



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 155

March Mawrth 2024



JAMMING SESSION – A MUSICAL SOCIAL

2.00pm on Sunday 24th March 2024

Following on from the great success of the 'Jamming Session' in February, it will be back at 24th March musical event, being held at the Community Centre, commencing at 2.00pm on Sunday 24th March. This is not a structured music event.

If you have a musical instrument bring it along. However, you could always sing along.

Refreshments will be available.

Contact Gill Evans for further information – 07817-099275

WELCOME/WARM SPACE

We have recently received grant money to support our present community activities and would like to hear about any other ideas to utilise our facilities.

The welcome /warm space will continue between 9.30am and 12.30pm, on Thursday mornings, which will incorporate the coffee morning.

A proposal is to be made for a further welcome /warm space between 2.00pm and 4.00pm on Tuesdays. This afternoon event would provide tea, coffee and biscuits, along with indoor games and assistance with I.T. assistance. There are five computers available at the Centre. Music would also be available.

If agreed the afternoon sessions would commence in April.

Please contact Malcolm, newsletter editor, if you would be interested in new projects or if you would be able to assist in any way in setting them up.

100 CLUB

February Draw – made during the coffee morning on 22nd February, 2024..

1st Prize - 4 Annmarie Butlin £11.00

R/up - 96 Ian Lampert £5.00
- 38 Mari Thomas £5.00

The next draw will be on Thursday 28th March, 2024, during the Coffee Morning. The cost to purchase a number for the remaining draws is £1.00.

HIRING THE COMMUNITY CENTRE

The Community Centre is available for Private Hire. The Centre has held two weddings along with family meals and parties. It has also been hired for training courses and other community events.

It is probably the best equipped Community Centre in the area. Any queries please contact the newsletter editor or email cympencom@gmail.com

CERDDWYR PENNANT WALKERS

Happy New Year, everyone! The guided walks are kicking off again. Please get the following in your diaries.

Monday 26 February

Meet in Llanerchaeron car park at 1.00pm.

Monday 18 March

Meet at Hafod car park at 1.00pm for walk around Hafod and then Devil's Bridge.

Arrangements can be made to share transport. More details to follow.

Possible future visits/walks to Cilgerran Wildlife Centre and Ty Glyn Gardens. Any suggestions for future walks would be welcome.

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 155

Page Tudalen 2

RENEWAL FOR 100 CLUB 2024/25

The last draw for the 2023/24 100 Club Draw will be made on Thursday 28th March, 2024.

If you wish to join the 100 Club or renew your membership please complete the form in the latest newsletter, download a form from the website or collect a form from the Community Centre.

The cost is £1.00 per number per month, £12.00 for the year. New members are requested to fully complete the membership form. Anyone renewing their membership need only complete their name and sign the form, if no other details have changed.

The more members that take part the larger the prizes and money available to help meet the annual expenses of running your Community Centre.

BED FOR SALE

Adjustable bed for sale.

A 'Harvest Woburn' Ultimate Bed.
Mattress size 47 inches x 78 inches.

Jennifer Turner, Bryn Cethin on 01974-272019

TODDLERS GROUP

Prior to COVID the Centre hosted Pennant Ti a Fi Mother & Toddlers Group, on Friday Mornings. When COVID restrictions were lifted, in December 2021, the Group did not recommence and has not met since.

We have toys and play equipment at the Centre and would like to find a person(s) who would be interested in starting another group

Please contact the newsletter editor if you would be interested.

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 7.15pm on Monday 4th March, 2024, 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 11th March, 2024..

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>

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

MARCH 2024

No details have been made available for any Chapel Services during 2024.

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 155

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'

Clwb Rotari Aberaeron Rotary Club A'r Cylch are always looking for local people to help in their Community works and long term projects. We look for people with a new outlook and take on local issues.

We have always been an inclusive Club having always had men and woman as members. Everyone is consulted when there are decisions to be made. No one person can hold position(s) to dictate what should be done or how we carry out our tasks for the communities. However, this is not always the case with newer clubs.

