



CYMUNED

Newyddiadur Cymuned Pennant Community Limited Newsletter

Registered Charity in England & Wales (1144653)

Issue Rhifyn 144

Ebrill April 2023



VILLAGE TREASURE HUNT

The last Village Treasure Hunt was held on 10th May, 2019. This was an annual event that was initially organized by Pennant W.I.

If there is sufficient interest and anybody who would be interested in organising the event, it is proposed to hold a Treasure Hunt on a Friday evening during May.

If you would be interested in organising the event or attending please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com

NEXT FIRST AID COURSE

The second First Aid Course was held on Monday 6th March, 2023, at Pennant Community Centre. There were seven more attendees who left with one of life's most important 'Life Skills'.

If you wish to attend a First Aid Course please contact Malcolm Sumner on 07967-116632 or email cympencom@gmail.com It is intended to organize the next course on Monday 28th April, pending sufficient interest

RENEWAL FOR 100 CLUB 2023/24

The last draw for the 2022/23 100 Club draw was made on Thursday 23rd March, 2023. The result of the draw can be seen below.

If you wish to join 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.

100 Club Draw, made during the Coffee Morning on 23rd March, 2023

1st Prize 36 – Phil Huckin £10.00

R/up 21 – Ellis Watkins £4.00

7 - Carol Lewis £4.00

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

'WELCOME SPACES'

A Welcoming Space where you can have a coffee on Thursday morning where you can chat, relax, work or play.

All ages welcome. Find a quiet spot to work or enjoy a hot drink with good company. Bring a child or a grandchild. There are a range of toys for different ages.

There is access to the internet, books, board games, playing cards, DVDs and crafts. Accessible services with free access.

Want support with getting on-line? Advice, laptops and internet connection provided.

Just Drop in - Thursday 9.30am to 12.30pm.

Email: [aeronvalleywellbeing @ gmail.com](mailto:aeronvalleywellbeing@gmail.com) or cympencom@gmail.com

100 CLUB DRAW

Draw made at coffee morning on 23/02/2023

1st Prize: 4 – Annmarie Butlin £10.00

R/up: 61 – Carole Brown £4.00

36 – Phil Huckin £4.00

NEWSLETTER EDITOR

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Email: cympencom@gmail.com

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

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REMINDER GUIDED WALKS

Monday 3 April - 2pm around Llanon. Meet at the Llanon Village Hall, Stryd-y-Neuadd, Llanon.

All welcome! For more information, please contact Dilys Jones on 07812 799 138 or 01545 570245 or email dilysj@btinternet.com.

If you be interested in organising a walk, or regular monthly walks, please contact the newsletter editor. A Social Event that can help with mobility, fitness and well-being.

NEXT COMMUNITY MEETING

The next monthly Cymuned Pennant Community meeting will be at 8.00pm on Monday 3rd April, 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 10th April, 2023.

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

GWASANAETHAU EGLWYS/ PENNANT CHURCH SERVICES

Services at Llanbadarn Trefglwys 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 details and dates have been made available for Services or events occurring at the Chapel..

VOLUNTEERING AT YOUR COMMUNITY CENTRE

Over the next few weeks we will be looking for people to help with a 'Spring Clean' at your Community Centre.

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

The yard needs cleaning up and moss needs scraping off the surface;

Guttering needs cleaning out;

Windows need cleaning;

White plastics need washing down; and

Plant growth in the stones walls needs removing and cleaning out.

There may be other tasks to tackle on the day.

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

ASSISTANCE CONTACTS

NEST - Welsh Government Warm Homes Programme - website at <https://nest.gov.wales/> or call Freephone 0808 808 2244 (Mon-Fri 9am-6pm).

CEREDIGION COUNTY COUNCIL – links can be found/searched for: -

Winter Fuel Support Scheme; and

Ceredigion Carers Fund 2022'

AERON VALLEY WELL-BEING HUB (AVWH)

<https://www.facebook.com/groups/441831390892385>

email us at: aeronvalleywellbeing@gmail.com

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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'**

The Speaker evening on 16th March was another great success with Andy and Pat bringing a range of guns and military firearms. An always informative and entertaining evening with the added bonus of his jewellery manufacturing and his moving into some watch repairs. People who like to keep themselves busy and learning and developing new skills. I am sure that in the near future they will have some new skills to talk to us about. I would very much look forward to that.

