



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 146

Mehefin June 2023



REMINDER - VILLAGE TREASURE HUNT

6.00pm Friday 2nd June, 2023

The Village Treasure Hunt will be held on Friday 2nd June, 2023. Dafydd & Llinos Edwards have kindly volunteered to set out a route.

Anyone wishing to attend please let the newsletter editor know on 07967-116632 or email cympencom@gmail.com, so that sufficient route 'maps' can be available.

Cost will be £5.00 per car and, when you 'sign on' at 6.30pm at Pennant Community Centre, you will be able to order a meal at the final destination.

DEFIBRILLATOR TRAINING

A Course on how to use the Automated External Defibrillator (AED) is going to be arranged for a Friday evening, sometime between 6.00pm and 8.00pm. There will also be some instruction on important first aid techniques.

If you would be interested in attending please forward your name and contact details to Malcolm Sumner 07967-116632 or email cympencom@gmail.com

We may be able to arrange a date in June.

CALLING ALL LADIES!

7-00pm Wednesday 31st May, 2023

You are invited to the Community Centre Pennant at 7.00pm on Wednesday 31st May to talk about our idea of setting up a new group for women.

All ages welcome!

Any questions contact Gill Evans
gill@evanspennant.co.uk 07817099275

PENNANT YOUTH CLUB

Every Friday 6pm till 8pm at Pennant Community Centre

This is a free provision for young people aged 11 to 18 years

Drink and snacks provided.

The youth club is a safe space for young people to develop their social skills. We have a variety of games and activities available. We also offer a selection of workshops including a monthly cooking session. We have guest speakers including CAVO who are coming to talk to the young people about getting involved in the wider community as young volunteers. We are also in talks to arrange some basic emergency first aid training for the young people including guidance on how to use a defibrillator.

We are planning a fund raising event on the 29th July hosting a vintage tea party at the community centre. The young people will spend the evening of the 28th July baking cakes and then will be waiting on the public at the event serving tea and cakes!

We plan to combine the tea party with the opportunity for the public to see some beautiful classic vintage cars which will be at the Community Centre and in the neighbouring field at the Garage Pennant.

We hope the community will support our event and help raise some much-needed funds for our local youth club!

There is a lot going on and we are so grateful for the support of the local community. If you have a skill or interest, you would like to share with the young people please let us know.

Contact Gill Evans gill@evanspennant.co.uk or 07817099275

NEWSLETTER EDITOR

Malcolm Sumner, Penbryn, Brynhyfryd, Pennant, Llanon, Ceredigion, SY23 5PH
Tel. No. 07967-116632

www.cymunedpennantcommunity.org.uk

Email: cympencom@gmail.com

<https://www.facebook.com/cymunedpennant>

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 146

Page Tudalen 2

100 CLUB DRAW

The April draw was made during the coffee morning on Thursday 11th May, 2023.

1st Prize: 16 – Dafydd Edwards £11.00
R/up: 77 – David Jeremiah £4.50
38 – Mari Thomas £4.50

The May & June draws will be made on 15/06/2023. Cost of one number, for the rest of this draw year, is £11.00 per number.

CARNIVAL FLOAT

Huw and Gill Evans are intending to build a float for Aberaeron Carnival which is being held on Monday 28th August, 2023.

Pennant has a history of building show winning floats over many years. They have a vehicle and wish to invite anyone to come along to assist, or supply any materials, which would be much appreciated.

Contact Gill Evans gill@evanspennant.co.uk or 07817099275

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Monday 5th June, 2023, at Pennant Community Centre.

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

COMMUNITY COUNCIL

The next meeting will be at Aberarth Village Hall at 8.00pm on Monday 12th June, 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>

ROTARY SPEAKER EVENING

7.30pm 15th June, 2023

The next speaker evening, hosted by Aberaeron Rotary Club, will be a presentation made by Phil Westbury regarding aid to Ukraine.

Phil has made numerous journeys across Europe to the Polish/Ukraine border delivering aid and vehicles. This is an effort made by a whole team from Penparcau Community Hub and others.

He will outline the history of the present aid effort and hopefully encourage others to get involved in some way in offering support.

Why not come along and see what way you can do to help. See you then.

VOLUNTEERING AT YOUR COMMUNITY CENTRE

Thank you to Dale Yard for jet washing and cleaning the windows and plastics on the extension at the Community Centre. This is so the exterior rough cast render, on the walls, can be painted.

This is part of the annual tidy, clean up and maintenance to the Community Centre over the period of better weather.

If anyone feels that they are able to lend a hand the following tasks need to be carried out:

Painting the walls, gutters to be cleaned out, windows to be cleaned inside and out, exterior white plastics to be cleaned. There may also be other tasks to tackle on other days.

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

NEW SOUND SYSTEM

We are in the process of fitting a new sound system at Cymuned Pennant Community. This should lead to a far better experience with films and greater options of connectivity.