The Club will shortly be setting up a Dementia event, with a local partner, and continue to champion and improve the quality of life for those suffering from Dementia and their Carers.

Why not join us as a Rotary Friend. You would not be required to attend meetings and there is no financial commitment required. You can register as a 'Friend' and be covered, at Rotary events, by insurance.

Dates for February

07/03/2024 - Business Meeting
14/03/2024 - Fellowship Social Evening
21/03/2024 - Speaker Evening
28/03/2024 - Fellowship Social Evening

Please contact Malcolm 07967-116632 or John 07971-101493.

Aberaeron Rotary Club meet in the heart of Aberaeron at 7.00pm on 1st & 3rd Thursdays of the month at The Castle Hotel, Market Street, Aberaeron.

Email: aberaeronrotaryclub@btinternet.com

Facebook:

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

Website: www.aberaeronrotary.com

**OUR 22nd YEAR DEDICATED TO 'COMMUNITY
FIRST'**

'SERVICE ABOVE SELF'

PROPOSED CYMUNED EVENTS FOR 2024/5

April

New 100 Club Draw commences

Village Litter Pick

May

Village Treasure Hunt

July

Summer BBQ

August

Village Show

September

Cymuned Pennant A.G.M.

Village Litter Pick

MacMillan Coffee Morning

October

Cymuned Membership renewal

Harvest Supper

December

Coffee & Carols

Village Christmas Dinner

New Year's Eve Social

2025

1st January

New Year's Day Walk + Lunch

February

Winter Supper

1st March

St David's Day Cawl Supper

If there are any other events that anyone wishes to put forward please let a member of the management team know.

We are here to arrange events that you want to see held at your Community Centre.

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 23rd March, 2024 / 7.30pm Dydd Sadwrn 23 Mawrth, 2024

‘TOM JONES: LIVE AT CARDIFF CASTLE’

As a change to the usual film a recording of a live music performance

Recorded in July 2001, Tom Jones's high-voltage return to his roots in Live at Cardiff Castle, featuring more than two hours of hits spanning four decades, certainly set the grounds of Cardiff Castle--and 10,000 fans--alight. As a singer, Jones has always played a canny game. He's proved particularly adept at reinventing himself as an avuncular co-star for today's young singers, bumping and grinding through hip-hop and rhythm and blues without neglecting the brassy novelty numbers which set him on the path to stardom back in the 1960s. The voice has survived the years virtually intact. Subtlety was never exactly a Tom Jones trademark and everything is attacked with the stops full out. All the hits are here: "Delilah" and "What's New Pussycat" are interspersed with "Burning Down the House" and a "Sex Bomb" which really zips along.

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.

Please let the newsletter know if you wish to attend the film and meals are to be booked at least 48 hours in advance. You can have the meal without any obligation to see the films.

VOLUNTEERING AT YOUR COMMUNITY CENTRE

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 cympencom@gmail.com

FILM NIGHTS

Film Nights will continue being once a month and, if demand increases, consideration will be given to reverting to two films again along with food.

If you have any ideas as to films that can be shown please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 155

Page Tudalen 5

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

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

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 155

Page Tudalen 6

GROUPS & EVENT CONTACTS

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 - one evening 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 .

CERDDWYR PENNANT WALKERS

Local walks. Cyswllt/Contact Annmarie Butlin ar/on 07950-462423

MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below 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