A further appeal for any plants for the garden and raised beds/pots at Min y Mor Residential Care Home. Also, if anyone would like to lend a hand please contact Malcolm or John on telephone numbers below.

Dates for April

06/04/2023 - Business Meeting
13/04/2023 - Social Evening
20/04/2023 - 'Open' Speaker Evening
27/04/2023 - Social Evening

Why not come along and see what we do. You may be surprised and make a difference in your Community and change someone else's life. There is an open invitation to join us at Pennant Community Centre at 7.30pm on 1st and 3rd Thursday of the month. Other Thursday evenings are made up with social evenings, visits or any activity that is suggested. We support local businesses and organisations. The Club is very flexible and encourages everyone to get involved.

If you would like to join in with a real Rotary Club, meet face to face, in the area and surrounding district, please contact Malcolm 07967-116632 or John 07971-101493.

Email: aberaeronrotaryclub@btinternet.com

Facebook:

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

Website: www.aberaeronrotary.com

'SERVICE ABOVE SELF'

ROTARY SPEAKER EVENING

7.30pm 20th April, 2023

There will be a presentation on the Aberaeron & District Community Hub. This a project aimed at providing information and identify resources to assist the communities in our area.

This will be the first presentation relating to this local communities project and we would like some feedback as to any further options that could improve the overall impact and relevance.

Your opinion counts as it is aimed to help you.

HOME BREW EQUIPMENT FOR SALE

Wine making items for sale all in a fantastic condition. Includes 5 demi-johns plus lots of equipment to go with main items.

Contact Ed for further details - 01545-570582

£80.00 ovno



CURRENT SCAMS

PARCEL DELIVERY- UPS or DPD stating that there is a missed delivery and require you to contact them for re-delivery. Then state there is a charge and want payment.

BT – payment requests, an issue with email account along with threats of service loss and payment required

Stay safe and check with a number you trust. Report any suspicious emails to the National Cyber Security Centre email: report@phishing.gov.uk

FILM NIGHT / NOSON FILMIAU

7.30pm Saturday 15th April, 2023 / 7.30pm Dydd Sadwrn 15 Ebrill, 2023

“An Achingly Lovely Film – The Best Sam Mendes Has Yet Made”

‘EMPIRE OF LIGHT’ (15)

Starring: Toby Jones, Michael Ward, Colin Firth and Olivia Colman

Empire Of Light is a moving drama about the power of human connection during turbulent times. Set in and around a faded old cinema in an English coastal town in the early 1980s, It follows Hilary, a cinema manager, struggling with her mental health, and Stephen, a new employee who longs to escape this provincial town in which he faces daily adversity.

7.30pm Saturday 29th April, 2023 / 7.30pm Dydd Sadwrn 29 Ebrill, 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.

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.

Films will commence at 7.45pm. You are welcome to bring your own snacks and drink along. There will be ice creams available to purchase.

If you have a film that you would like shown please contact Malcolm Sumner, newsletter editor.

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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.

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.

AERON VALLEY WELL-BEING HUB (AVWH)

<https://www.facebook.com/groups/441831390892385> email us at:
aronvalleywellbeing@gmail.com

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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 .

CLWB HWYL

Tuesdays - 4.00pm to 5.00pm – Cyswllt/Contact Clare by phone or text 07484-872686 or visit www.facebook.com/madyogis

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’S YOGA CLASSES & GROUPS

Mondays – 11.00am to 12.00pm – Seated Dance

Tuesday – 10.00am to 11.30am – Home Ed Well-being

Wednesdays - 4.30pm to 5.30pm - Children’s Yoga Classes

Fridays- 10.30am to 11.30am – ‘Swing & Sway the Baby Way’

Friday 6.00pm to 8.00pm Youth Club

Last Friday in the month – 6.00pm to 8.00pm - Dance Meditation

Sunday Children’s - 4.30pm to 5.00pm and 5.00pm to 5.30pm - Yoga Classes between Cyswllt/Contact Alex Holloway ar/on 01545574686 or via Facebook

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

Email: hollowaycoaching@gmail.com

SOUND BATH

On selected Friday evening 7.00pm to 8.30pm - See Calendar or Contact Gill Evans on 01938-811897 or email gilli.harmony@gmail.com

CLARE’S GROUP

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

WELCOME SPACES

Thursdays – 9.30am to 12.30pm

Contact/Cyswllt: 07967-116632 or 01545-574686

Email: cympencom@gmail.com

MANAGEMENT TEAM / KEYHOLDERS FOR CENTRE

Below are the people who are the Directors/Trustees/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

Elaine & John Bradshaw – Gerallt - 01545-570240

Ian Lampert - 6 Brynhyfryd - 01545-574624

Alex Holloway – Maesllyn - 07516-556292

Clare Daneski – Ciliau Aeron - 07484-872686

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 16th April, 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.