Time will be set aside for a free demonstration.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 146

Page Tudalen 3

ROTARY CLUB OF ABERAERON A'R CYLCH

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

The Club continues to be busy in the communities and work is still going ahead at Min y Mor Residential Care Home in Aberaeron. Any plants, colourful and scented, for the garden and raised beds/pots would still be appreciated.

Another small project is that the Club will be collecting postage stamps in aid of the Royal National Institute for the Blind. Stamps can be given to members or be deposited in a collection box at Pennant Community Centre

Dates for May

- 01/06/2023 - Business Meeting
- 08/06/2023 - Social Evening
- 15/06/2023 - 'Open' Speaker Evening
- 22/06/2023 - Social Evening
- 29/06/2023 - Social Evening

There will be an additional meeting on 20/06/2023 with a visit to the Rotary Club of Carmarthen Tywi.

Meetings held at Pennant Community Centre at 7.30pm on 1st and 3rd Thursday of the month. We support local businesses and organisations. The Club is very flexible and encourages everyone to get involved from the very start

If you would like to join in with the only true Rotary Club in the Aberaeron & District and meet face to face, with no impersonal media, please contact Malcolm 07967-116632 or John 07971-101493.

Email: aberaeronrotaryclub@btinternet.com

Facebook:

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

Website: www.aberaeronrotary.com

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

'SERVICE ABOVE SELF'

PENNANT DEMENTIA MONTH

PROGRAMME FOR MONTH

7.30pm Saturday 3rd June – Film - "Alive Inside" - Alex Holloway. It is a story of hope and most importantly it represents an opportunity to change lives. Dementia and memory loss are becoming one of the major issues facing the world and this film shows that people need not stay isolated, locked out of the mainstream. They are not gone. They can be reached.

7.30pm Tuesday 6th June – Presentation by Aberaeron Rotary Club on the construction of a network to identify help in our local communities for physical or mental health/well-being. Dementia is the long term aim in identifying support and raising awareness in the local communities.

7.30pm Monday 12th June – 'Playlist For Life – Presentation by Alex Holloway. Pennant Community Centre is listed as a Playlist for Life Centre. Following on from the film, 'Alive Inside', you can discover the benefits of personal playlists and how to connect through music.

7.30pm Tuesday 20th June – Channel 4 TV Documentary – Dementiaville Episode 2. Produced and Directed by Pamela Gordon. 800 000 people in the UK already live with dementia and many more have their lives turned upside down because of the condition. This documents the heart breaking experience of families caring for a loved one with a dementia.

7.30pm Tuesday 27th June - Channel 4 TV Documentary – Dementiaville Episode 3. Produced and Directed by Pamela Gordon.

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'.

GWASANAETHAU CAPEL PENNANT CHAPEL SERVICES

No Services scheduled

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

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 10th June, 2023 / 7.30pm Dydd Sadwrn 10 Mehefin, 2023

“Fall in Love With the Grumpiest Man in the World”

‘A MAN CALLED OTTO’ (15)

Starring: Tom Hanks

A Man Called Otto tells the story of Otto Anderson, a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unlikely friendship that will turn his world upside-down. Experience a funny, heart-warming story about how some families come from the most unexpected places.

7.45pm Saturday 24th June, 2023 / 7.30pm Dydd Sadwrn 20 Mehefin, 2023

“A Rousing, Pot Banging Success”

‘ALLELUJAH’ (12)

**Starring: Jennifer Saunders, Bally Gill, David Bradley, Russell Tovey,
Derek Jacobi & Judi Dench**

ALLELUJAH is a warm, humorous, and deeply moving story about surviving old age. When the geriatric ward in a small Yorkshire hospital is threatened with closure, the hospital decides to fight back. It celebrates the spirit of the elderly patients whilst paying tribute to the deep humanity of the medical staff battling with limited resources and ever-growing demand

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. Bring your own alcohol and snacks. 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. You are welcome to bring your own snacks and drink along.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 146

Page Tudalen 5

PENNANT COMMUNITY SERVICES GWASANAETHAU CYMUNEDOL PENNANT

POSTAGE STAMPS

2nd Class – self-adhesive sold in books of 12

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

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.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 146

Page Tudalen 6

GROUPS & EVENT CONTACTS

“BONES FOR LIFE”

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

COMMUNITY EVENTS

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

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

ART GROUP/GRWP CELF

Thursdays - 2.00pm to 4.00pm - Art Group/Grwp Celf - -. 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

ABERAERON ROTARY CLUB

1st & 3rd Thursday of the month – 7.30pm - Your Local Community Based Rotary Club . Contact Malcolm Sumner 07967116632 or email aberaeronrotaryclub@btinternet.com

ALEX

Fridays- 10.30am to 11.30am – ‘Swing & Sway the Baby Way’
Cyswllt/Contact Alex Holloway ar/on 01545574686 or via Facebook
<https://www.facebook.com/dancemeditationinternational>
Email: hollowaycoaching@gmail.com