Gill Evans – Pennant – 07817-099275

Denise Yard – Brynhyfryd, Pennant – 07958-526364

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 17th March, 2024**

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 155

Page Tudalen 7

MARCH MAWRTH 2024

Day/Date		Time	Digwyddiadau Events
Fri	1	6.00pm	St David's Day Cawl Supper
Sat	2		
Sun	3		
Mon	4	5.30pm 7.15pm	Bones for Life / Esgyrn am Oes Cyfarfod Cymuned Community Monthly Meeting
Tue	5		
Wed	6		
Thu	7	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur
Fri	8	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	9		
Sun	10		
Mon	11	5.30pm	Bones for Life / Esgyrn am Oes
Tue	12	7.00pm	Ladies Group / Grwp Merched Pennant
Wed	13		
Thu	14	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur
Fri	15	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	16		
Sun	17		
Mon	18	5.30pm	Bones for Life / Esgyrn am Oes
Tue	19		
Wed	20		
Thu	21	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur
Fri	22	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	23	7.30pm	FILM: 'TOM JONES: LIVE AT CARDIFF CASTLE'
Sun	24	2.00pm	Jamming Session – Musical Social
Mon	25	5.30pm	Bones for Life / Esgyrn am Oes
Tue	26	7.00pm	Ladies Group / Grwp Merched Pennant
Wed	27		
Thu	28	9.30am 10.00am 2.00pm	'Welcome Space' / Gofod Croesawu Coffee Morning / Bore Coffi Art Group / Celf Grŵp & 'Busy Fingers' / Bysedd Pysur
Fri	29	6.00pm	Pennant Youth Club / Clwb Ieuenctid Pennant
Sat	30		
Sun	31		

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

CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter
Issue Rhifyn 155

Page Tudalen 8

Dear Warm 'Welcome Spaces' and Food Network

This International Women's Day (8th of March), the Equalities and Inclusion team at Ceredigion County Council want to celebrate women who keep the community strong. We want to showcase the incredible work that women are doing in the Warm Welcome Spaces, Food Banks and Community Cafes across Ceredigion. (We know there are lots of incredible men involved too, but this is International Women's Day!)

Now is the time to nominate your local heroine – perhaps this is you! Please get in contact with us if you would like to nominate an amazing woman that supports your local community.

If you could please send over any pictures of women who support your warm welcome space, food bank or community cafe by the Monday the 4th of March. The picture does not have to be a portrait, it can be a side shot. We will need a name of the women and the project that they support.

Please ensure you have the consent of the woman before taking or sending in the photograph. The post will then go out on International Women's Day on Ceredigion's County Councils social media.

Annwyl 'Mannau Croeso' a Rhwydwaith Bwyd Cynnes,

Ar gyfer Diwrnod Rhyngwladol y Menywod (8ed o Fawrth), mae tîm Cydraddoldeb a Chynhwysiant yng Nghyngor Sir Ceredigion eisiau dathlu menywod sy'n cadw'r gymuned yn gryf. Rydym am arddangos y gwaith anhygoel y mae menywod yn ei wneud yn y Mannau Croeso Cynnes, Banciau Bwyd a Chaffis Cymunedol ledled Ceredigion. (Rydyn ni'n gwybod bod llawer o ddynion anhygoel yn cymryd rhan hefyd, ond mae hwn yn Ddiwrnod Rhyngwladol y Menywod!)

Nawr yw'r amser i enwebu eich arwres leol - efallai mai chi yw hon! Cysylltwch â ni os hoffech enwebu menyw anhygoel sy'n cefnogi eich cymuned leol.

Os gallwch chi anfon unrhyw luniau o ferched sy'n cefnogi eich man croeso cynnes, banc bwyd neu gaffi cymunedol erbyn dydd Llun y 4ydd o Fawrth. Nid oes rhaid i'r llun fod yn bortread, gall fod yn ergyd ochr. Bydd arnom angen enw'r menywod a'r prosiect y maent yn ei gefnogi.

Gwnewch yn siŵr eich bod yn cael caniatâd y fenyw cyn cymryd neu anfon y llun i mewn. Yna bydd y post yn mynd allan ar Ddiwrnod Rhyngwladol y Menywod ar gyfryngau cymdeithasol Cyngorau Sir Ceredigion.

Tesni Woodfall
Swyddog Cydraddoldeb a Chynhwysiant / Equalities and Inclusion Officer
Polisi a Perfformiad / Policy & Performance
Cyngor Sir Ceredigion County Council
01545 570881
07977636596

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>