Food & 7.30pm - two evenings per month –. Please see newsletter 'Events' or website for details.
Contact/Cyswllt 07967-116632 or email: cympencom@gmail.com

OTHER GROUPS

"BONES FOR LIFE"

Mondays - 5.30pm to 7.00pm - Cyswllt/Contact Marye Wyvill ar/on 01570-421027 or email maryewyvill@hotmail.com .

MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below are the people who are the Directors, Trustees and Keyholders of Cymuned Pennant Community Centre.

If you wish to discuss any issues or have any ideas for the Centre please speak to someone.

Malcolm Sumner
Penbryn, Brynhyfryd - 07967-116632 or 01545-57154 Email: cympencom@gmail.com

Ian Lampert - 6 Brynhyfryd - 01545-574624

Dafydd Edwards – Bethania - 07812-538435

Gill Evans – Pennant – 07817-099275

Denise Yard – Brynhyfryd, Pennant – 07958-526364

YOUR NEWS

Deadline for any articles, notices or information relating to groups, personal notices/news, sales and wants to reach the Newsletter Editor, for October issue by **Sunday 18th November, 2023**

PROJECTS & EVENTS

Have you any ideas for projects or events for children and young persons; would you be willing to run an event at the Community Centre or assist in running current sessions or events.

Make a difference and get involved with your Community Centre.

OTHER LOCAL NEWS & EVENTS

If you know of any other local events, exhibitions, fund raisers, displays, entertainment, etc., please let the newsletter editor know.

Cymuned would like to support other local community ventures, appeals and charities.

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NOVEMBER / TACHWEDD 2023

Day/Date		Time	Digwyddiadau Events
Wed	1		
Thu	2	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter
Fri	3	6.00pm	Youth Club
Sat	4		
Sun	5		
Mon	6	5.30pm 8.00pm	Bones for Life Cyfarfod Cymuned Community Monthly Meeting
Tue	7	7.00pm	Ladies Group
Wed			
Thu	9	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natt
Fri	10	6.00pm	Youth Club
Sat	11	6.00pm 7.30pm	FOOD: Chicken Stew + Apple Pie FILM: 'AGATHA AND THE TRUTH OF MURDER' (15)
Sun	12		
Mon	13	5.30pm	Bones for Life
Tue	14		
Wed	15		
Thu	16	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natt
Fri	17	6.00pm	Youth Club
Sat	18		
Sun	19		
Mon	20	5.30pm	Bones for Life
Tue	21	7.00pm	Ladies Group
Wed	22		
Thu	23	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter
Fri	24	6.00pm	Youth Club
Sat	25	6.00pm 7.30pm	FOOD: Spaghetti Bolognese + Rice Pudding FILM: 'WHAT'S LOVE GOT TO DO WITH IT?' (12)
Sun	26		
Mon	27	5.30pm	Bones for Life
Tue	28		
Wed	29		
Thu	30	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter

(All events to be held at Canolfan Cymuned Pennant Community Centre unless otherwise stated)

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GUIDED WALK 23rd OCTOBER

The last "Guided Walk", with Dilys, took place on Monday 23 October. Everyone met at Llandysul swimming pool and went to look at the new mural in Llandysul.

Following this the group drove on to Newcastle Emlyn where they parked at the Rugby Club.

100 CLUB

September Draw – made during the coffee morning on 12th October.

1st Prize - 72 Ian Lampert £11.00

R/up - 22 Louise Bradshaw £5.00
- 61 Carole Brown £5.00

Next draws 6th & 27th November. £6.00 for one number for remaining draws

FACEBOOK POSTS

If you have anything that you wish to be posted on the Cymuned Facebook page it will require approval so that there are no issues relating to the content. The submission should be factually correct/true and there are no possible breaches of copyright. This situation has been an issue for a number of groups and organisations. You can read some recent local Facebook pages that make many claims, but you are able to establish that the claims and information posted are not factually correct. Social media is not generally a very reliable source as those publishing material put their own opinion and view on things. An example of a local issue, that required intervention, was where factually incorrect information was published on a local Facebook page and was in the process of being shared between other 'Pages'. The facts were provided to the person who published the information and the entry was removed. Without that an intervention there could have been criminal acts committed or civil proceedings.

Ursula is a volunteer who offered her Services to set up and maintain a Facebook page, for which Cymuned is very grateful. Ursula is the only person with Admin rights but has no legal position or protection within the Cymuned structure. As a result, any decisions to publish material has to be made by a Trustee/Director, in case of any possible repercussions. If you wish for anything to be added to the site you are able to submit them to the Newsletter Editor and the I.T. webmaster which will then be passed on to Ursula.

POSTAL ISSUES

There would still appear to be problems with the postal deliveries in our area.

Phillip Poyner has reported similar issues with no deliveries over two days this week. Also the post is being collected at different times to that shown on the postal boxes. A relief postman has also been making the deliveries, this week, but working the route in the opposite direction to usual.

I have made some enquiries and the issues appear to be affecting a number of areas across the UK.

NEWSLETTER EDITOR

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