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

APRIL/EBRILL 2023

Day/Date		Time	Digwyddiadau Events
Sat	1		
Sun	2	11.00am 4.30pm	Soup & Social Children's Yoga
Mon	3	11.00am 5.30pm 8.00pm	Seated Dance Bones for Life Cyfarfod Cymuned Community Monthly Meeting
Tue	4	10.00am 7.00pm	Home Ed Well-being Mother Nature Circle
Wed	5	4.30pm 7.00pm	Children's Yoga Mother Nature Circle
Thu	6	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natt Abaeraeron Rotary Club – Business Meeting
Fri	7	10.30am 6.00pm	EASTER – GOOD FRIDAY Swing & Sway the Baby Way Youth Club
Sat	8		EASTER - SATURDAY
Sun	9		EASTER - SUNDAY
Mon	10		EASTER - MONDAY
Tue	11		
Wed	12		
Thu	13	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natt Crochet Club
Fri	14	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	15	6.00pm 7.45pm	FOOD: FILM NIGHT: 'EMPIRE OF LIGHT' (15)
Sun	16		
Mon	17	11.00am 5.30pm	Seated Dance Bones for Life
Tue	18	10.00am 1.00pm	Home Ed Well-being Dance Your Ability – 'Ray' Ceredigion
Wed	19	4.30pm	Children's Yoga
Thu	20	9.30am 10.00am 2.00pm 7.30pm	'Welcome Space' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natter Aberaeron Rotary Club – Speaker Night
Fri	21	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	22		
Sun	23	4.30pm	Children's Yoga
Mon	24	11.00am 5.30pm	Seated Dance Bones for Life
Tue	25	10.00am	Home Ed Well-being
Wed	26	4.30pm 6.00pm	Children's Yoga Dance Meditation
Thu	27	9.30am 10.00am 2.00pm 7.30pm	'Welcome Spaces' Coffee Morning / Bore Coffi Art Group / Celf Grŵp + Knit & Natter / Gwau a Natt Crochet Club

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APRIL/EBRILL 2023 Continued...

Day/Date		Time	Digwyddiadau Events
Fri	28	10.30am 6.00pm	Swing & Sway the Baby Way Youth Club
Sat	29	6.00pm 7.45pm	FOOD: FILM NIGHT: A MAN CALLED OTTO (15)
Sun	30	4.30pm	Children's Yoga

(Please contact newsletter editor for availability of facilities and bookings)

WHATSAPP SCAM

Information from City of London Police, National Fraud Intelligence Bureau. 'National Policing Lead for Fraud'

Action Fraud has received over 60 reports relating to a scam that steals access to a victim's WhatsApp Account.

The scam begins when a criminal gets access to another WhatsApp account which has you listed as a contact. The criminal, posing as your friend or someone that's a member of a WhatsApp group you're in, will then send you seemingly normal messages to try and start a conversation with you. However, around the same time you will receive a text message from WhatsApp with a six-digit code. This is because the criminal has been trying to login to WhatsApp using your mobile number. The criminal will claim that they sent you their code by accident and ask you to help them by sending it to them. Once the criminal has this code, they can login to your WhatsApp account and lock you out.

The criminal will then use the same tactic with your WhatsApp contacts in an effort to steal more accounts and use them to perpetrate fraud.

What you need to do

- Set up two-step verification to give an extra layer of protection to your account. Tap Settings > Account > Two-step verification > Enable.
- STOP. THINK. CALL. If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- Never share your account's activation code (that's the 6 digit code you receive via SMS)
- You can report spam messages or block a sender within WhatsApp. Press and hold on the message bubble, select 'Report' and then follow the instructions

For more information about how to protect yourself online visit www.cyberware.gov.uk and takefive-stopfraud.org.uk

Every Report Matters: If you have been a victim of fraud or cyber crime, report it to us at Actionfraud.police.uk or by calling 0300 123 2040