WELCOME SPACES

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

CROCHET CLUB

2nd & 4th Thursdays - Crochet Club 7.30pm to 9.00pm.
Contact Clare by phone or text 07484-872686 or visit www.facebook.com/madyogis

PENNANT YOUTH CLUB

Every Friday 6.00pm to 8.00pm. - Cyswllt/Contact Gill Evans gill@evanspennant.co.uk or 07817099275

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

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 June, 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.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Issue Rhifyn 146

Page Tudalen 7

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

JUNE/MEHEFIN 2023 (Dementia Month)

Day/Date		Time	Digwyddiadau Events
Thu	1	9.30am 10.00am 2.00pm 7.30pm	'Welcome Space' Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Aberaeron Rotary Club
Fri	2	6.00pm 6.00pm	Pennant Youth Club Pennant Village Treasure Hunt
Sat	3	7.30pm	DEMENTIA MONTH – Film “ALIVE INSIDE (unc)
Sun	4	12.00pm	Soup & Social
Mon	5	5.30pm 8.00pm	Bones for Life Cyfarfod Cymuned Community Monthly Meeting
Tue	6	7.30pm	DEMENTIA MONTH – Presentation Aberaeron Rotary Club
Wed	7	7.30pm	Womens's Group
Thu	8	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Crochet Club
Fri	9	10.30am 6.00pm	Swing & Sway the Baby Way Pennant Youth Club
Sat	10	7.30pm	FILM NIGHT: 'A MAN CALLED OTTO (15)
Sun	11		
Mon	12	5.30pm 7.30pm	Bones for Life DEMENTIA MONTH – Presentation “Play List For Life”.
Tue	13	10.00am	DEMENTIA MONTH – “Play List For Life” - Support Group Session
Wed	14	7.30pm	Womens's Group
Thu	15	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Aberaeron Rotary Club – Speaker Evening – Ukraine Aid – Phil Westbury
Fri	16	10.30am 6.00pm	Swing & Sway the Baby Way Pennant Youth Club
Sat	17		
Sun	18		
Mon	19	5.30pm	Bones for Life
Tue	20	10.00am 7.30pm	DEMENTIA MONTH – “Play List For Life” - Support Group Session DEMENTIA MONTH – TV Documentary – Dementiaville Episode 2
Wed	21	7.30pm	Womens's Group
Thu	22	10.00am 2.00pm 7.30pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur Crochet Club
Fri	23	10.30am 6.00pm	Swing & Sway the Baby Way Pennant Youth Club
Sat	24	7.30pm	FILM NIGHT: 'ALLELUJAH' (12)
Sun	25		
Mon	26	5.30pm	Bones for Life
Tue	27	10.00am 7.30pm	DEMENTIA MONTH – “Play List For Life” - Support Group Session DEMENTIA MONTH – TV Documentary – Dementiaville Episode 3
Wed	28	7.30pm	Women's Group
Thu	29	10.00am 2.00pm	Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Prysur
Fri	30	10.30am 6.00pm	Swing & Sway the Baby Way Pennant Youth Club

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 146

Page Tudalen 8

CARAVAN FOR SALE

2012 Coachman 550/5 Atlantic (also called Almara on some docs)

Standard: - 2 double beds. Rear one has sliding bed with single bunk above one to rear with ladder.

Two tables for front and rear seating areas

Full sized electric/ gas fridge; Microwave; Oven and rings; and Electric thermostatic heater or gas fire

Bathroom with shower, sink and toilet that rotates for extra leg room.

Roof aerial; and Pioneer radio and fittings for TV

Extractor fan

Spare wheel. Wheels taken off when not used during winter months and stored inside and hubs covered over

Extras:-

Kampa Ace 490 full awning.(£475 second hand) Denver 390 pod that extends awning.(£150 ish).

Net ground sheet; Water pump unit and 3 water containers of various sizes; Waste Hog; Extra mast aerial that can be fitted to tow bar; Long electric cable; Replacement plastic leg feet; Two leg extenders; Levelling ramps; Entry steps x 2; and 2 empty gas bottles

Inside upholstery excellent (it had throws on it when in use); and Dehumidifier working when not in use

Plus many more small extras

In excellent condition and well looked after.

£9,500.00 ovno

Contact Louise Bradshaw 07972-675745.

NEW PLANT POTS

A couple of new pots have been located at the front of the Centre by the front door, donated by Annmarie Butlin.

When visiting the Centre could the pots be checked to ensure that they are kept moist and watered, especially in this warm weather.

NEWSLETTER EDITOR

Malcolm Sumner, Penbryn, Brynhyfryd, Pennant, Llanon, Ceredigion, SY23 5PH
Tel. No. 07967-116632

www.cymunedpennantcommunity.org.uk

Email: cympencom@gmail.com

<https://www.facebook.com/cymunedpennant>